

July 2018

Dear Pharmacy Teams,

**The CCG has been reviewing the Pharmacy First service.**

We have listened to the feedback provided by the pharmacists and the receptionists at the recent receptionist sign-posting training.

**We want all patients with any minor ailments to go to the Pharmacy First!**

- Reduces footfall in general practices and frees up GP appointments
- Encourage “Pharmacy First” next-time

**We’ve updated the Pharmacy First service specification:**

- Pharmacy staff can provide the consultation under pharmacist supervision
- Use of a private consultation room is optional as appropriate
- Extended eligibility criteria now includes non-residents / visitors
- General practice referral card and posters to sign-post patients to the Pharmacy First

**We have increased the range of medicines available on the Pharmacy First formulary.**

This means an extended range of minor ailments can be treated by the community pharmacy staff:

Acne	Dyspepsia / Haemorrhoids	Minor burns and scalds
Allergic rhinitis / Hayfever	Earwax	Mouth ulcers
Coughs / Colds and Sore Throats	Fungal Skin Infections	Musculoskeletal pain & soft tissue injury (aches and sprains)
Contact Dermatitis / Insect bites and stings	Hyperhidrosis (excessive sweating)	Paediatric fever / teething / Nappy rash
Conjunctivitis	Headlice / Scabies	Threadworm
Constipation / Diarrhoea	Headache / Migraine	Vaginal thrush / Cystitis
Cold sores / Impetigo		Warts / Verrucae

We don’t want all pharmacy sales of OTC medicines to be converted to Pharmacy First. But if the cost of the product is a problem for the patient, a Pharmacy First supply can be offered to prevent the patient going to the GP for a “free” prescription.

**We don’t want patients being sent round the houses and back to the receptionist again.**

- We will create a directory of all community pharmacy providers so that practices know which pharmacies are providing Pharmacy First.
- We are making a Pharmacist Pharmacy First referral card for patients to take to the practice if the pharmacist can’t treat the ailment and the patient does need to see a clinician.

**We hope that by promoting “Pharmacy First” we can support a change in patient behaviour that will make the implementation of the NHS England Guidance regarding GP not prescribing for minor self-limiting conditions more acceptable.**

Any questions, please contact the Medicines Optimisation Team at the Isle of Wight CCG  
Tel: 534271

The extended range of minor ailments that can be treated by the community pharmacy staff under **Pharmacy First**:

<b>Acne</b>	<b>Dyspepsia / Haemorrhoids</b>	<b>Minor burns and scalds</b>
<b>Allergic rhinitis / Hayfever</b>	<b>Earwax</b>	<b>Mouth ulcers</b>
<b>Coughs / Colds and Sore Throats</b>	<b>Fungal Skin Infections</b>	<b>Musculoskeletal pain &amp; soft tissue injury (aches and sprains)</b>
<b>Contact Dermatitis / Insect bites and stings</b>	<b>Hyperhydrosis (excessive sweating)</b>	<b>Paediatric fever / teething / Nappy rash</b>
<b>Conjunctivitis</b>	<b>Headlice / Scabies</b>	<b>Threadworm</b>
<b>Constipation / Diarrhoea</b>	<b>Headache / Migraine</b>	<b>Vaginal thrush / Cystitis</b>
<b>Cold sores / Impetigo</b>		<b>Warts / Verrucae</b>

## Pharmacy First Formulary

Condition	Medicine
<b>Gastro-Intestinal</b>	
<b>Constipation</b>	<p>Macrogol (Movicol) sachets (1x20)</p> <p>Senna tablets (Senekot) 7.5mg tablets (1x20)</p> <p>Ispaghula husk 3.5g (Fybogel) sachets (1x30)</p> <p>Docusate sodium (Dulcoease) 100mg capsules (1x30)</p> <p>Lactulose solution (1x300ml)</p>
<b>Dyspepsia</b>	<p>Gaviscon suspension (1x150ml)</p> <p>Ranitidine (Zantac) 75mg tablets (1x12)</p>
<b>Diarrhoea</b>	<p>Loperamide (Imodium) 2mg capsules (1x12)</p> <p>Oral re-hydration therapy (Electrolade) sachets (1x6)</p>
<b>Haemorrhoids</b>	<p>Anusol cream or ointment (1x25g)</p> <p>Anusol Plus Hc ointment (1x15g)</p> <p>Anusol Plus Hc suppositories (1x12)</p>
<b>Allergic rhinitis</b>	<p>Chlorphenamine 4mg tablets (1x28)</p> <p>Chlorphenamine 2mg/5ml Liquid (1x150ml)</p> <p>Loratadine (Clarityn) 10mg tablets (1x30)</p> <p>Loratadine (Clarityn) 5mg/5ml syrup (1x100ml) - Clarityn</p> <p>Sodium cromoglicate (Opticrom) 2% eye drops (1x5ml)</p> <p>Beclomethasone nasal spray 50mcg/spray (1x200 dose)</p> <p>Cetirizine 1mg/ml solution (1x200 ml)</p> <p>Cetirizine 10mg tablets (1x30)</p>
<b>Sore throat</b>	<p>Soluble Paracetamol 500mg tablets (1x24)</p> <p>Paracetamol 120mg/5ml paediatric suspension (1x100ml) - (Calpol)</p> <p>Paracetamol 250mg/5ml suspension (1x100ml) - (Calpol)</p> <p>Soluble Aspirin 300mg tablets (1x32)</p> <p>Ibuprofen 200mg tablets (1x24)</p> <p>Ibuprofen 400mg tablets (1x24)</p> <p>Benzydamine 0.15% (Diffiam) spray (1x30ml)</p> <p>Benzydamine 0.15% (Diffiam) mouthwash (1x200ml)</p> <p>Tyrozets lozenges (1x24)</p>
<b>Viral upper respiratory tract infection - Cold</b>	<p>Paracetamol 500mg tablets (1x32)</p> <p>Paracetamol 250mg/5ml suspension (1x100ml)</p> <p>Ibuprofen 200mg tablets (1x24)</p> <p>Ibuprofen 400mg tablets (1x24)</p> <p>Menthol and eucalyptus inhalation (1x100ml)</p>
<b>Pain</b>	
<b>Headache</b>	<p>Paracetamol 500mg tablets (1x32)</p> <p>Paracetamol 250mg/5ml suspension (1x100ml)</p> <p>Ibuprofen 200mg tablets (1x24)</p>

<b>Migraine</b>	Ibuprofen 400mg tablets (1x24)
	Ibuprofen 100mg/5ml suspension (1x100 ml)
	Sumatriptan 50mg (Imigran 1x2)
	Migravele Duo Tablets (1x24)
	Buccastem 3mg Tablets (1x8)
<b>Musculoskeletal joint disease</b>	
<b>Soft tissue injury</b>	Paracetamol 500mg tablets (1x32)
	Paracetamol 120mg/5ml paediatric suspension (1x100ml)
	Paracetamol 250mg/5ml suspension (1x100ml)
	Ibuprofen 200mg tablets (1x24)
	Ibuprofen 400mg tablets (1x24)
	Ibuprofen 5% gel (1x30g)
<b>Skin</b>	
<b>Acne</b>	Benzoyl Peroxide Cream (Acnecide) 5% Gel 30g
<b>Fungal Skin Infections</b>	Terbinafine 1% (Lamisil AF) cream (1x15g)
	Miconazole 2% (Daktarin) cream (1x30g)
	Clotrimazole 1% cream (1x20g)
<b>Cold Sores</b>	Aciclovir 5% cream (1x2g tube)
<b>Contact Dermatitis</b>	Hydrocortisone 1% cream (1x15g)
	Anthisan cream (1x25g)
	Zero cream (1x50g)
	Chlorphenamine 4mg tablets (1x28)
	Chlorphenamine 2mg/5ml liquid (sugar free) (1x150ml)
	Aquaderm cream (1x50g)
<b>Headlice</b>	Plastic detection comb (x1) - Portia
	Dimeticone 4% (Hedrin®) lotion (1x50ml, contains 1 application)
	Linicin lotion with comb pack (1x100ml, contains 2 applications, suitable for family treatment)
<b>Scabies</b>	Permethrin Cream 5% 30g
<b>Hyperhydrosis</b>	Driclor 20mls
<b>Warts / Verrucae</b>	Salactac Gel 8g
<b>Insect Bites and Stings</b>	Hydrocortisone 1% cream (1x15g)
	Chlorphenamine 4mg tablets (1 x 28)
	Chlorphenamine 2mg/5ml Liquid (1x150ml)
	Paracetamol 500mg tablets (1 x 32)
	Paracetamol 120mg/5ml paediatric suspension (1x100ml)
	Paracetamol 250mg/5ml suspension (1x100ml)
<b>Mouth Ulcers</b>	Choline salicylate (Bonjela Adult®) (1x15g)
	Benzydamine 0.15% (Diffiam®) mouthwash (1x200ml)
	Hydrocortisone 2.5mg mucoadhesive buccal tabs ( <i>formerly Corlan Pellets</i> ) (1x20)
	Chlorhexidine 0.2% mouthwash (1x300ml)
<b>Oral Thrush</b>	Chlorhexidine 0.2% mouthwash (1x300ml)

<b>Nappy Rash</b>	Sudocrem (1x60g)
	Zinc/castor oil ointment BP (1x100g)
	Clotrimazole 1% cream (1x20g)
<b>Vaginal Thrush</b>	Clotrimazole 2% (Canestan Thrush®) cream (1x20g)
	Fluconazole 150mg capsule (x1)
	Clotrimazole 10% vaginal cream (x1)
<b>Minor burns and scalds</b>	Melolin® dressing 5cmx5cm (up to 3) plus Micropore® tape 1.25cm
	Paracetamol 500mg tablets (1x32)
	Paracetamol 250mg/5ml suspension (1x100ml)
	Ibuprofen 200mg tablets (1x24)
	Ibuprofen 400mg tablets (1x24)
	Ibuprofen 100mg/5ml suspension (1x100 ml)
<b>Eye &amp; Ear</b>	
<b>Conjunctivitis</b>	Chloramphenicol (Optrex infected eyes) 0.5% eye drops (1x10ml) (P-line)
	Chloramphenicol (Optrex infected eyes) 1% eye ointment (1x4g)
<b>Earwax</b>	Sodium bicarbonate 5% ear drops 10ml
	Olive oil ear drops (1x10ml)
<b>Paediatric</b>	
<b>Oral thrush</b>	Miconazole oral gel 20mg/g (Daktarin oral gel 15g)
<b>Teething</b>	Paracetamol 120mg/5ml paediatric suspension (1x100ml)
	Dentinox® Teething Gel (1x15g)
<b>Fever</b>	Paracetamol 500mg tablets (1x32)
	Paracetamol 120mg/5ml paediatric suspension (1x100ml)
	Paracetamol 250mg/5ml suspension (1x100ml)
	Ibuprofen 200mg tablets (1x24)
	Ibuprofen 100mg/5ml suspension (1x100 ml)
<b>Threadworm</b>	Mebendazole 100mg (Ovex® single dose) tablet (x1)
	Mebendazole 100mg/5ml (Ovex®) oral suspension (1x30ml)