



Just as Fruit, Veg and other Foods are Seasonal, so are your customers' ailments!

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

With the warmer weather, this time we focus on ...**HEAT RASH (aka PRICKLY HEAT!)**

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

ADVICE such as: since heat rash is usually caused by excessive sweating or direct sun exposure and build up of body heat, keep cool by wearing loose cotton clothing, using lightweight bedding, taking cool baths and showers, and keeping hydrated. Soothe heat rash by applying cool cloths or ice packs to affected areas for up to 20 minutes at a time.

REFERRALS you make for patients whose heat rash hasn't improved within a few days, or for babies with any rash causing concern.

TREATMENT: Patients may benefit from antihistamines, hydrocortisone cream (excluding pregnant patients or children under 10 years) or calamine aqueous cream. See **Lothian-specific** recommended products available on the Pharmacy First Approved List, which includes:

10.3 Allergy/Itch			
Calamine Aqueous cream	Pack Size	100 g	
Clobetasone 0.05% cream	Pack Size	15 g	
Crotamiton 10% cream	Pack Sizes	30 g, 100 g	
Hydrocortisone 1% cream	Pack Size	15 g	
Menthol 1% in Aqueous cream****	Pack Size	100 g	
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/5 ml	Pack Size	150 ml	
Chlorphenamine oral solution 2 mg/5 ml s/f	Pack Size	150 ml	
Loratadine 10 mg tablets	Pack Size	30	
Loratadine 5 mg/5 ml oral solution	Pack Size	100 ml	

For the full version of the current Pharmacy First Approved List (which was updated on **1st May 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 FOOD FACT:



Did you know that Vitamin D is called 'the sunshine vitamin'? When skin is exposed to sunshine, it makes vitamin D from cholesterol. Very few foods contain useful amounts of vitamin D though oily fish and egg yolks can help top your levels up!