



Just as Fruit and Veg change with the Seasons, so do your customers' ailments!

SEASONAL COMMON CONDITIONS TREATABLE UNDER THE NHS PHARMACY FIRST SCOTLAND SERVICE:

Given pumpkin-carving activity in the run up to Halloween, this time we focus on....**CUTS!**

Remember to record every patient interaction you have on your PMR, including:

ADVICE such as: for surface cuts, clean and cover to control infection risk (can use antiseptic cream too). For deeper cuts that stop bleeding when pressure is applied, the patient might want to use steristrips to close the gap and promote healing, then apply a dressing.

REFERRALS you need to make for patients with cuts that won't stop bleeding when pressure is applied, or wounds showing signs of infection or displaying a foreign body that can't be easily removed.

TREATMENT

Sample recommended products available on the Pharmacy First Approved List:

11.1 Dressings			
	Clinipore tape 2.5 cm x 5 m	Pack Size	1
	Melolin 10 cm x 10 cm	Pack Size	1
	Melolin 5 cm x 5 cm	Pack Size	1
	Mepore dressing 10 cm x 11 cm	Pack Size	1
	Mepore dressing 7 cm x 8 cm	Pack Size	1
	Micropore tape 2.5 cm x 5 m	Pack Size	1

And more! For the full version of the current Pharmacy First Approved List (which was updated on **1st October 2021**), please visit the **Community Pharmacy Scotland** or the **NHS National Services Scotland** websites. Patients can also purchase further OTC products including antiseptic creams, liquids and wipes, steristrips, and plasters.

This info is also attached as a PDF to make it easy to print off and keep handy in the pharmacy.

Kind regards,

The Community Pharmacy Development Team & NHS Lothian Community Pharmacy Champions

www.communitypharmacy.scot.nhs.uk

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**FUN SEASONAL
FRUIT & VEG FACT:**



Although pumpkins are about 90% water, they're also a rich source of Vitamin A, Vitamin C and other anti-oxidants which contribute towards a stronger immune system.

For carving Hallowe'en lanterns, people used beets, turnips and even big potatoes - Irish immigrants to America then discovered pumpkins as being softer and easier to carve!