

The CCG is asking GPs and patients to consider if it is appropriate for the patient to buy the medicine themselves for a minor self-limiting condition (i.e. from a pharmacy) or to refer to **Pharmacy First** (the IOW CCG commissioned minor ailments service, which will enable them to obtain the medicine free of charge if they are eligible for free prescriptions).

We are not saying that no OTC medicines may be prescribed, as it may be appropriate for longer-term use and for vulnerable patients.

We really need you to use the minor ailment service to its full potential to support the resilience of the island's health service.

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

- Improves timely access to health care advice and medicines for minor ailments
- Reduces contact with general practices and frees up GP/A&E appointments
- Encourages patients to use the "Pharmacy First" for health advice next-time
- Supports patient self-care and self-management of their health and well-being

OTC Campaign key messages

- Medications for the treatment of a range of minor, self-limiting (short-term) conditions such as a sore throat, indigestion or fungal infections can be bought directly from a pharmacy without the need for a GP appointment or prescription
- By going to your pharmacy for health advice, patients will get much quicker treatment for their illness and will also free up appointments for other people with more serious illnesses to be seen by a GP
- Buying 'over the counter' medication helps free up much needed funding within the health care budget for new interventions which will potentially have a significant impact on the quality of life for island residents e.g. continuous glucose monitors, or brand new medicines approved by NICE.

We've updated the **Pharmacy First** service specification

- Pharmacy staff can provide the consultation under pharmacist supervision
- The patient does not need to be present e.g. child or older adult
- 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**
- **Pharmacist Pharmacy First** referral card for patients to take to the practice if the patient does need to see a clinician.



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.

Please encourage people to buy the medicines themselves wherever possible – almost half of service users say they would be happy to pay!

Please don't convert all pharmacy sales of OTC medicines to Pharmacy First (the budget won't stretch that far!). However, 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.

Eligibility criteria

- Use when purchasing an OTC medicine would be an issue and non-supply would generate an unnecessary GP appointment.
- If the patient pays for their prescription they will pay the OTC cost of any medicines supplied.
- If people are willing to pay for a medicine then they should be encouraged to do so.
- Medication supplied will be free of charge ONLY if exempt from prescription charges.
- The service is available to Isle of Wight residents and UK visitors to the island
- The patient does not always need to be present in the pharmacy e.g. children or elderly

Onward Referral

We want patients to be treated in the pharmacy whenever possible and appropriate. If the condition is not suitable for self-management, or the patient deteriorates, please ask them to contact you for further advice, call 111 to be triaged appropriately or contact the GP.

By promoting "Pharmacy First" together we can change patient behaviour to use the pharmacy first and not go to the GP for the treatment of minor self-limiting conditions (NHS England Guidance).

We are looking to renew the contract for Pharmacy First (and the other CCG commissioned community pharmacy services) from 1st April 2020.

Please let us know if you have any suggestions to improve the quality and cost-effectiveness of the services.

Any questions or suggestions, please contact the Medicines Optimisation Team at the Isle of Wight CCG Tel: 534271 or e-mail: iwccg.mot@nhs.net

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

Acne	Earwax	Mouth ulcers
Allergies skin / hayfever	Fungal Skin Infections	Headache / migraine
Cold sores / Impetigo	Headlice / scabies / worms	Minor burns and scalds
Conjunctivitis	Haemorrhoids	Musculoskeletal pain & soft tissue injury (aches and sprains)
Coughs / colds and sore throats	Hyperhidrosis (excessive sweating)	Paediatric fever / teething / nappy rash
Contact Dermatitis / Insect bites and stings	Insect bites and stings	Vaginal thrush
	Indigestion / Constipation / Diarrhoea	Warts / verrucae

Formulary*		
Aciclovir 5% cream (1x2g tube)	Clotrimazole HC 1% cream 15g	Melolin® dressing 5cmx5cm (up to 3)plus Micropore® tape 1.25cm
Anusol® cream or ointment (1x25g)	Clotrimazole 500mg pessary	Metanium® nappy rash oint (30g)
Anusol® suppositories (1x12)	Dentinox® Teething Gel (1x10g)	Miconazole 2% (Daktarin) cream (1x30g)
Anusol Plus® HC ointment (1x15g)	Dimeticone 4% (Hedrin®) lotion (1x50ml, contains 1 application)	Miconazole oral gel 20mg/g (Daktarin® oral gel 15g)
Anusol Plus® HC suppositories (1x12)	Docusate sodium (Dulcoease®) 100mg capsules (1x30)	Migralve Duo® Tablets (1x24)
Anusol® suppositories (1x12)	Driclor® lotion 75mls	Nit detection comb (x1) Plastic
Beclomethasone nasal spray 50mcg/spray (1x200 dose)	Epimax® Cream 100g	Oral re-hydration therapy (1x12) (ORS®) sachets
Benzoyl Peroxide (Acnecide®) 5% Gel 30g	Fluconazole 150mg capsule (x1)	Paracetamol 120mg/5ml suspension (1x100ml)
Benzydamine 0.15% (Difflam®) mouthwash (1x200ml)	Hydrocortisone 1% cream (1x15g)	Paracetamol 250mg/5ml suspension (1x100ml)
Benzydamine 0.15% (Difflam®) spray (1x30ml)	Hydrocortisone 2.5mg mucoadhesive buccal tabs (formerly Corlan®) (1x20)	Paracetamol 500mg tablets (1x32)
Buscopan IBS Relief® tablets 10mg tablets (1x20)	Hyoscine Butylbromide 10mg tablets (Buscopan®) (1x20)	Peptac® suspension (1x500ml)
Buccastem 3mg Tablets (1x8)	Ibuprofen 100mg/5ml suspension (1x100 ml)	Permethrin Cream 5% 30g
Cetirizine 10mg tablets (1x30)	Ibuprofen 200mg tablets (1x24)	Ranitidine 75mg tablets (1x12)
Cetirizine 1mg/ml solution (1x200 ml)	Ibuprofen 400mg tablets (1x24)	Salactac® Gel 8g
Chloramphenicol 0.5% eye drops (1x10ml) (Optrex® [P])	Ibuprofen 5% gel (1xop) Recommend Fenbid® 100g	Saline nasal drops (NaCl) (1x10ml)
Chloramphenicol 1% eye ointment (1x4g) (Optrex® [P])	Ispaghula husk 3.5g sachets (1x30)	Senna tablets 7.5mg (Sennokot®) tablets (1x20)
Chlorhexidine Gluconate 0.2% mouthwash (1x300ml)	Lactulose solution (1x500ml)	Sodium bicarbonate 5% ear drops 10ml
Chlorphenamine 2mg/5ml liquid (sugar free) (1x150ml)	Linicin® lotion with comb pack (1x100ml, 2 applications = family pack)	Sodium cromoglicate 2% (Opticrom®) eye drops (1x5ml)
Chlorphenamine 4mg tablets (1x28)	Loperamide 2mg capsules (1x6)	Soluble Aspirin 300mg tablets (1x32)
Choline salicylate 8.7% (Bonjela Adult®) (1x15g)	Loratadine 10mg tablets (1x30)	Soluble Paracetamol 500mg tablets (1x24)
Clotrimazole 1% cream (1x20g)	Loratadine 5mg/5ml syrup (1x100ml)	Sumatriptan 50mg (Migratan®) (1x2)
Clotrimazole 10% vaginal cream (x1)	Macrogol (Cosmocol®) sachets (1x20)	Terbinafine 1% (Lamisil AT®) cream (1x15g)
Clotrimazole 2% (Canestan Thrush®) cream (1x20g)	Mebendazole 100mg (Ovex® single dose) tablet (x1)	Zeroderm® Cream 125g
	Mebendazole 100mg/5ml (Ovex®) oral suspension (1x30ml)	