

SELF CARE WEEK

NHS



# Minor Ailments

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What is a *Minor Ailment*?

# Minor Ailments include:

- ▶ Temperature and fever
- ▶ Cough
- ▶ Colds
- ▶ Sore Throat
- ▶ Toothache
- ▶ Earache
- ▶ Diarrhoea
- ▶ Constipation
- ▶ Burns and scalds

# Temperature and Fever

- ▶ Raised body temperature above the normal daily variation which usually suggests an underlying infection
- ▶ Fever is common
- ▶ What is normal?
- ▶ Fever is 37.5C in children, 38C in adults
- ▶ Keep them cool
- ▶ Paracetamol and/or ibuprofen
- ▶ When to seek help

# Cough

- ▶ Reflex action to clear your airways of mucus and irritants such as dust or smoke
- ▶ Rarely a sign of anything serious
- ▶ Acute or chronic
- ▶ Dry or chesty
- ▶ Acute cough usually caused by a viral upper respiratory tract infection
- ▶ Try not to cough!
- ▶ Home remedies
- ▶ Stop smoking
- ▶ Paracetamol
- ▶ When to seek help

# Colds

- ▶ Mild viral infections can cause symptoms of a cold
- ▶ Blocked and then runny nose, sneezing, cough, sore throat, a slightly raised body temperature up to 39C and generally feeling unwell
- ▶ Adults get an average of 2-4 colds per year
- ▶ The common cold is harmless, will usually get better by itself and complications are rare
- ▶ There is no cure!!!
- ▶ Rest, eat healthily and drink fluids
- ▶ Paracetamol, ibuprofen or aspirin (if over 16)
- ▶ When to seek help

# Sore Throat

- ▶ Sore throats are extremely common
- ▶ Will get better within 3 to 7 days (maximum of 2 weeks) without the need for treatment
- ▶ Eat cool, soft food
- ▶ Drink cool or warm drinks
- ▶ Sucking lozenges, ice cubes
- ▶ Drink 6 to 8 glasses of water daily
- ▶ Paracetamol or ibuprofen
- ▶ Gargling aspirin if over 16
- ▶ When to seek help

# Toothache

- ▶ Pain in and around the teeth and jaws that's usually caused by tooth decay
- ▶ Can also be caused by a cracked tooth, loose or broken fillings, receding gums or an abscess
- ▶ Sinusitis can also cause pain around the upper jaw
- ▶ Pain may be mild or severe
- ▶ Pain may be sharp or dull
- ▶ Paracetamol and /or ibuprofen
- ▶ If lasts for more than 2 days see a dentist



# Earache

- ▶ Sharp, dull or burning pain that comes and goes or it can be constant
- ▶ One or both ears can be affected
- ▶ Can be wax, due to injury or a minor infection
- ▶ Most ear infections will clear up on their own without treatment in a few days or weeks
- ▶ Paracetamol or ibuprofen
- ▶ Placing a flannel against the affected ear may help to relieve the pain
- ▶ When to seek help

# Diarrhoea

- ▶ Passing looser or more frequent stools than is normal for you
- ▶ Gastroenteritis
- ▶ Anxiety, food allergy
- ▶ Medication
- ▶ Irritable Bowel Syndrome
- ▶ Should clear up with a few days
- ▶ Can cause dehydration
- ▶ Eat solid food as soon as you are able
- ▶ Babies should be fed as normal
- ▶ Prevention of diarrhoea
- ▶ When to seek help

# Constipation

- ▶ Stools become hard and you find it more difficult than usual, or painful, to pass them
- ▶ May also have a feeling of being unable to completely empty your bowels
- ▶ Affects about 20% of people at any one time
- ▶ Healthy diet
- ▶ Keep hydrated
- ▶ Exercise
- ▶ Listen to your body
- ▶ Paracetamol
- ▶ Medicines to ease constipation
- ▶ When to seek help

# Burns and Scalds

- ▶ Damage to the skin caused by heat
- ▶ Can be very painful and can cause blisters and black or red skin
- ▶ First aid
- ▶ Stop the burn, cool the burn, cover the burn
- ▶ Paracetamol or ibuprofen
- ▶ When to seek help

# When do I need to seek help?

- ▶ Whenever you are not sure
- ▶ NHS 111
- ▶ Pharmacy first
- ▶ Pharmacist
- ▶ GP
- ▶ Minor injuries
- ▶ A&E

# What to keep in your Medicine Cabinet

- ▶ Paracetamol
- ▶ Aspirin or ibuprofen
- ▶ Thermometer
- ▶ First aid

# Healthy Lifestyle

- ▶ Prevention is better than cure!
- ▶ Balanced diet
- ▶ Exercise
- ▶ Stop smoking
- ▶ Alcohol
- ▶ Flu and pneumonia vaccination

Has anyone got any  
questions?



Thank-you for your time  
and attention!