

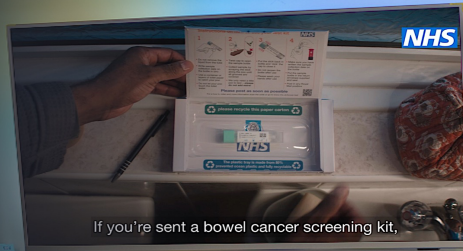


Get started

# Pharmacy TV












Home Pharmacy TV

March 2023








ALL REGIONS	w/c	06/03/23	13/03/23	20/03/23	27/03/23	03/04/23
	Allergies	Speak Up For Allergies				
	Antibiotics	NHS Keep Antibiotics working - <i>Highlighting the dangers of overuse and misuse of antibiotics a</i> No amount of antibiotics will get rid of your cold I'm not the one you need (to recover faster)				
	Arthritis	Arthritis Care: The Single Knee Hug Arthritis Care: The Cat Camel Arthritis Tracker An app to help you stay on top of your arthritis Surgery Toolkit Why it's important to keep joints mobile before and after surgery (animation)				
	Asthma	What to do during an asthma attack Asthma + Lung UK Asthma is worse for women Help us spread the word Asthma + Lung UK (2) What is Bronchiolitis Asthma + Lung UK Whatever you do this year, do it for a reason Sign up for future events with Asthma + Lung UK Winter Lung advice				
	Blood Pressure	Free blood pressure checks now available in-pharmacy				
	Cancer	<p><b>1 - 31 March Ovarian Cancer Awareness Month</b></p> <p>Ovarian cancer - Knowing the symptoms</p> <p>What is Ovarian Cancer? - 10 things you should know</p> <p>Ovarian Cancer - The Hidden Symptoms</p> <p>BRCA gene mutations - Anika's story</p> <p>NHS Cervical Screening Campaign</p> <p>What is the World Cancer Day theme</p> <p>Cervical screening Q&amp;A with Dr Zoe Williams NHS</p> <p>NHS Bowel Screening Campaign</p> <p>Don't carry the worry of cancer with you NHS</p> <p>Don't ignore your cervical screening invite NHS</p> <p>What happens during a colonoscopy</p> <p>Colonoscopy Bowel Screening Wales</p> <p>How do I check if my mole is skin cancer NHS</p> <p>What is Cancer (English Subtitles) Macmillan Cancer Support</p> <p>Should I go for cervical screening Cancer Research UK</p> <p>Cervical screening Q&amp;A NHS</p> <p>Had a cough for three weeks or more It could be a warning sign NHS</p>				
	Cold	How to treat a cold - an NHS advisory How to treat colds and flu How do I treat my child's cold (9 - 30 months) NHS				
	Dementia	Top tips for talking to your GP about memory problems Vascular dementia - what is it?				
	Diabetes	This Is The Moment My Life Changed Diabetes UK This Is Diabetes 30 TVC Diabetes UK				
	Diarrhoea & Vomiting	PS1608 How to treat diarrhoea and vomiting at home (adults and children aged 5 and over) NHS PS1645 What is norovirus (Diarrhoea and vomiting bug) NHS PS1646 Food poisoning-how to tell				
	EHC	ellaOne - the UK's most effective morning after pill ellaOne - my Morning After PS1618 Where to get the morning after pill (for free) NHS				
	Epilepsy	<p><b>26 March - Epilepsy Awareness Day</b></p> <p>Calm, Cushion, Call - How to deal with epilepsy episodes</p> <p>The Epilepsy Space - What do people get wrong about epilepsy?</p> <p>The Epilepsy Space - How does epilepsy impact your life?</p> <p>Young Epilepsy - Be Epic! Everyone knows someone</p>				
	Erectile Dysfunction	Viagra Connect - get help finding a way forward without a prescription, from your pharmacy Viagra Connect - start your new love story				
	Exercise	What is Physical Activity Cancer Research UK Sport for Health Get Active Today				
	First Aid	How to put someone into the recovery position NHS				



	Heart Health	<p>NHS Heart Attack Prevention Campaign</p> <p>Hard &amp; Fast CPR - Vinnie Jones CPR TV advert saved my life... Graham's story</p> <p>PS1602 Heart Attack Symptoms - Help Us Help You NHS</p> <p>Talking about your heart condition</p> <p>Engrave a name this Christmas</p> <p>Five ways to look after your heart</p>
	Malaria	<p>PS1624 Mosquito bite avoidance Advice for travellers</p> <p>PS1625 Travelling abroad to visit friends and relatives Advice for travellers</p>
	Mental Health	<p>Self-help for low mood and depression NHS</p> <p>Help Us Help You: Mental Health Services</p> <p>Panic Attacks-MIND</p> <p>Let's Talk Mental Health Marvin Sordell</p> <p>Before you say anything - advice from the Samaritans charity</p> <p>Let's Talk Mental Health Dr Nighat Arif</p> <p>Stay Well This Winter - Looking after your mental health</p> <p>Stay Well This Winter - Ways to stay safer</p>
	Medication Advice	<p>Problems swallowing pills Lean forward technique NHS</p>
	Migraine	<p>Migraine - An NHS advisory film</p> <p>What Causes A Migraine</p>
	Mother & Baby	<p>Women's Health Strategy Pregnancy Loss Certificate</p> <p>Parent Club Wellbeing for wee ones</p>
	NHS Services	<p>NHS 24 When should you call 111</p> <p>NHS 111 online Get to the help you need</p> <p>Right Care Right Place</p> <p>Stay Well This Winter - Right Care Right Place</p> <p>NHS 111 - When and how to use it</p> <p>What happens with patient feedback at NHS 24</p> <p>No smoking within 15 metres of an NHS hospital building - explainer video</p> <p>Launch of new Public Health Wales Screening Centre</p>
	Obesity	<p>Childhood Nutrition: Better Health Food Scanner App</p> <p>Meet your NHS App</p> <p>Better Health: Let's do this!</p> <p>Better Health: Pharmacy Adult Weight Management Campaign</p>
	OTC	<p>Seasonal OTC products available from your pharmacy - including analgesics, cough and cold remedies, constipation, diarrhoea, diet products, eye health, flu remedies, first aid, homely remedies, haemorrhoid relief, indigestion, joint pain, lip care, sleep aids, sore throat products, vitamins, minerals and supplements</p>
	Pain Relief	<p>Can I take ibuprofen and paracetamol together? NHS Advisory</p>
	Pharmacy Services	<p>NHS Pharmacy Advice campaign</p> <p>NHS Pharmacy Teams - Adding years to life and life to years with pharmacy services and skills</p> <p>NHS 24 Pharmacy First Scotland - An introduction</p> <p>NHS Scotland - What is a pharmacist?</p> <p>Repeat prescriptions clarified</p> <p>Self-help guides from NHS24</p> <p>When should you go to A&amp;E</p> <p>Pharmacy Opening Hours &amp; Contact details - Animated graphics bespoke to your pharmacy</p> <p>NHS Pharmacy Teams - Use your pharmacy and help the NHS</p> <p>Pharmacy Opening Hours &amp; Contact details - Animated graphics bespoke to your pharmacy</p> <p>Public Health England - Help Us to Help You Pharmacy campaign</p> <p>Patient Advice - Please Tell Your Pharmacist about any existing conditions or medication</p> <p>Patient Advice - What to keep in your First Aid Kit at home</p> <p>Patient Advice - Your Medicines Cupboard at Home and what should be kept in it</p> <p>Keep calm and ask a pharmacist this winter</p> <p>Ask Your Pharmacy Team Today - confidential information about all the services available from this pharmacy including flu and travel vaccinations, Covid Fit to Fly testing, Prescription Delivery, Ear Wax Removal, MDS, Chiropody &amp; Podiatry, NMS, MUR, Ear Piercing, Needle Exchange, Private Prescribing, Pregnancy Testing and many others</p> <p>Help Us, Help You - your pharmacy team are healthcare experts and qualified to give advice about a wide range of health and wellbeing matters and when to see your GP</p> <p>Electronic Prescriptions in the pharmacy - an example for patients</p>
	Pregnancy	<p>Clearblue Digital Ultra Early Pregnancy Test (United Kingdom only)</p> <p>Maternity check ups</p> <p>Maternity from tomorrow</p> <p>Maternity visits back to normal</p>
	Self-Care	<p>Self Care - your pharmacy is here to help and support you with self-care and the management of your long term conditions</p> <p>Be prepared to make over your medicine cabinet</p> <p>Can the pharmacist help with your symptoms?</p> <p>Home care is best</p>
	Sexual Health	<p>Viagra Connect - Get help finding a way forward without a prescription, from your pharmacy</p> <p>Viagra Connect - Start your new love story</p> <p>How to choose the right size condom NHS</p> <p>How to put a condom on NHS</p> <p>STI Advice NHS</p> <p>Where can I get the morning after pill</p>
	Sexual Abuse	<p>Turn to us, we are here Sexual Assault Referral Centres (SARCs) NHS</p> <p>Turn to SARCS</p>
		<p>12 - 18 March - Sleep Awareness Week</p> <p>The 10 Commandments of Sleep</p> <p>Why we need to sleep for health and wellbeing - The Sleep Council advises</p> <p>Children's bedtime - How to get them back on track</p>



	<b>Sleep</b>	World Sleep Day - A global campaign We Love Sleep - How to Sleep Better Are you getting enough sleep? - Dr Michael Mosley has a simple test Wake up to the signs of sleep apnoea Simple Tips for Better Sleep from Every Mind Matters How to create a sleep friendly bedroom How to Sleep Better with TEMPUR® UK We Love Sleep
	<b>Social Wellbeing</b>	Introduction to Money Helper Keep warm with up to £5000 of help from Home Energy Scotland Launch of new Public Health Wales Screening Centre
	<b>Stop Smoking</b>	<b>10 March - National No Smoking Day</b> Better Health QuiteSmoking (NHSE & I) No matter how careful you are, they still breathe in the harmful poisons Everytime you smoke your blood gets thick and dirty with toxins Breathe 2025 - Make a Pledge SmokeFree Car Mind The Bump - The dare devil Mind The Bump - The adventurer If I can beat smoking then I can take on anything I can exercise much longer at the gym now
	<b>Strep-A</b>	Strep A information with Dr Ranj Singh
	<b>Stroke</b>	Act Fast - a stroke is a medical emergency, symptoms need to be taken seriously What is a stroke Public Health England advisory on stroke What To Do If Someone Has A Stroke - St John's Ambulance give advice How a pinprick could save a life
	<b>Tonsillitis</b>	How to treat tonsillitis NHS
	<b>Weight Management</b>	NHS Digital Weight Management Programme
	<b>Women's Health</b>	Menopause only affects you physically - truth or lie How to deal with period pain NHS Periods what is a period NHS
Contractual services		
National Campaigns		
OTC Products		

