

rock the ribbon

There are numerous health campaigns to get involved with before the Christmas celebrations begin. **Millie Browning** reports



International Day of Persons with Disabilities: 3 December

Launched in 1992 by the United Nations General Assembly, International Day of Disabled Persons aims to promote an understanding of disability issues and encourage support for the dignity, rights and wellbeing of people with disabilities.

Pharmacy teams can get involved by helping to raise awareness about those suffering from disabilities – both visible and non-visible – as well as by ensuring that the pharmacy is accessible for everyone.

This could include creating wider aisles around the store and making sure staff are well trained in treating patients with various disabilities.

Find out more at: un.org/en/observances/day-of-persons-with-disabilities.

World AIDS Day takes place on 1 December. Held annually, the day is a chance for people across the world to unite in the battle against HIV, to show support for those living with HIV and honour people who have died from an AIDS-related illness.

Currently, the National AIDS Trust, which runs the event, says that over 105,000 people in the UK are living with HIV. Additionally, each year, more than 4,139 people are diagnosed with the virus – indicating that the public are potentially not aware of how to protect themselves and others.

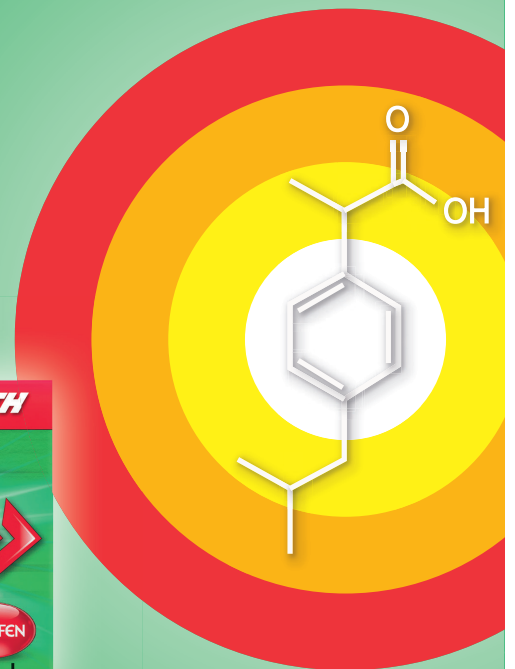
Founded in 1988 as the first ever global health day, World AIDS Day is an opportunity for pharmacy staff to educate their customers as well as raise money and fight remaining stigma.

Pharmacy teams can get involved in a number of ways, including:

- Buying and wearing a red ribbon, and having them on offer in the pharmacy – order a free pack of 100 fabric red ribbons via: worldaidsday.org/order
- Signposting customers to testing clinics via posters and leaflets
- Using National AIDS Trust fundraising packs, which are full of ideas of how to raise money (see nat.org.uk for details)
- Sign up to the National AIDS Trust's mailing list to stay up to date with developments and learn how you can get involved as an activist or volunteer: nat.org.uk/newsletter-sign-up.

NUROFEN EXPRESS OFFERS FASTER AND MORE EFFECTIVE HEADACHE RELIEF THAN PARACETAMOL^{1*}

- Gets to work twice as fast as standard ibuprofen^{2†}
- Can be taken with water³



THE SCIENCE OF PAIN RELIEF

Recommend to your customers for faster and more effective headache relief than paracetamol¹

*400 mg dose of ibuprofen liquid capsules compared to 1000 mg dose of standard paracetamol. †Refers to absorption.

REFERENCES:

1. Packman B, et al. Solubilized ibuprofen: evaluation of onset, relief, and safety of a novel formulation in the treatment of episodic tension-type headache. *Headache*. 2000; 40:561–567. 2. Schettler T, et al. Comparative Pharmacokinetics of Two Fast-Dissolving Oral Ibuprofen Formulations. *Clin Drug Invest*. 2001;21(1):73–78. 3. Nurofen Express 400 mg Liquid Capsules SPC. Accessed February 2022 <https://www.medicines.org.uk/emc/product/5632>.

ESSENTIAL INFORMATION:

Nurofen Express Liquid Capsules (Ibuprofen 400 mg).

For symptomatic relief of non-serious arthritic conditions, rheumatic or muscular pain, backache, neuralgia, migraine, headaches, dental pain, dysmenorrhoea, feverishness, colds and influenza. License Holder: Reckitt Benckiser Healthcare (UK) Ltd, SL1 4AQ. Legal category: P. Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at <https://www.medicines.org.uk/emc/product/5632>.

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard or search for the MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Reckitt Benckiser Healthcare (UK) Ltd on: 0333 200 5345

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