

Essential medicines

Essential medicines for refugees and asylum seekers

Refugee medicine requires a pharmaceutical profile that is a little idiosyncratic. Some of the most-used medications are not part of the regular pharmacopoeia of general practices.

Gastro-intestinal drugs

- Proton-pump inhibitors

Psychotropic medications

- Antidepressants (SSRIs and Avanza). A few TCAs would be useful.
- Efexor (wafers) for acute psychosis

Vitamins and minerals

- Vitamin D + calcium
- Iron and folate combination

Topical medications

- Hydrocortisone
- Miconazole
- Canestan PV

- Capsaicin
- Tubs of emulsifying ointment

Allergies/dry eyes

- Antihistamines (non-sedating)
- Artificial tears

Analgesics

- Paracetamol, Panadeine forte

Asthma medication

- Puffers with spacers.