

NHS patients travelling abroad

- NHS ceases to be responsible for patients when they leave the UK.
- To ensure safe patient care provide sufficient quantity of medicines for pre-existing conditions to cover the journey and allow time for patient to obtain medical attention abroad supply no more than 3 months of medicines.
- Advise patient to check NHS choices for complete travel guidance: <http://www.nhs.uk/Livewell/travelhealth/Pages/Travelhealth.aspx>

First aid on holiday

- Advise patients to purchase medicines they may need in case of minor illness while on holiday.
- If only available on prescription consider supplying a private prescription.

Malaria prophylaxis

- Not provided by the NHS.
- Advise patients to seek advice and purchase suitable products from a pharmacy.
- If only available on prescription supply a private prescription.

Travel vaccination

- Certain vaccines are not provided by the NHS including: Japanese encephalitis, Tick-borne encephalitis, Rabies, and Yellow Fever
- Charge privately for any vaccinations not prescribable on NHS.

Sunscreen

- Only prescribe on NHS for patients meeting ACBS criteria: *“Protection from UV radiation in abnormal cutaneous photosensitivity resulting from genetic disorders, photodermatoses, including vitiligo and those resulting from radiotherapy; chronic or recurrent herpes simplex labialis”*.

Postponement of menstruation

- When required for non-medical reasons do not prescribe on NHS.
- Consider supplying a private prescription.

Hay fever

- Appropriate for self-care.
- Self-help tips available at NHS choices: <http://www.nhs.uk/Conditions/Pages/BodyMap.aspx?Index=H>
- Patients should seek advice from a community pharmacist.
- Antihistamine tablets, eye drops & nasal sprays; steroid nasal sprays and sodium cromoglicate eye drops are all available to purchase .for less than a prescription charge.

Analgesia

- Do not prescribe short courses for acute common ailments in adults.
- Advise patients to purchase suitable products.
- Community pharmacists can support patients to manage these conditions themselves.
- Paracetamol may be purchased in quantities up to 32 and up to 100 are available at a pharmacist’s discretion. Paracetamol can be purchased for less than it costs the NHS on prescription.
- Encourage self-care for all self-limiting acute conditions.
- Continue to prescribe for children and when required for chronic conditions.