

# Health Visitor Formulary

- Minor conditions <sup>‡</sup> are generally not a serious health problem and can be treated with Over The Counter (OTC) medications available from local pharmacies. A leaflet titled “Treating minor conditions; Think Pharmacist” is available for [WSCCG](#) and [IESCCG](#). See overleaf for a list of patient information leaflets to support self-care.
- Health visitors should advise patients/parents/carers/guardians to buy appropriate treatment for any minor conditions from their local pharmacy.
- Health visitors should not issue prescriptions for medicines to treat minor conditions unless prescribing <sup>‡</sup> is essential in exceptional circumstances.

## Minor conditions <sup>‡</sup>

Examples of some minor conditions associated with babies or children:

- Crying\*
- Colic\*
- Nappy rash\*
- Teething trouble\*
- Temperature\*
- Common coughs & colds\*
- Diarrhoea & vomiting\* (one-off)
- Constipation\* (one-off)
- Head lice
- Scabies
- Threadworms
- Mild eczema and dry skin

\* Included in Suffolk Common Childhood Illnesses booklet

See overleaf for a list of minor ailment patient information leaflets.

## Health Visitor Prescribing <sup>‡</sup>

### Skin preparations

Skin preparations for the treatment of **minor skin conditions** should be purchased **OTC**.

The following skin preparations should only be prescribed by HVs as a one-off prescription for conditions listed in the NPF i.e. chronic eczema, dermatitis, ichthyosis, zoderma, endogenous and exogenous eczema, psoriasis and pruritis, where the HV has diagnosed these. Patients should not be seeking prescriptions from HVs if already receiving any of the following items from their GP.

- Further supplies (if effective):**
- Minor skin conditions: should be purchased OTC.
  - Long term serious conditions: refer patient to GP

#### Emollients

- General directions: Apply as required to the affected skin
- **Epimax<sup>®</sup> cream 500g** (equivalent to Diprobase<sup>®</sup>)  
*(liquid paraffin 15%, white soft paraffin 6%)*
  - **Isomol<sup>®</sup> gel 500g** (equivalent to Doublebase<sup>®</sup> and Zerodouble<sup>®</sup>)  
*(light liquid paraffin 15%, isopropyl myristate 15%)*
  - **Zeroderm<sup>®</sup> ointment 500g** (equivalent to Hydromol<sup>®</sup>)  
*(liquid paraffin 40%, white soft paraffin 30%)*
  - **Liquid paraffin 50%, White soft paraffin 50% ointment 500g**
  - **Ultrabase<sup>®</sup> cream 500g**

#### Soap substitute

- **Emulsifying ointment 500g**
- **ZeroAQS<sup>®</sup> Cream 500g**  
*(liquid paraffin 6%, white soft paraffin 15%)*

### Oral thrush

For advice on prevention of oral candidal infection in patients using inhaled corticosteroid inhaler [click here](#)

Treatment of oral candida in children age from 0 months to 12 years [click here](#) is given below:

#### First Choice Miconazole oral gel Should be purchased OTC

- Treatment duration 7 days with 2 days after symptoms resolution.
- If no infection improvement after 7 days and there has been some response, extend the course of miconazole for a further week.
- Off-label use in infant <4 month old

**Nipple thrush in breastfeeding mother:  
Antifungal cream  
Should be purchased OTC**

#### Second Choice Nystatin oral suspension May be prescribed if:

- Miconazole oral gel is:
  - contraindicated
  - for infant <4months old
  - for infection that has not responded to 7 days of miconazole.
- Treatment duration 7 days with 2 days after symptoms resolution.
- Off-label use in neonates

Consider specialist advice in extensive or severe candidiasis.

References

- NICE CKS Treatment of oral candida in children, Age from 0 months to 12 years. July 2013. <http://cks.nice.org.uk/candida-oral/iscenario>.
- Online BNF November 2015. <https://www.medicinescomplete.com/mc/bnflegacy/current/>
- Electronic Drug Tariff October 2015, appliances Chapter IXA <http://www.drugtariff.nhsbsa.nhs.uk/#/00252860-FA/FA00251932/Home>
- A guide for parents and carers of children from birth and beyond. Common childhood illnesses and wellbeing in Suffolk.
- Patient UK leaflets <http://patient.info/>
- WSCCG leaflet: treating minor conditions: Think Pharmacist.

Patient information leaflets	IESCCG	WSCCG
<ul style="list-style-type: none"> <li>Suffolk Common Childhood Illnesses booklet</li> <li>Think Pharmacist</li> <li>Headlice</li> <li>Scabies</li> <li>Threadworm</li> <li>Dry skin and mild eczema</li> <li>Home Milk Challenge</li> <li>Gluten Free dietary advice</li> </ul>	<p><a href="http://www.ipswichandeastsuffolkccg.nhs.uk/Portals/1/Content/Your%20health/Children/eastSuffolk.pdf">http://www.ipswichandeastsuffolkccg.nhs.uk/Portals/1/Content/Your%20health/Children/eastSuffolk.pdf</a></p> <p><a href="http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/SelfCareandPatientInformationLeaflets.aspx">http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/SelfCareandPatientInformationLeaflets.aspx</a></p>	<p><a href="http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Common-childhood-illnesses-wellbeinh-in-Suffolk.pdf">http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Common-childhood-illnesses-wellbeinh-in-Suffolk.pdf</a></p> <p><a href="http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/Think-Pharmacist-patient-information-leaflet.pdf">http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/Think-Pharmacist-patient-information-leaflet.pdf</a></p> <p><a href="http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Headlice-treatment-patient-UK.pdf">http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Headlice-treatment-patient-UK.pdf</a></p> <p><a href="http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Scabies-patient-UK-leaflet.pdf">http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Scabies-patient-UK-leaflet.pdf</a></p> <p><a href="http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Threadworms-patient-UK-leaflet.pdf">http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Threadworms-patient-UK-leaflet.pdf</a></p> <p><a href="http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Atopic-eczema-patient-UK-leaflet.pdf">http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/08/Atopic-eczema-patient-UK-leaflet.pdf</a></p> <p>Included in Infant Formula Policy (see below)</p> <p><a href="https://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/1872-Gluten-Free-Prescribing_SCREEN.pdf">https://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/1872-Gluten-Free-Prescribing_SCREEN.pdf</a></p>
Useful guidance	IESCCG	WSCCG
<ul style="list-style-type: none"> <li>OTC position statement</li> <li>Infant formula guidance/policy</li> </ul>	<p><a href="http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/SelfCareandPatientInformationLeaflets.aspx">http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/SelfCareandPatientInformationLeaflets.aspx</a></p> <p><a href="http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/CCGFormularies/Dieteticsformulary.aspx">http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/CCGFormularies/Dieteticsformulary.aspx</a></p>	<p>Included in WSCCG Think Pharmacist Leaflet</p> <p><a href="http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/Infant-formula-policy-1617-2.pdf">http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/01/Infant-formula-policy-1617-2.pdf</a></p>