

Fact Sheets

What are the Fact Sheets for?

The Self Care Forum Fact Sheets for common ailments aim to help clinicians and patients discuss issues around self care within the practice consultation and especially how to handle the symptoms in the future. They provide patients with information around:

- Useful facts
- What patients can expect to happen (the natural history)
- What people can do to help themselves – now and in the future
- When to seek medical help (the ‘red flags’)
- Where to find out more

How were the Fact Sheets developed?

They were produced by the *Self Care Forum* Board. In addition to specialist literature relevant to the topic area, we used the following key resources for developing the fact sheets:

- Guidelines from the National Institute for Health and Clinical Excellence (NICE)
- Guidelines from the Scottish Intercollegiate Guidelines Network (SIGN)
- Publications produced by the UK Royal Colleges and major charities
- Selected major peer reviewed scientific articles
- NHS Choices
- NHS Direct
- Patient UK

The Fact Sheets were assessed at draft stages by members of the *Self Care Forum* board, many of whom represent major national patient and professional organisations. Topic experts, patient representatives and language editors reviewed the fact sheets, checking them for readability and understanding. The final versions of the Fact Sheets were checked by independent national topic experts for accuracy.

The Fact Sheets have been produced and independently verified by the Self Care Forum, which is responsible for the content overall. There were no funds involved in their development.

How can the Fact Sheets be used?

The Fact Sheets are free to download from the Self Care Forum website and may be reproduced, copied, printed and distributed without further permission. If however, the content is altered permission would need to be sought.

Key References for the SCF Fact Sheets:

We used the following general resources for producing the Self Care Forum Fact Sheets:

1. National Institute for Health and Clinical Excellence (NICE) Guidelines, www.nice.org.uk
2. Scottish Intercollegiate Guidelines Network (SIGN) Guidelines, www.sign.ac.uk
3. NHS Choices, www.nhs.uk
4. NHS Direct, www.nhsdirect.nhs.uk
5. Clinical Knowledge Summaries,
6. PatientUK, www.patient.co.uk
7. Schroeder K. Diagnosing Your Health Symptoms For Dummies (2010). Wiley, Chichester.
ISBN 978-470-66096-6.

In addition, every fact sheet has undergone expert peer-review.

Selected key references used for individual fact sheets

1. Low Back Pain

National Institute for Clinical Excellence (NICE) Guideline CG88 – Low Back Pain. Available at <http://www.nice.org.uk/CG88>.

2. Eczema

National Institute for Health and Clinical Excellence. Guideline CG57, Atopic eczema in children. Available at www.nice.org.uk.

Scottish Intercollegiate Guidelines Network (SIGN). Management of atopic eczema in primary care. Edinburgh: SIGN; 2011. (SIGN publication no. 125). [March 2011]. Available from URL: <http://www.sign.ac.uk>.

3. Heartburn and indigestion

National Institute for Health and Clinical Excellence. Clinical Guideline CG17, Dyspepsia – management of dyspepsia in adults in primary care [August 2004]. Available at www.nice.org.uk.

Scottish Intercollegiate Guidelines Network (SIGN). Dyspepsia. Edinburgh: SIGN; 2003. (SIGN publication no. 68). [March 2003]. Available at <http://www.sign.ac.uk>.

4. Fever in children

National Institute for Health and Clinical Excellence. Guideline CG47, Feverish illness in children: Assessment and initial management in children younger than 5 years [May 2007]. Available at www.nice.org.uk.

5. Constipation

American College of Gastroenterology Chronic Constipation Task Force. An evidence-based approach to the management of chronic constipation in North America. Am J Gastroenterol, 2005; 100(Suppl 1), S1-S4.

6. Headache and migraine

NICE. Diagnosis and management of headaches in young people and adults. September 2012. Clinical guideline 150. Methods, evidence and recommendations. Available from: <http://www.nice.org.uk/nicemedia/live/13901/60854/60854.pdf>.

7. Coughs

Morice AH, McGarvey L, Pavord I, on behalf of the British Thoracic Society Cough Guideline Group. Recommendations for the management of cough in adults. *Thorax* 2006;61(Suppl 1):i1–i24. doi: 10.1136/thx.2006.065144

Smith SM, Schroeder K, Fahey T. Over-the-counter (OTC) medications for acute cough in children and adults in ambulatory settings. *Cochrane Database of Systematic Reviews* 2008, Issue 1. Art. No.: CD001831. DOI: 10.1002/14651858.CD001831.pub3.

National Institute for Health and Clinical Excellence. Referral for suspected cancer — NICE guideline. CG27. London: NICE; 2005. Available at: www.nice.org.uk.

8. Acne

Purdy S, de Berker D. Clinical review: Acne. *BMJ* 2006; 333: 949–53.

National Institute for Clinical Excellence. Referral Advice: A guide to appropriate referral from general to specialist services. NICE 2001. Available at www.nice.org.uk.

9. Sprains and strains

NHS Evidence Clinical Knowledge Summaries. Sprains and Strains – Management. Available at: http://www.cks.nhs.uk/sprains_and_strains [accessed 12 Aug 2012]

10. Sore throat

Scottish Intercollegiate Guidelines Network (SIGN). Management of sore throat and indications for tonsillectomy – a national clinical guideline. Edinburgh: SIGN. (SIGN publication no. 117). [April 2010]. Available from URL: <http://www.sign.ac.uk>

11. Otitis media

American Academy of Pediatrics Subcommittee on Management of Acute Otitis Media. Diagnosis and management of acute otitis media. *Pediatrics*. 2004 May;113(5):1451–65.

Otitis media – acute – NICE CKS [Internet]. [cited 2013 Oct 6]. Available from: <http://cks.nice.org.uk/otitis-media-acute#!topicsummary>

Otitis Media – NHS Choices [Internet]. [cited 2013 Oct 7]. Available from: <http://www.nhs.uk/conditions/otitis-media/pages/introduction.aspx>

Scottish Intercollegiate Guidelines Network. Guideline 66: Diagnosis and management of childhood otitis media in primary care [Internet]. 2003 [cited 2013 Oct 6]. Available from: <http://www.sign.ac.uk/guidelines/fulltext/66/>

Centre for Clinical Practice at NICE (UK). Respiratory Tract Infections – Antibiotic Prescribing: Prescribing of Antibiotics for Self-Limiting Respiratory Tract Infections in Adults and Children in Primary Care [Internet]. London: National Institute for Health and Clinical Excellence (UK); 2008 [cited 2013 Oct 6]. Available from: <http://www.ncbi.nlm.nih.gov/books/NBK53632/>

Venekamp RP, Sanders S, Glasziou PP, Del Mar CB, Rovers MM. Antibiotics for acute otitis media in children. In: The Cochrane Collaboration, Venekamp RP, editors. Cochrane Database Syst Rev [Internet]. Chichester, UK: John Wiley & Sons, Ltd; 2013 [cited 2013 Oct 6]. Available from: <http://doi.wiley.com/10.1002/14651858.CD000219.pub3>

Kozyrskyj A, Klassen TP, Moffatt M, Harvey K. Short-course antibiotics for acute otitis media. Cochrane Database Syst Rev. 2010;(9):CD001095.

Rothman R, Owens T, Simel DL. Does this child have acute otitis media? JAMA J Am Med Assoc. 2003 Sep 24;290(12):1633–40.

Little P, Rumsby K, Kelly J, Watson L, Moore M, Warner G, et al. Information leaflet and antibiotic prescribing strategies for acute lower respiratory tract infection: a randomized controlled trial. JAMA J Am Med Assoc. 2005 Jun 22;293(24):3029–35.

CG160 Feverish illness in children: full guideline [Internet]. [cited 2013 Oct 20]. Available from: <http://guidance.nice.org.uk/CG160/Guidance/pdf/English>

12. Common cold

Common cold – NICE CKS [Internet]. [cited 2013 Oct 10]. Available from: <http://cks.nice.org.uk/common-cold#!topicsummary>

Cold, Common – NHS Choices [Internet]. [cited 2013 Oct 10]. Available from: <http://www.nhs.uk/Conditions/Cold-common/Pages/Introduction.aspx>

13. Sinusitis

sinusitis – NHS Choices [Internet]. [cited 2013 Oct 12]. Available from:
<http://www.nhs.uk/conditions/sinusitis/Pages/Introduction.aspx>

Sinusitis – NICE CKS [Internet]. [cited 2013 Oct 12]. Available from:
<http://cks.nice.org.uk/sinusitis#!topicsummary>

Sinus Headache – NHS Choices [Internet]. [cited 2013 Oct 12]. Available from:
<http://www.nhs.uk/conditions/sinus-headache/Pages/Introduction.aspx>

Shaikh N, Wald ER, Pi M. Decongestants, antihistamines and nasal irrigation for acute sinusitis in children. In: The Cochrane Collaboration, Shaikh N, editors. Cochrane Database Syst Rev [Internet]. Chichester, UK: John Wiley & Sons, Ltd; 2012 [cited 2013 Oct 20]. Available from:
<http://doi.wiley.com/10.1002/14651858.CD007909.pub3>

Disclaimer

We have made every effort to ensure that the content of the Fact Sheets is correct at the time of publication, but remember that information and self care advice may change. The information provided is for **general education** only and does not list *all* the facts, management options and warning symptoms. The Fact Sheets should *only* be provided in the context of the GP consultation, where the GP will be able to draw attention to particularly relevant information.