

Northeast Health Wangaratta & Benalla Health Intern Tutorials

OTC & Primary Care 2025 (Draft 11 Apr 2024) (prepared by Susan Trevillian)

Ensure that your supervised pharmacist is aware of the time/date of your tutorial commitments

OTC tutorials are usually scheduled for 3:15pm on Wednesdays, some days swap to ensure on site attendance from all 4 interns, and Benalla intern usually joins via Teams

OTC & Primary Care Tutorials are prepared by and delivered by interns, with a pharmacist facilitator (preceptor or delegate)

Each week the tutorial presentation should include a summary of:

- The condition/s, how it presents (signs/symptoms)
- Differential diagnoses, what else it could be, or other conditions with similar symptoms
- Warning symptoms/signs (red flags) and when to refer, special population considerations (eg in pregnancy/lactation, in children, in elderly, in patients with "x" medical condition)
- Recommendation of suitable range of OTC products or treatments suitable for the condition
- Description of relevant products/treatments, how they are used, counselling/warnings
- Also consider a product that you would NOT recommend in the condition, and why not?

To wrap up your presentation, spend the last 5 minutes guiding your colleagues through a scenario, ie a person enters your pharmacy and asks for a product or advice...

how would you make sure what they want is safe & appropriate and what alternative approach would you recommend if you think it's inappropriate?

Aim for your powerpoint presentation in total to be around 30 minutes, plus 10-15 minutes for discussion & questions. (IFP Domain 5)

Save a copy of each powerpoint presentation in S:Pharmacy/Pharmacy Staff Shared Files/AA Intern 2025/Tutorials/OTC & Primary Care to build the 2025 library for your revision

DATE	TOPIC	PRESENTER
Wednesday, 15 January 2025	Introduction to OTC & Primary Care intern education	Preceptor/s
Wednesday, 22 January 2025	Seasonal/allergic rhinitis & conjunctivitis (hay fever), Scenario: a request for intranasal + intraocular products	NHW Intern 1
Wednesday, 29 January 2025	United airways disease (asthma+hay fever), asthma first aid, Scenario: a request for inhaler + antihistamines	NHW Intern 2
Wednesday, 5 February 2025	Cough/sinusitis, Scenario: a request for decongestant + cough suppressant	NHW Intern 3
Wednesday, 12 February 2025	Fever/chills/sore throat, COVID test/iso recommendations, Scenario: a request for antipyretic + lozenges	BENH/NHW Inte
Wednesday, 19 February 2025	ITP seminar week - no tutorials	
Wednesday, 26 February 2025	Eye Care, Contact Lens Care, Scenario: a request for Chlorsig	NHW Intern 1
Wednesday, 5 March 2025	(Tobacco) Smoking Cessation & NRT, Scenario: a request for nicotine vape without prescription	NHW Intern 3
Wednesday, 12 March 2025	Lower GI - Constipation, Diarrhoea/Faecal Incontinence, Haemorrhoids, Scenario: request for Rectogesic	NHW Intern 2
Wednesday, 19 March 2025	Upper GI - Reflux, regurgitation, indigestion, Senario: a request for a PPI	BENH/NHW Inte
Wednesday, 26 March 2025	Vaccines - NIP, Vic Gov funded vaccine schedule, NIPVIP, Scenario: administering a vaccine in the pharmacy	NHW Intern 1
Wednesday, 2 April 2025	Travel health, including heat/sun/alpine considerations, Scenario: What should I take with me to (insert overseas desti	NHW Intern 2
Wednesday, 9 April 2025	Ear Care, Hearing Aid Care, Scenario: Ear wax buildup in a pre-school-aged child (affecting hearing/speech)	NHW Intern 3
Wednesday, 16 April 2025	Headache, Muscle/joint pain, Period pain, Scenario: a request for OTC triptan	BENH/NHW Inte
Wednesday, 23 April 2025	3-day working week - no tutorials	
Wednesday, 30 April 2025	Sexual Health, Female & male genital infections, STI prevention/detection, Scenario: a request for oral fluconazole	NHW Intern 1
Wednesday, 7 May 2025	Contraception, including pharmacist prescribing pilot, Pregnancy testing, Scenario: a request for Emergency Contracep	NHW Intern 2
Wednesday, 14 May 2025	Urinary symptoms/incontinence, Scenario: a request for pharmacist-initiated UTI antibiotic	NHW Intern 3
Wednesday, 21 May 2025	Diabetes management equipment, approaches to BGL/Ketone monitoring, Scenario: "my glucose tester broke"	BENH/NHW Inte
Wednesday, 28 May 2025	ITP seminar week - no tutorials	
Wednesday, 4 June 2025	Weight management, VLCD & body building supplements, Scenario: "A friend gave me Ozempic, how do I use it?"	BENH/NHW Inte
Wednesday, 11 June 2025	Infant Health, Colic, Teething, Cradle Cap, Nappy Rash. Scenario: a request for something to help infant sleep	NHW Intern 1
Wednesday, 18 June 2025	Headlice, Worms and Scabies, Scenario: a request for Lyclear	NHW Intern 2
Wednesday, 25 June 2025	Scalp care, dandruff, hair loss, seborrheic dermatitis, Scenario: "My friend Homer told me to ask for "Dimoxinil"	NHW Intern 3
Wednesday, 2 July 2025	Nausea, vomiting, motion sickness, Scenario: request for OTC antiemetic	NHW Intern 1
Wednesday, 9 July 2025	Corns, Blisters, Calluses, Warts, Wound care products & foot care - Scenario: "I need a dressing for a leg ulcer"	NHW Intern 2
Wednesday, 16 July 2025	ITP seminar week - no tutorials	
Wednesday, 23 July 2025	Skin care, acne, dermatitis, chicken pox rash, Scenario: "Can I have some more ClindaTech"	NHW Intern 3
Wednesday, 30 July 2025	Fungal skin & nail infections, Scenario: "Can I have a strong steroid cream for my itchy rash?"	BENH/NHW Inte
Wednesday, 6 August 2025	Oral health - thrush, halitosis, ulcers, cold sores: Scenario: "my new dentures are hurting me back here"	NHW Intern 1
Wednesday, 13 August 2025	Sleep health - insomnia, sleep apnoea, Scenario: patient requests advice on CPAP	NHW Intern 2
Wednesday, 20 August 2025	Sports health, first aid for injuries, ambulatory aids/braces/splints: Scenario: semi-professional athlete, ASADA/WADA	NHW Intern 3
Tuesday, 26 August 2025	Primary Care and OTC Products - Workshop/Demo/Revision - in person demonstration at NHW using physical produc	Susan S
Tuesday, 2 September 2025	Primary Care and OTC Products - Workshop/Demo/Revision - in person demonstration at NHW using physical produc	Susan S
Tuesday, 9 September 2025	Primary Care and OTC Products - Workshop/Demo/Revision - in person demonstration at NHW using physical produc	Susan S
Tuesday, 16 September 2025	Primary Care and OTC Products - Workshop/Demo/Revision - in person demonstration at NHW using physical produc	Susan S
Tuesday, 23 September 2025	ITP seminar week - no tutorials	
Wednesday, 1 October 2025	Exam Period TBC	