



# How Can Pharmacy Help People Self Care For Life?

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## Self care and community pharmacy

- Part of the standard contract with NHS
- Advice and support from pharmacy staff to help people to get most benefit from caring for themselves or their families
- Can help new/short-term or long-term conditions



## What does that look like?

- Advice, reassurance and awareness
- Preventative health and public health
- Vaccination
- Services to support long-term conditions
- Medication



## What can pharmacy help with?

- Mild-to-moderate pain relief
- Uncomplicated airway infections
- Stomach and gut complaints
- Hayfever and allergy
- Skin complaints
- Simple issues with eyes and ears
- Thrush
- Athletes foot
- Teething



## Choose the right treatment.



**NHS**

 **Choose well.**



## Advice, reassurance and awareness

- What's normal for a disease?
- What would be a concern?
- Important for new parents
- Important when people have other conditions that may be affected by short-term illness
- What's available (in the pharmacy and locally)?
- Support and confidence to access other services quickly



## Prevention is better than cure

- Help to stop smoking
- Support with other substance misuse
- Advice on healthier living – food, exercise
- Stress management
- Sexual health
- Behaviour change
- Healthy Living Pharmacies



# Vaccination

- Flu
- Pneumonia
- Travel vaccines
- Hepatitis B





## Long-term conditions

- Support taking medicines safely and correctly
- Extra support with some new medicines
- Lifestyle advice
- Support for carers – person they care for and the carer themselves



## Medication

- Some needs little explanation
- Some requires a bit more advice
- Can be supplied in some areas without need to pay if people don't pay for NHS prescriptions (Minor Ailments / Pharmacy First)
- Knowledge about how to take safely, especially with other medicines or conditions



## What's working well now?

- No appointment needed
- Range of staff to suit different needs – often a good reflection of the local community
- Wide range of locations and opening hours
- Anonymity (sometimes)
- Medicines, advice all available straight-away



## What's needs improvement?

- Variety in what's available and where
- Confidentiality in some premises
- Variety in quality of advice sometimes
- Access to records to give quicker and safer service



## THAT Facebook post



**Christine Davidson** 15 May at 08:23 · Edited · 

For all the mummies and daddies - I was in Boots yesterday buying calpol and happened to complain to the cashier how expensive it is. She told me to my amazement that if you register your details with them under the 'minor ailments scheme' that all medicines etc. for children are free. A scheme that has been going for 8 years. They are not allowed to advertise it, but you can save a small fortune on calpol, piriton, sudocrem, plasters, etc.!! I wish I had known 8 years ago!

[Christine Davidson Siarart](#)

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