

GUIDELINES FOR PRESCRIBING FOR MINOR AILMENTS AND PATIENT SELF-CARE

Updates effective February 17, 2021

The Council of the Saskatchewan College of Pharmacy Professionals (SCPP) has recently approved updates to a number of the *Guidelines for Prescribing for Minor Ailments and Patient Self-Care*.

Guideline updates have been approved for: Acne, Mild; Allergic Rhinitis; Atopic Dermatitis; Cold Sore; Conjunctivitis; Cystitis; Diaper Dermatitis; Dymenorrhea; Emergency Contraception; Gastroesophageal Reflux Disease (GERD); Hemorrhoids; Hormonal Contraception; Musculoskeletal Strains and Sprains; Onychomycosis; Oral Aphthous Ulcer; Oral Thrush; Shingles; Superficial Bacterial Skin Infection (Impetigo and Folliculitis); Tinea Corporis Infection; Tinea Cruris Infection; and Tinea Pedis Infection. The remainder of the guidelines are currently under review and undergoing updates.

It is the pharmacist's responsibility to read the guidelines and use the most current algorithms and Pharmacist Assessment Records (PARs).

A significant number of changes have taken place in these updates. **Only medications with a Health Canada indication for the particular condition are included in the guidelines** (see specific conditions for changes).

Product tables have been updated to:

- include available medications eligible for prescribing;
- indicate over-the-counter (OTC) medications (eligible for prescribing but not for claiming a Minor Ailment Fee); and
- indicate Saskatchewan Formulary status of the medication.

There are numerous changes to the eligible medications for the majority of the minor ailment and self-care conditions. The Drug Plan and Extended Benefits Branch (DPEBB) has updated the list of eligible drug identification numbers (DINs) in the DPEBB claims system. Examples are provided below and do not provide a complete list of all changes.

- Discontinued medications (DINs) have been removed.
- Products indicated for a particular minor ailment have been added, for example:
 - dapsone 5% gel for mild acne;
 - fusidic acid 1% eye drops for conjunctivitis;
 - naproxen sodium 550mg for musculoskeletal pain.
- Products which are not indicated for a minor ailment have been removed, for example:
 - all benzoyl peroxide/clindamycin products are indicated for moderate acne, not mild;
 - acyclovir and famciclovir are not indicated for cold sores;
 - NSAIDs not indicated for dysmenorrhea include ibuprofen 600mg, diclofenac sodium 50mg, and all strengths of ketoprofen;
 - NSAIDs not indicated for musculoskeletal pain include ibuprofen 600mg, and all strengths of diflunisal, floctafenine, and ketoprofen.

Some medications added to the eligible product lists may not be a Saskatchewan Formulary benefit. It is recommended that pharmacists check the Formulary status of a medication, and inform the patient, prior to prescribing.

The Minor Ailments Program Policy and Procedures can be found on the DPEBB secure website at <https://www.drugplan.health.gov.sk.ca>. The DPEBB regularly audits the Minor Ailments Program. Failure to comply with medSask guidelines and the Minor Ailments Policy and Procedures will result in fee recovery by the DPEBB.

Who to Contact:

- For questions regarding claims **BILLING PROCEDURE AND PAYMENT**, contact the Drug Plan and Extended Benefits Branch at 1-800-667-7581 or in Regina at 306-787-3317.
- For questions related to the **GUIDELINES FOR PHARMACIST PRESCRIBING FOR MINOR AILMENT AND SELF-CARE CONDITIONS**, contact the Saskatchewan College of Pharmacy Professionals at 306-584-2292.
- For questions related to **PROFESSIONAL PRACTICE**, contact the Pharmacy Association of Saskatchewan at 306-359-7277.