

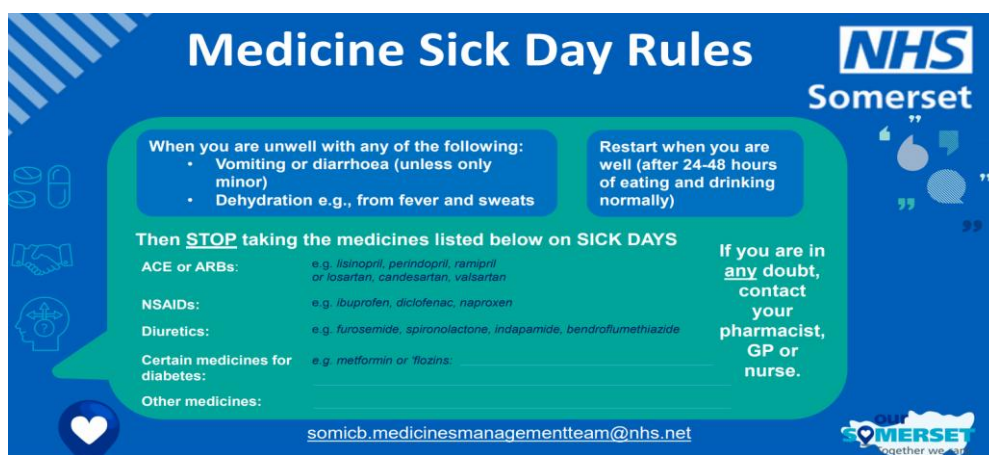
## Committee Vacancy

We have a vacancy for an Independent Contractor to join the Committee.

If you would like to represent your fellow Independent Contractors by being their voice on the Committee, please contact Michelle

Allen our CEO for Somerset Community Pharmacy

[Michelle.somersetlpc@gmail.com](mailto:Michelle.somersetlpc@gmail.com)



**Medicine Sick Day Rules** **NHS Somerset**

When you are unwell with any of the following:

- Vomiting or diarrhoea (unless only minor)
- Dehydration e.g., from fever and sweats

Restart when you are well (after 24-48 hours of eating and drinking normally)

Then **STOP** taking the medicines listed below on SICK DAYS

**ACE or ARBs:** e.g. lisinopril, perindopril, ramipril or losartan, candesartan, valsartan

**NSAIDs:** e.g. ibuprofen, diclofenac, naproxen

**Diuretics:** e.g. furosemide, spironolactone, indapamide, bendroflumethiazide

**Certain medicines for diabetes:** e.g. metformin or flosins

**Other medicines:**

If you are in any doubt, contact your pharmacist, GP or nurse.

[somicb.medicinesmanagementteam@nhs.net](mailto:somicb.medicinesmanagementteam@nhs.net)

**OUR SOMERSET** Together we can

## WhatsApp Poll Results

Dear Pharmacy Teams,

We recently polled on our Whatsapp group to establish what support you need regarding Pharmacy First within your Pharmacies. The majority said that they would like to see more training and resources given to their Local practices to enable more appropriate referrals into community pharmacies, especially around the 7 Clinical Pathway Conditions.

We are pleased to say Community Pharmacy Somerset will be researching and producing a services pack to deploy to both Practices and Pharmacies.



**NHS  
GUIDE**

**NHS Somerset Safeguarding  
Contact details**

[Click here to get the App](#)