

Self-Limiting Conditions Independent Study Program for Manitoba Pharmacists

2024

Professional Development Information:	This learning activity is provided by the College of Pharmacists of Manitoba and can be claimed as a maximum of 15 accredited CEU in the online Professional Development Log.
Approval Date:	February 2024
Cost:	This Module is provided free of charge, but subscriptions are required to access some of the required and recommended resources.

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Introduction to the Program

Welcome to the new *Self-Limiting Conditions Independent Study Program for Manitoba Pharmacists*.

This independent study consists of viewing a presentation on safe and effective prescribing, and reviewing this document and the required resources, in addition to any other clinical resources you seek out to enhance your knowledge of prescribing for the self-limiting conditions (SLCs).

There is no longer an administrative fee charged by the College of Pharmacists of Manitoba (CPhM) to complete this module, but a pharmacist may need to pay subscription fees to access some of the resources required or recommended.

The *Self-Limiting Conditions Independent Study Program for Manitoba Pharmacists* does not cover all the clinical or therapeutic aspects of prescribing for the SLCs. This module does not cover prescribing for smoking cessation nor uncomplicated cystitis.

The Pharmaceutical Regulation in Manitoba provides pharmacists with the authority to prescribe the drugs listed in a category for the SLCs listed in Schedule 3 to the Regulation when following the restrictions set out in the Regulation, Schedule and the appropriate practice directions.

Pharmacists wanting to include prescribing for self-limiting conditions (excluding smoking cessation) as part of their practice must complete this independent study. There is no post-test for this Module. Successful completion does not automatically grant pharmacists the authority to prescribe for SLCs.

Following completion, pharmacists must fill out an application and receive approval from CPhM. More information can be found here: Prescribing Drugs for Self-Limiting Conditions.

Once you have completed the *Self-Limiting Conditions (SLC) Independent Study Program for Manitoba Pharmacists*, please provide your feedback on the program using the online form here. You need to submit your evaluation in order to obtain a statement of participation.

Note that this independent study does not include the required education to prescribe for the other smoking cessation, uncomplicated cystitis, or hormonal contraception. Please see the CPhM website for more information: https://cphm.ca/expanded-scopes-of-practice/.

Learning Objectives

Upon completion of this self-study, participants will be able to:

- Describe the pathophysiology, signs and symptoms of the self-limiting conditions listed in Schedule 3 to the Pharmaceutical Regulation including atopic dermatitis, allergic contact dermatitis, irritant contact dermatitis, urticaria; acne vulgaris; tinea pedis; candidal stomatitis; unspecified haemorrhoids without complication; vasomotor and allergic rhinitis; seborrhoeic dermatitis (excluding pediatric); recurrent oral aphthae; and vomiting of pregnancy, unspecified.
- Recognize and identify red flags.
- Appropriately assess and evaluate a patient's symptoms to determine if treatment is suitable or if referral is necessary.
- Compare and contrast available pharmacological treatment options and determine the most effective course of action (treatment, referral, or reassurance) and communicate this with the patient.
- Educate the patient on the correct use of drugs or treatment.
- Educate the patient on the possible non-pharmacological measures.
- Provide accurate goals of therapy and monitoring parameters to the patient.
- List the drug categories and drugs that a pharmacist can prescribe for the self-limiting conditions as listed in Schedule 3 to the Regulation.
- Understand and apply the Manitoba regulations, practice directions and ethical principles and decision making related to pharmacist prescribing for self-limiting conditions.
- Locate and review additional resources for prescribing for self-limiting conditions to address knowledge gaps.

Fundamentals of Prescribing for Manitoba Pharmacists Presentation

Fundamentals of Prescribing for Manitoba Pharmacists

Updated July 2026

Video: https://youtu.be/hk4P-zKsAts

Approximate time to complete: 60 minutes (with viewing external links)

The slides for the presentation can be found here: https://cphm.ca/resource/fundamentals-of-prescribing-for-manitoba-pharmacists-slides/

DPIN Pharmacist Prescriber Number

All licensed pharmacists are entered into DPIN as prescribers. Pharmacist prescriber numbers consist of the prefix 'X' followed by the pharmacist's licence number. For example, 'X12345.' Pharmacists must use this prescriber number when entering a prescription into DPIN.

Overview of Legislation and Associated Documents

Schedule 3 to the Pharmaceutical Regulation

A member who has successfully completed this training program (and received authorization from the College of Pharmacists of Manitoba (CPhM)) may prescribe a drug included in the category for a condition (with the exception of smoking cessation) listed in Schedule 3 to the *Pharmaceutical Regulation* to the *Pharmaceutical Act*. This schedule is included below for your convenience:

SCHEDULE 3
(Subsection 118(2))

DRUGS THAT A MEMBER MAY PRESCRIBE
(IF TRAINING PROGRAM COMPLETED)

Condition	**Prescription Drug Category (ATC — (anatomic therapeutic chemical classification)**
Atopic dermatitis Allergic contact dermatitis Irritant contact dermatitis Urticaria	D07AA: Corticosteroids, weak (group I) D07AB: Corticosteroids, moderately potent (group II)
Acne vulgaris	D10AE01: Benzoyl Peroxide D10AF01: Clindamycin D10AF51: Clindamycin, combinations
Tinea pedis	D01AE: Other antifungals for topical use
Candidal stomatitis	A07AA02: Nystatin
Unspecified haemorrhoids without complication	C05AA: Corticosteroids
Vasomotor and allergic rhinitis	R01AD: Corticosteroids R01AX03: Ipratropium Bromide
Seborrhoeic dermatitis (excluding pediatric)	D01AE: Other antifungals for topical use
Recurrent oral aphthae	A01AC: Corticosteroids for local oral treatment
Vomiting of pregnancy, unspecified	R06AA59: Doxylamine, combinations
Smoking Cessation	N07BA: Drugs used in nicotine dependence

M.R. 136/2016

Amendments to Pharmaceutical Regulations in September 2016 added prescription drug category "D10AF51: Clindamycin combinations" for acne vulgaris.

Prescription Drug Categories/ATC Classification

For each self-limiting condition, there is a list of drugs that a member can prescribe once the applicable program has been successfully completed and authorization obtained from CPhM. This list may include drugs that are not currently available in Canada. A list of these drugs can be found here: Drugs for Prescribing under Schedule 3 to the Manitoba Pharmaceutical Regulation.

These drugs are listed by Prescription Drug Category or anatomic therapeutic chemical (ATC) classification system. The ATC classification system is controlled by the WHO Collaborating Centre for Drug Statistics Methodology. **Combinations of drugs can only be prescribed when listed explicitly in the Prescription Drug Category.**

For your interest, in the ATC classification system, the active substances are divided into different groups according to the organ or system on which they act and their therapeutic, pharmacological and chemical properties. More information on the WHO Collaborating Centre for Drug Statistics Methodology and ATC classification system can be found on their website: http://www.whocc.no/.

Prescribing Notes:

- Although there may be many appropriate prescription therapies for a self-limiting condition, only those included in the category for a condition listed in Schedule 3 to the Pharmaceutical Regulation can be prescribed by a pharmacist who has successfully completed the self-limiting conditions training program. (Note that an extended practice pharmacist may prescribe a drug listed on Schedule 1 of the Manual for Canada's National Drug Scheduling System published by NAPRA, within the scope of their specialty, in accordance with applicable practice directions). A patient may be better suited to another prescription drug or therapy that cannot be prescribed by a pharmacist and should be referred to the appropriate prescriber to receive care.
- Section 118 of the Pharmaceutical Regulation allows a member to prescribe a drug listed on Schedule 2 and Schedule 3 of the Manual for Canada's National Drug Scheduling System published by NAPRA, and a drug not listed in the Manual if it has been issued a drug identification number or a natural health product number under the Food and Drugs Act (Canada).
- Compounds can be prescribed, if and when appropriate. According to the Policy on Manufacturing and Compounding Drug Products in Canada, a compounded product must provide a customized therapeutic solution to improve patient care without duplicating an approved drug product. The rationale for the prescribing decision must always be included in the prescribing documentation. A commercially available product should always be prescribed over a compounded product if there is no additional benefit to the patient in prescribing a compounded product.

Practice Directions

A review of the *Manitoba Pharmaceutical Act,* Regulation, including Standards of Practice, Code of Ethics and Practice Directions is required when prescribing for self-limiting conditions. *The Pharmaceutical Act December 2006*, defines a "practice direction" as follows:

> **"practice direction"** means a written statement made by the council for the purpose of giving direction to members and owners about the conduct of their practices or pharmacy operations.

The applicable parts of the legislation will be reviewed briefly in the presentation on *Fundamentals of Self-Limiting Conditions Prescribing for Manitoba Pharmacists*, but pharmacists wanting to prescribe for the self-limiting conditions **must** also review and understand the following Practice Directions:

Prescribing

Extension of Exemption to Prescribing Practice Direction

Standard of Practice #4: Prescribing and Dispensing

Standard of Practice #12: Records and Information

Ensuring Patient Safety

Patient Counselling

Referring a Patient

Sale of Schedule 2 Drugs

Sale of Schedule 3 Drugs

Pharmacy Facilities

Collaborative Care

Please note: Regularly consult the Practice Directions available in the Resource Library to check for any applicable Practice Directions that may become available.

Code of Ethics

Pharmacists in Manitoba are bound by the CPhM Code of Ethics. It requires pharmacists to maintain a high standard of professional competence and hold the health and safety of each patient to be of primary consideration. Pharmacists should review the Code of Ethics and associated Explanatory Document for a refresher on their professional responsibilities.

Clinical and Therapeutic Knowledge and Skill

It is your responsibility to use the resources available to you to ensure the medication(s) you are prescribing are safe and appropriate.

Pharmacists who want to prescribe for SLCs must be knowledgeable and competent in all pertinent aspects of SLCs and the drugs they are prescribing. Section 18 of the Pharmaceutical Regulation states that a member may only engage in the aspects of pharmacy practice that they have the requisite knowledge, skill, and judgment to provide or perform and that are appropriate to their area of practice. Pharmacists need to seek and complete additional training as needed to fulfill this requirement.

Pharmacists must also be familiar with policies and guidelines applicable to prescribing that may be in place within their place of employment or organization.

In addition to the required and suggested readings below, reviewing other evidence-based clinical references and resources may be extremely beneficial or even necessary to supplement your knowledge and to ensure you are competent and confident in prescribing for the SLCs. Some are American resources, and this should be kept into consideration while reviewing. American references should not be used as the sole source of information on product availability, scheduling, and guidelines. When reviewing sources from other provinces, please note that depending on the condition, prescribing rights of pharmacists in Manitoba may differ from pharmacists in other provinces.

These resources can include, but are not limited to:

- Canadian Pharmacist's Letter
- Cochrane Library
- CPS: Drug Information (formerly RxTx) / Compendium of Therapeutic Choices (CTC)
- Lexicomp
- Martindale
- Medline/PubMed
- Micromedex
- RxFiles
- UpToDate

Pharmacy managers should have reference material consistent with the standards of practice and any additional references that may be necessary in a pharmacy practice specific to the location and scope of practice.

Required and Recommended Readings

For each topic or condition, there will be a list of both required and recommended readings. **When reviewing sources, please note that prescribing rights of pharmacists in Manitoba may differ from pharmacists and clinicians in other provinces.**

The list of drugs that a pharmacist in Manitoba can prescribe for each condition can be found here:

Drugs for Prescribing under Schedule 3 to the Manitoba Pharmaceutical Regulation.

Some resources may require payment or a membership to access. Pharmacists should check with the various organizations (e.g., advocacy bodies, employers, universities, etc.) to which they are associated as they may have free access through these institutions and organizations.

Effective Patient interviewing and Assessment

Required Reading:

1. Farrell BJ. **Effective Pharmacist-Patient Interactions**. In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments** [Internet]. Ottawa, ON: Canadian Pharmacists Association; 2020.

2. Nakhla N. **Pharmacist Process for Care of the Self-Treating Patient.** In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors**. CPS: Minor Ailments** [Internet]. Ottawa, ON: Canadian Pharmacists Association; 2022.

Recommended Reading:

1. Guirguis L. **Facilitating Behaviour Change.** In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments** [Internet]. Ottawa, ON: Canadian Pharmacists Association; 2023.

2. Herrier R, Apgar D, Boyce R et al. ***Patient assessment in pharmacy***. New York: McGraw-Hill; 2015. **Part One: Principles of Patient Assessment section only.**

Atopic Dermatitis, Allergic and Irritant Contact Dermatitis, Urticaria

Required Reading:

1. Sihota A. **Atopic, Contact and Stasis Dermatitis**. In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors**. CPS: Minor Ailments** [Internet]. Ottawa, ON: Canadian Pharmacists Association; 2020. **Atopic and contact dermatitis sections only.**

2. **MedSask** Canada Wide – Minor Ailment and Self-Care Guidelines https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province **Atopic Dermatitis**

3. Schaefer P. **Acute and Chronic Urticaria: Evaluation and Treatment.** *Am Fam Physician.* 2017;95(11):717-724. Available for free at: https://www.aafp.org/pubs/afp/issues/2017/0601/p717.html

Recommended Reading:

1. Tollefson MM, Bruckner AL; Section on Dermatology. **Atopic dermatitis: skin-directed management**. *Pediatrics* 2014;134(6):e1735-44. Available for free at: https://publications.aap.org/pediatrics/article/134/6/e1735/33150/Atopic-Dermatitis-Skin-Directed-Management?autologincheck=redirected

2. Wong IT, Tsuyuki RT, Cresswell-Melville A et al. **Guidelines for the management of atopic dermatitis (eczema) for pharmacists.** *Can Pharm J (Ott)* 2017;150:285-97. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5582672/

3. Rashid RS, Shim TN. **Contact Dermatitis**. *BMJ.* 2016 Jun 30;353:i3299. https://doi.org/10.1136/bmj.i3299 .

4. **Pharmacist's Letter Canada**. **Comparison of Topical Corticosteroids (Canada).** Resource #370332. March 2021. https://ca-pharmacist.therapeuticresearch.com/Content/Segments/PRL/2012/Sep/Comparison-of-Topical-Corticosteroids-4790

Acne Vulgaris

Required Reading:

1. **MedSask** Canada Wide – Minor Ailment and Self-Care Guidelines
   https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province
   Acne, Mild

2. Asai Y, et al. **Management of acne: Canadian clinical practice guideline.**
   CMAJ Feb 2016, 188 (2) 118-126; DOI: 10.1503/cmaj.140665. Available for free at:
   https://www.cmaj.ca/content/188/2/118

Recommended Reading:

1. **Pharmacist's Letter Canada**. **Pharmacotherapy of Acne.** Resource #391102. November 2023.
   https://ca-pharmacist.therapeuticresearch.com/Content/Segments/PRL/2016/Feb/Pharmacotherapy-of-Acne-9453

2. Habeshian KA, Cohen BA. **Current Issues in the Treatment of Acne Vulgaris.**
   Pediatrics. 2020 May;145(Suppl 2):S225-S230. doi: 10.1542/peds.2019-2056L.
   https://publications.aap.org/pediatrics/article/145/Supplement_2/S225/34371/Current-Issues-in-the-Treatment-of-Acne-Vulgaris?autologincheck=redirected

Tinea Pedis

Required Reading:

1. Mallin A. **Athlete's Foot.** In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments** [Internet]. Ottawa, ON: Canadian Pharmacists Association; 2021.

2. **MedSask** Canada Wide – Minor Ailment and Self-Care Guidelines
   https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province
   Tinea Pedis Infection

Recommended Reading:

1. Thomas B, Falk J, Allan GM. **Topical management of tinea pedis**. *Can Fam Physician*. 2021 Jan;67(1):30. doi: 10.46747/cfp.670130. https://www.cfp.ca/content/67/1/30.long

Candidal Stomatitis

Required Reading:

1. Wlock K. **Oral Candidiasis**. In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments [Internet].** Ottawa, ON: Canadian Pharmacists Association; 2022.

2. **MedSask Canada** Wide – Minor Ailment and Self-Care Guidelines https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province **Oral Thrush**

Recommended Reading:

1. Pammi M. Clinical manifestations and diagnosis of Candida infection in neonates. Updated Oct 2022. Edwards MS, ed. **UpToDate** Inc. https://www.uptodate.com .

2. Campbell J, Palazzi D. Candida infections in children. Updated May 2023. Kaplan SL, ed. **UpToDate** Inc. https://www.uptodate.com .

Unspecified Haemorrhoids without Complication

Required Reading:

1. Chan J. **Hemorrhoids**. In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments** [Internet]. Ottawa, ON: Canadian Pharmacists Association; 2022.

2. **MedSask** Canada Wide – Minor Ailment and Self-Care Guidelines https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province

Hemorrhoids

Recommended Reading:

1. Lohsiriwat V. **Treatment of hemorrhoids: a coloproctologist's view.** *World J Gastroenterol* 2015;21(31):9245-52. Available for free: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4541377/

2. Mott T, Latimer K, Edwards C. **Hemorrhoids: diagnosis and treatment options**. *Am Fam Physician* 2018;97(3):172-9. Available for free at: https://www.aafp.org/pubs/afp/issues/2018/0201/p172.html

Vasomotor and Allergic Rhinitis

Required Reading:

1. Kendrick J. **Allergic Rhinitis**. In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments [Internet].** Ottawa, ON: Canadian Pharmacists Association; 2022.

2. **MedSask** Canada Wide – Minor Ailment and Self-Care Guidelines https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province **Allergic Rhinitis**

3. Sur DK, Plesa ML. **Chronic Nonallergic Rhinitis.** *Am Fam Physician.* 2018 Aug 1;98(3):171-176. Available for free at: https://www.aafp.org/pubs/afp/issues/2018/0801/p171.html *Vasomotor rhinitis is now referred to as chronic non-allergic rhinitis.*

Recommended Reading:

1. Scadding GK et al. **BSACI guideline for the diagnosis and management of allergic and non-allergic rhinitis** (Revised Edition 2017; First edition 2007). *Clin Exp Allergy*. 2017 Jul;47(7):856-889. doi: 10.1111/cea.12953.

Seborrhoeic Dermatitis (Excluding Pediatric)

Required Reading:

1. Sibbald D. **Dandruff and Seborrheic Dermatitis**. In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments** [Internet]. Ottawa, ON: Canadian Pharmacists Association; 2022.

2. **MedSask** Canada Wide – Minor Ailment and Self-Care Guidelines https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province **Seborrheic Dermatitis (Dandruff)**

Recommended Reading:

1. Clark GW, Pope SM, Jaboori KA. **Diagnosis and treatment of seborrheic dermatitis**. *Am Fam Physician*. 2015 Feb 1;91(3):185-90. Available for free https://www.aafp.org/pubs/afp/issues/2015/0201/p185.html

Recurrent Oral Aphthae

Required Reading:

1. Dunford D. **Aphthous Ulcers (Canker Sores**). In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments [Internet].** Ottawa, ON: Canadian Pharmacists Association; 2023.

2. **MedSask** Canada Wide – Minor Ailment and Self-Care Guidelines https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province **Oral Aphthous Ulcer**

Recommended Reading:

1. Brice S, Lodi G. **Recurrent aphthous stomatitis.** Updated Dec 2023. Dellavalle RP, ed. **UpToDate** Inc. https://www.uptodate.com .

2. Edgar NR, Saleh D, Miller RA. **Recurrent aphthous stomatitis: a review**. *J Clin Aesthet Dermatol* 2017;10(3):26-36. Available for free: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5367879/

Vomiting of Pregnancy, Unspecified

Required Reading:

1. Dillon C. **Prenatal and Postpartum Care.** In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments** [Internet]. Ottawa, ON: Canadian Pharmacists Association; 2018. **Nausea and Vomiting of Pregnancy section only.**

2. **MedSask** Canada Wide – Minor Ailment and Self-Care Guidelines https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province **Nausea and Vomiting of Pregnancy**

Recommended Reading:

1. Campbell K, Rowe H, Azzam H, Lane CA. **SOGC Clinical Practice Guideline: The Management of Nausea and Vomiting of Pregnancy**. *J Obstet Gynaecol Can*. 2016 Dec;38(12):1127-1137. https://www.jogc.com/article/S1701-2163(16)39464-6/pdf

Health Canada Authorized Product Monographs

Product monographs authorized by Health Canada can be found by searching Health Canada's Drug Product Database.

Once on the Drug Product Database website:

- Click on "Search the Drug Product Database".
- Enter the appropriate search information for the drug you want to find (e.g., DIN, active ingredient, or product name, etc.) and click "search".
- Once a list of drug products populates, choose the correct drug and click on its DIN. You will be brought to the product information for that drug.
- Click the link to the product monograph which can be found under the section "Product Monograph/Veterinary Labelling".

Pharmacists must review the monographs for the products that they are prescribing, if available.

Authorization to Prescribe for Self-Limiting Conditions

All Pharmacists wanting to include prescribing for SLCs as part of their practice must complete this independent study, including viewing the Fundamentals of Self-Limiting Conditions Prescribing for Manitoba Pharmacists presentation and supplement their clinical knowledge as needed. Successful completion does not automatically grant pharmacists the authority to prescribe for the self-limiting conditions. Following completion, **pharmacists must fill out an application and receive approval from the College of Pharmacists of Manitoba**. More information can be found here: Prescribing Drugs for Self-Limiting Conditions.

Note that this independent study does not include the required education to prescribe for uncomplicated cystitis, smoking cessation, or hormonal contraception. Please see the CPhM website for more information: https://cphm.ca/expanded-scopes-of-practice/.

Claiming the Learning Activity on your Professional Development Log

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