



National Minor Illness Centre
Health Visitor Minor Illness Course
and Community Practitioner Prescribing Update

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Safiya works as a GP in Luton, and as an educator for the University of Bedfordshire. To support her interest in teaching she is currently completing a Master's degree in Medical Education. In addition to a passion for teaching, Safiya feels strongly about health promotion and has completed a Bachelor's degree in Healthcare Management which she feels makes her better able to improve the health of patients whilst taking into account the current pressures on the NHS. When she isn't working, she is spending time with her husband and two small children in London, where she lives.



AIMS

The aims of the course, in line with the Early Years High Impact Area no 5, *Managing Minor Illness and Reducing Accidents (Reducing Hospital Attendance/Admissions)*, are:

- To refresh your knowledge and enhance your capability to manage minor illness in children under five
- To reduce inappropriate hospital and GP attendances in this age group

OUTCOMES

- Effective delivery of minor ailment advice for children
- Reduction in under-fives using GP and A&E services for childhood ailments that could be managed at home
- Improved parental confidence in managing ill children
- Increased prescribing activity

KNOWLEDGE AND SKILLS

- The assessment of children under five using the NICE traffic lights system (NICE CG160, 2013), including:
 - examining the throat, to identify inflammation and purulence
 - assessing for dehydration
 - checking capillary refill time
 - identifying chest recession
- The ability to manage the most common minor illnesses in the under fives, including when to reassure and offer appropriate safety netting advice and when to refer
- How to identify the deteriorating or seriously unwell child, and arrange an appropriate immediate or emergency response
- To understand the evidence base underpinning the management of, and prescribing for, common illnesses in the under fives
- To promote health and increase knowledge around common childhood illness and to advise parents of appropriate written and online resources