Minor conditions are generally not a serious health problem and can be treated with Over The Counter (OTC) medications available from local pharmacies. Please click here for WSCCG leaflet "Treating minor condition; Think Pharmacist".

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 is essential in exceptional circumstances.

Examples of some minor conditions associated with babies or children:
- Crying
- Colic
- Nappy rash
- Teething trouble
- Temperature
- Common coughs & colds
- Diarrhoea & vomiting

Skin preparations should only be prescribed as a one-off prescription for conditions listed in the NPF i.e. dry skin conditions, eczema, dermatitis, ichthyosis, zoderma, endogenous and exogenous eczema, psoriasis and puririts, where the HV has diagnosed these.

Further treatment(s) from the list below should be purchased OTC.

Skin preparations for the treatment of minor skin conditions should be purchased OTC. For serious long term skin conditions refer patients to GP.

Patients should not be seeking prescriptions from HVs if already receiving any of the following items from their GP.

The following skin preparations should only be prescribed as a one-off prescription for conditions listed in the NPF i.e. dry skin conditions, eczema, dermatitis, ichthyosis, zoderma, endogenous and exogenous eczema, psoriasis and puririts, where the HV has diagnosed these.

Further treatment(s) from the list below should be purchased OTC.

Emollient
- Zeroderm® ointment 125g
  (liquid paraffin 40%, white soft paraffin 30%)
- Ultrabase® cream 50g
  (liquid paraffin 10%, white soft paraffin 10%, stearyl alcohol 8%)
- Liquid paraffin 50%, White soft paraffin 50% ointment 500g
- QV® cream 100g
  (light liquid paraffin 10%, white soft paraffin 5%, glycerol 10%)
- Zerodouble® gel 100g
  (light liquid paraffin 15%, isopropyl myristate 15%)
- QV intensive® ointment 450g
  (liquid paraffin 50.5%, white soft paraffin 20%)

Soap substitute
- Emulsifying ointment 500g
- Zeroderm® ointment 500g
  (liquid paraffin 40%, white soft paraffin 30%)

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

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.