Self-care for sore throats

Training for the pharmacy team

Sore throats are a common, usually self-limiting complaint. Lozenges containing antibiotics (e.g. Tyrozets) are no longer available, but customers can be recommended other products that can both fight infection and numb the pain to provide symptom relief.

Learning objectives

Understand the symptoms and causes of sore throats

Recognise the symptoms that need to be referred

Recommend medicated products to your customers with confidence

Symptoms and causes

Customers will often complain of one or more of the following symptoms:[1]

Sore throats due to viral or bacterial infection should resolve within a week. Viruses cause symptoms in around 90% of cases.[2]

Self-care tips

You should reassure your customer that symptoms will usually resolve within seven days.[1] You can also advise customers to:[1,3]

- Suck medicated lozenges to help ease the pain*
- Drink plenty of fluids (not hot drinks)
- Gargle with warm, salty water (adults only) and suck ice cubes/lollies or hard sweets*
- Take paracetamol or ibuprofen (if appropriate)

* Young children shouldn't be given anything small and hard to suck due to risk of choking.

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Managing symptoms

For customers who would like a product to ease their symptoms so they can get on with their daily life, there is a range of products available to recommend. These include sprays, lozenges and pastilles to suit customers' different needs. They may contain:

- **Antiseptics such as amylmetacresol to help fight viruses/bacteria**
- **Anaesthetics such as lidocaine to help numb pain**
- **Demulcents such as glucose or honey to lubricate the throat**
- **NSAIDs such as flurbiprofen to reduce inflammation.**

Pharmacy First - Acute Sore Throat[4]

ELIGIBLE: adults and children aged 5 years and over

EXCLUDED: pregnant individuals under 16 years

Customers suffering with an acute sore throat due to a bacterial infection may be eligible for antibiotic treatment in the pharmacy.

The FeverPAIN diagnostic tool is commonly used to determine if the infection could be bacterial.

FeverPAIN diagnostic tool (one point for each)

- **Fever** (high temperature) in previous 24hrs
- **P**urulent tonsils (pus)
- **A**ttend rapidly (symptom onset within 3 days)
- Severe tonsillar **i**nflammation
- **N**o cough/corzyza (cold symptoms)

A score of 4 or 5 with severe symptoms is required for antimicrobial treatment to be considered.

Advice and symptom management should be offered despite the score. If the customer has any medical conditions or is taking any regular medicines, speak to the pharmacist.

When to refer

Refer customers for urgent care if they have:[1]

Severe symptoms that are worsening quickly

Recurrent sore throats

An associated very high fever or feeling hot/shivery

Trouble swallowing - drooling can be a sign of this

A compromised immune system (e.g. on chemotherapy)

Difficulty breathing

Stridor (they make a high-pitched sound as they breathe)

A suspected bacterial infection but they are not eligible for the Pharmacy First service.

Product focus

Chloralieve lozenges (P) can be recommended for adults and children over 12 years to relieve the symptoms of sore throat for up to five days.

Lidocaine hydrochloride 2mg, amylmetacresol 0.6mg, 2,4-dichlorobenzyl alcohol 1.2mg

Chloralieve has a dual action:

An anaesthetic (lidocaine)

NUMBS PAIN

FIGHTS INFECTION

Two effective and well-established antiseptic ingredients (amylmetacresol and 2,4-dichlorobenzyl alcohol)

- **Pharmacy-only formula**
- **Helps fight viruses and bacteria in the throat**
- **Antibiotic-free**
- **Available in a choice of honey & lemon and blackcurrant flavours**

£2m+ National TV spend – on air throughout the season

Ultra Chloraseptic spray (GSL)

In brief

For those customers who want an anaesthetic spray that quickly numbs the pain of a sore throat, you could recommend Ultra Chloraseptic spray.

Customer benefits include:

- Contains benzocaine – a local anaesthetic that numbs the pain associated with a sore throat
- Can be useful for day or night time use
- Suitable for use in children over six years
- Available in a variety of different flavours.

Benzocaine 0.71% w/v

Training for the pharmacy team

Chloralieve lozenges self-test

From what age are they suitable?

a. 12 years
b. 6 years

Which of the below dual action statements is correct?

a. They contain both anaesthetic and antiseptic actives
b. They contain anaesthetic and antibiotic actives

Want to **learn more**?

Visit https://www.pharmacymagazine.co.uk/chloralieve for more information to support your consultations.

Revalidation: Pharmacy professionals can use this training and how they applied it in practice as part of their CPD.

Product Description	PIP Code	Count	RSP	EAN Code
Chloralieve Honey & Lemon	4154274	24	£5.75	5060018880068
Chloralieve Blackcurrant	4237533	24	£5.75	5060018880594

References: 1. NHS. Sore Throat. April 2024. Available at: https://www.nhs.uk/conditions/sore-throat/ **2.** Worrall G. Acute sore throat. Can Fam Physician. 2011 Jul;57(7):791-4. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3135445/ **3.** NICE CKS. Sore throat - acute. May 2024. Available at: https://cks.nice.org.uk/sore-throat-acute#!scenario. **4.** NHS England. Pharmacy First clinical pathways. 2024. Available at: https://www.england.nhs.uk/wp-content/uploads/2023/11/PRN00936_ii_Pharmacy-First-Clinical-Pathways-v.1.6.pdf **Online references last accessed August 2024.**

PRODUCT INFORMATION

Name of product and active ingredients: Chloralieve Honey & Lemon Flavour Lozenges 2mg Lidocaine / 0.6mg Amylemetacresol/ 1.2mg Lozenges 2,4-Dichlorobenzyl Alcohol. **Indications:** Relief of symptoms of sore throat in adults and adolescents over 12 years of age. **Legal category:** P **MAH:** Prestige Brands (UK) Ltd, 5-7 London Road, St. Albans, AL1 1LA, United Kingdom. Telephone: +44 (0) 1727 515 310 **Statement:** Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: http://www.mhra.gov.uk/Safetyinformation/Medicinesinformation/SPCandPILs/index.htm or from Prestige Brands (UK) Ltd.

Name of product and active ingredients: Chloralieve Blackcurrant Flavour 2mg / 0.6mg / 1.2mg Lozenges 2.00mg Lidocaine / 0.60mg Amylemetacresol/ 1.20mg 2,4-Dichlorobenzyl Alcohol **Indications:** Relief of symptoms of sore throat in adults and adolescents over 12 years of age. **Legal category:** P **MAH:** Prestige Brands (UK) Ltd, 5-7 London Road, St. Albans, AL1 1LA, United Kingdom. Telephone: +44 (0) 1727 515 310 **Statement:** Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: http://www.mhra.gov.uk/Safetyinformation/Medicinesinformation/SPCandPILs/index.htm or from Prestige Brands (UK) Ltd.

Ultra Chloraseptic Anaesthetic Throat Spray. Oromucosal spray containing benzocaine 0.71% w/v. **Indications:** For the symptomatic relief of sore throat pain. **Legal category:** GSL. Information about these products, including adverse reactions, precautions, contraindications and method of use can be found at http://www.mhra.gov.uk/Safetyinformation/Medicinesinformation/SPCandPILs/index.htm. PL 18259/0001. Full prescribing information is available from: Prestige Brands (UK) Ltd 5-7 London Road St. Albans AL1 1LA **Date of preparation:** March 2024

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard. Adverse events should also be reported to Prestige Brands (UK) Ltd.

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Answers: 1a, 2a