

PRESS RELEASE

Date of release: 23.10.17
Approved by: Jackie Daniel, Chief Executive, University Hospitals of Morecambe Bay NHS FT
Issued by: Ivan.Drozdvov@mbht.nhs.uk
Reference: 1710 – 01

HEALTH PROFESSIONALS URGE THE PUBLIC TO KEEP A WELL-STOCKED MEDICINE CABINET.

Health professionals across Morecambe Bay are urging people to ensure they have a fully stocked medicine cabinet at home as winter approaches.

A well-stocked medicine cabinet can help treat many common illnesses and ailments and the Royal Pharmaceutical Society recommends you include the following in your medicine cabinet:

- A first-aid kit including bandages, plasters, thermometer, antiseptic, eyewash solution, sterile dressings, medical tape for dressings and tweezers.
- Pain relief such as aspirin, paracetamol and ibuprofen for aches, pains and high temperatures.
- Oral rehydration salts to replace lost minerals and fluid after a fever or vomiting and diarrhoea.
- Anti-diarrhoea tablets to relieve symptoms of diarrhoea (though these will not help with the underlying cause).
- Antihistamines which can help with allergies
- Indigestion relief remedies

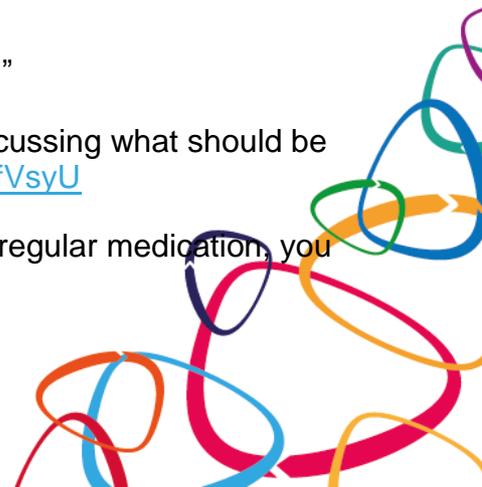
Dr Alex Gaw the Clinical Chair for NHS Morecambe Bay Clinical Commissioning Group, said: “Our advice to people is to ensure their medicine cabinets have everyday remedies for minor winter illness as well as ensuring they have any regular medication they may require for any ongoing conditions they may have.

“Don’t forget your local pharmacy can help with many ailments such as coughs, colds, eczema, hay fever or period pain.”

“They can give advice and where appropriate recommend medicines.”

Better Care Together has also created a film with Dr Jim Hacking discussing what should be in your medicine cabinet. <https://www.youtube.com/watch?v=7dzdXLfVsyU>

If you’re not sure which over-the-counter medicines to take with your regular medication, you can talk to a pharmacist for advice.



Ends //

Notes to editors:

1. Better Care Together is a partnership of ten organisations, including Lancashire Care NHS Foundation Trust, University Hospitals of Morecambe Bay NHS Foundation Trust, Blackpool Teaching Hospitals NHS Foundation Trust, the North West Ambulance Service, Cumbria Partnership NHS Foundation Trust, NHS Morecambe Bay Clinical Commissioning Group and the two Local Authorities: Cumbria County Council and Lancashire County Council and two GP Provider Federations: North Lancashire Medical Group and South Cumbria Primary Care Collaborative working together in partnership.
2. Clinical leaders from across all organisations have designed a new clinical model of care for Morecambe Bay, through a series of design workshops and clinical. The new care models have been strongly influenced by the wide ranging engagement with stakeholders which has taken place over the past two years.

