

NEW PCDT LIST ALIGNED TO 2008 PHC STGs AND EML					
CONDITION	RECOMMENDED TREATMENT	SECTION	ICD 10 CODE	PAGE NO	
Gastro-intestinal conditions					MOTIVATION
Diarrhoea, chronic, in adults (Giardiasis)	Metronidazole, oral, 2 g daily for 3 days	2.8.4	K52.9	24	This is treatment of Diarrhoea for more than two weeks. The standard treatment guidelines requires that the practitioner provides empiric treatment for giardiasis before referring patients
Nausea and vomiting non-specific	Metoclopramide oral, 10 mg 6–8 hourly	2.3	R 11	13	
Dyspepsia, heartburn and indigestion	Aluminium hydroxide 250 mg/magnesium trisilicate 500 mg, oral, 1–2 tablets to be chewed 1 hour before and 3 hours after meals and at night when needed.	2.2	K30/R12	12	Practitioner to provide standard treatment as per standard treatment guidelines for seven days and if symptoms persists beyond seven days refer to a doctor.
	PPI (lansoprazole,etc) 1 daily for seven days				
Skin Conditions					
Acne vulgaris	Benzoyl peroxide 5%, gel, apply at night.	5.3	L70.0	74	
	Doxycycline, oral, 100 mg daily for 3 months.				
Obstetrics and gynaecology					
Dysmenorrhea	Ibuprofen, oral, 400 mg 8 hourly with or after food as needed for 2–3 days	6.9	N94.6	118	

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Family Planning					
Contraceptives, injectable	Medroxyprogesterone acetate (long-acting)IM, 150mg, 12 weekly or Northisterone enanthate, IM, 200mg, 8 weekly	7.1.1	Z30.8	121	Injection technique is part of the PCDT training. The administration of injections is routine practice
Contraception	Oral				
	Monophasic: progestogen only tablets	7.1.2	Z30.8	121	
	Levonorgestrel, oral, 0.03 mg daily				
	Monophasic: combination of progestogen and oestrogen in each tablet				
	Levonorgestrel/ethinyl oestradiol 0.15/0.03 mg, oral				
	Norgestrel/ethinyl oestradiol 0.5/0.05 mg, oral				
	Triphasic preparations: combination of progestogen and oestrogen				
	Levonorgestrel/ethinyl oestradiol, oral				

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Kidney and urological disorders					
Urinary tract infection (UTI)					
Uncomplicated cystitis (Adults)	Ciprofloxacin, oral, 500 mg as single dose	8.4	N39.0	134	
Complicated cystitis (Adults)	Ciprofloxacin, oral, 500 mg 12 hourly for 7 days	8.4	N39.0	134	
Complicated cystitis for pregnant women	Amoxicillin/clavulanic acid 250/125 mg, oral, 1 tablet 8 hourly for 7 days	8.4	N39.0	134	
Infections and related conditions					
Pyrexia (= Fever in EDL)	Paracetamol according to weight				
Musculoskeletal conditions					
Gout, acute	Non-Steroidal anti-inflammatory Drugs (NSAIDs) e.g. ibuprofen oral 800 mg for 24-48 hours, then ibuprofen 400 mg 8 hourly	14.4.1	M10.9	234	
	If NSAID contraindicated: refer to the doctor.				
Osteoarthritis	Paracetamol oral 1000 mg 6 hourly (maximum 4000 mg/day), titrate dose downwards	14.5	M19.9	237	
	Methylsalicylate ointment, topical				

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	If no response and inflammation is present add: NSAID, e.g. ibuprofen oral 200-400 mg 8 hourly (doctor initiated). See page 238 for caution about long term use.				
Rheumatoid arthritis	Referral (all patients)				
Respiratory Conditions					
Acute Bronchitis in adults and adolescents	Amoxicillin oral 500 mg 8 hourly for 5 days in HIV positive patients	17.23.2	J20.9	281	
	Erythromycin oral 500 mg 6 hourly for 5 days;in penicillin-allergic HIV positive patients				
	Cough syrup, oral				
Pneumonia uncomplicated in adults (exclusions paediatrics and over 65 years)	Amoxicillin, oral, 25–30 mg/kg/dose 8 hourly for 5 days Erythromycin, oral, 10–15 mg/kg/dose 6 hourly for 5 days in Penicillin–allergic patients.	17.3.5	J18.9	286	
Eye Conditions					
	Chloramphenicol 1%, ophthalmic ointment,	18.1.2	H10.9	298	Refer if there is no improvement after seven days of therapy

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Bacterial eye infections Conjunctivitis, bacterial (excluding conjunctivitis of the newborn)	applied 6 hourly for 7 days				
	Paracetamol , oral, 15 mg/kg/dose 4–6 hourly when required to a maximum of 4 doses per 24 hours				
Ear, nose and throat conditions					
<i>Otitis externa</i>	Flucloxacillin, oral, 12–25 mg/kg/dose 6 hourly for 5 days	19.3.1	H60.9	310	Otitis was not differentiated. The treatment approach was Ampicillin and Erythromycin only
	Erythromycin oral 10-15 mg/kg 6 hourly in Penicillin–allergic patients				
<i>Otitis media acute</i>	Amoxicillin, oral, 25–30 mg/kg/dose 8 hourly for 5 days	19.3.1	H60.9	310	
	Erythromycin oral 6 hourly for 5 days in Penicillin–allergic patients:				
	Paracetamol, oral, 15 mg/kg/dose 4–6 hourly when required to a maximum of 4 doses per 24 hours				
Sinusitis, acute, bacterial	Amoxycillin oral 500 mg 8 hourly for 5 days	19.4	J01.9	314	
	Erythromycin oral 10-15 mg/kg 6 hourly for 5				

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	days in Penicillin–allergic patients Paracetamol, oral, 15 mg/kg/dose 4–6 hourly when required to a maximum of 4 doses per 24 hours Oxymetazoline, nose drops, 2 drops in each nostril 6–8 hourly for not more than 5 days continuously Sodium chloride 0.9%, nose drops, use frequently and in fairly large volumes.				
Tonsillitis and pharyngitis	Benzathine benzylpenicillin, IM, immediately as a single dose or Phenoxymethylpenicillin , oral, 12 hourly for 10 days Erythromycin, oral, 10–15 mg/kg/dose 6 hourly in Penicillin–allergic patients	19.5	J03.9	316	
Pain					
Acute pain control	Ibuprofen oral 400 mg 6-8 hourly (max 2400 mg/day)	20.1	R 52.90	320	

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Trauma and emergencies					
Animal and human bites	Paracetamol (according to weight)	21.2.1	T14.1	333	Suspected rabies infections refer to a doctor
	Tetanus toxoid (TT), IM, 0.5 ml				
	Ibuprofen oral 400 mg 6-8 hourly (max 2400 mg/day)				
	Amoxicillin clavulanic acid, oral, 12.5–20 mg/kg of amoxicillin component, 8 hourly for 5 days				
	Erythromycin, oral, 10–15 mg/kg/dose 6 hourly for 5 days in Penicillin–allergic patients				
	Plus Metronidazole, oral, 7.5 mg/kg/dose 8 hourly for 5 days				
Insects stings and bites	Chlorpheniramine, oral, 0.1 mg/kg/dose 6–8 hourly	21.2.2	T63.2/ 3/4	336	
	Paracetamol, oral, 15 mg/kg/dose 4–6 hourly when required to a maximum of 4 doses per 24 hours				
	Calamine lotion				

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	Very painful scorpion bites Lignocaine 2%, 2 mL injected around the bite as a local anaesthetic				
Shock anaphylactic	Adrenaline (IM) Hydrocortisone (IM)/slow IV Promethazine (IM)/slow IV	21.1.7	T78.2	377	
Systemic and Nosocomial Infections (EDL Hospital Level Adults, 2006 edition)					
Tick bite fever	Doxycycline oral 100 mg 12 hourly for 7 days				Only in the case of uncomplicated tick bite fever
	Clindamycin oral 600 mg bd for 7 days (in pregnancy)				
Occupational Post Exposure HIV Prophylaxis for healthcare worker	Lamivudine, oral, 150 mg 12 hourly Plus Zidovudine, oral, 300 mg 12 hourly; add Lopinavir/ritonavir with high-risk exposures	21.92	Z29.2	366	
Vaccines					
Immunisation	BCG (Bacillus Calmette-Guerin vaccine)	13.1		223-230	
	OPV (Oral Polio vaccine)				
	DTP (Diphtheria Pertussis and tetanus vaccine)				
	Hep B				

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	Hib (haemophilus influenza type B vaccine)				
	Measles				
	Td (Diphtheria Tetanus vaccine)				
	Influenza				
	tetanus toxoid				
Hypertensive emergency in adults	Amlodipine, oral, 10 mg immediately as a single dose	4.7	I10	67	Pharmacist to only give oral treatment and refer patient immediately to the hospital
Angina pectoris, unstable	Aspirin soluble, oral, 150 mg immediately. Plus Isosorbide dinitrate, sublingual, 5 mg immediately and then repeat once if necessary for pain relief	4.2	I20	53	Refer to doctor if there is no improvement
Hypertension, Diabetes and Epilepsy					
Hypertension in adults	Continue treatment if initiated by doctor with close monitoring for six months after which patient should be referred to a doctor	4.7	I10	61	The pharmacist will only repeat if the patient remains within the target range of blood pressure.
Type 1 and 2 Diabetes in adults	Continue treatment if initiated by doctor with close monitoring for six months after which	9.3 and 9.6	E10.9 and E11	147 - 148	The pharmacist will only repeat if the patient remains within the target range of blood sugar.

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	patient should be referred to a doctor				
Epilepsy in adults	Continue treatment if initiated by doctor with close monitoring for six months after which patient should be referred to a doctor	15.4	G40.9	244 - 248	Refer to doctor after six months
Asthma, Chronic					
Asthma acute attacks	Beta ₂ agonists (Salbutamol)	17.1.2	J45.9	267	Refer to doctor if there is no improvement
Asthma, controlled	Budesonide or Beclomethasone 100mcg, 12 hourly in children and 200mcg 12 hourly in adults	17.1.2	J45.9	267	