



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:

Spring is here at last, so this time we focus on ...**HAYFEVER!**

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

ADVICE such as wearing sunglasses, closing windows in morning/night, avoiding walks through long grass, showering after a walk etc.

REFERRALS you make for patients getting no relief from the products on the Approved List, or who are showing complications such as worsening asthma or repeated sinusitis, or patients under the age of 18 years with mainly nasal symptoms who would be best helped by a steroid nasal spray etc.

TREATMENT:

See **Lothian-specific** recommended products available on the Pharmacy First Approved List, which includes:

2.1 Allergy (for topical preparations see sections 2.4 (nasal allergy) and 7.2 (eye))			
	Cetirizine 10 mg tablets	Pack Size	30
	Cetirizine 1 mg / ml oral solution sugar free	Pack Size	70 ml
	Chlorphenamine 4 mg tablets	Pack Size	28, 30
	Chlorphenamine oral solution 2 mg / 5ml	Pack Size	150 ml
	Chlorphenamine oral solution 2 mg / 5ml sugar free	Pack Size	150 ml
	Loratadine 10 mg tablets	Pack Size	30
	Loratadine 5 mg/5 ml oral solution	Pack Size	100 ml

2.4 Nasal Allergy			
	Beclometasone nasal spray 50 micrograms/dose	Pack Sizes	100 doses, 180 doses

For the full version of the current Pharmacy First Approved List (which was updated on **1st February 2022**), please visit the **Community Pharmacy Scotland** or the **NHS National Services Scotland** websites.

This email is also attached as a PDF of this information to make it easy for your team 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

Twitter: @nhscommpharm

FUN SEASONAL FRUIT & VEG FACT:



In China, spinach is known as 'Persian Green' due to its ancient origins, and China now produces over 90% of global spinach supplies! Spinach is an excellent source of fibre, vitamins A C and K, iron, folate, potassium and even calcium!