



*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:**

With the warmer weather, many of us are getting back to regular exercise, so this time we focus on **...MUSCULOSKELETAL PAINS!**

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

**ADVICE** such as: remember to warm up and warm down after exercising, remember **R**est, **I**ce, **C**ompression, **E**levation (**RICE**) for any ankle/knee sprains, and use sports strapping tape/compression bandages for temporary relief, and try to gently move the injured part frequently during the day rather than sitting inactive for long periods.

**REFERRALS** you make for patients who have suffered physical trauma e.g. a fall from a great height or received a blow to the affected body part, or whose joint can't bear full weight, or who are experiencing worsening pain, or pain which continues after 6 weeks, or whose calf is swollen and tender, or who can't lift their heel off the floor.

**TREATMENT:**

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

4.1 Musculoskeletal & Joint			
	Ibuprofen 100 mg/5 ml oral suspension sugar free	<b>Pack Sizes</b>	100 ml
	Ibuprofen 200 mg tablets	<b>Pack Size</b>	24
	Ibuprofen 400 mg tablets	<b>Pack Size</b>	24
	Ibuprofen 5% gel	<b>Pack Sizes</b>	30 g, 50 g
	Paracetamol 120 mg/5 ml oral suspension paediatric sugar free	<b>Pack Sizes</b>	100 ml, 200 ml
	Paracetamol 250 mg/5 ml oral suspension sugar free	<b>Pack Sizes</b>	100 ml, 200 ml
	Paracetamol 500 mg tablets	<b>Pack Size</b>	32
	Paracetamol 500 mg soluble tablets	<b>Pack Size</b>	24

For the full version of the current Pharmacy First Approved List (which was updated on **1<sup>st</sup> 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](http://www.communitypharmacy.scot.nhs.uk)

Twitter: @nhscommpharm

**FUN SEASONAL FRUIT & VEG FACT:**



In ideal growing conditions, asparagus can grow up to 7 inches a day! When you eat asparagus, your body breaks down the asparagusic acid and turns it into sulphur-containing compounds which is why your wee can smell a bit funny 30 minutes later!