**Evidence-based self-medication: Development and evaluation of a professional newsletter concept for community pharmacies**

*International Journal of Clinical Pharmacy*

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### Online Resource 1

Topics of the published newsletter issues up to and including July 2018 (original language: German)

| Issue number | Publishing date | Page count† | Included section | Section title |
|--------------|----------------|-------------|-----------------|---------------|
| 1            | May 23, 2017   | 6.0         | Good to know    | Oxford league table of analgesics in acute pain |
|              |                |             | Background      | Efficacy tests of analgesics for acute pain on the basis of single doses |
|              |                |             | Infobox         | What is a systematic review and a Cochrane review? |
|              |                |             | Infobox         | Number needed to treat (NNT) |
| 2            | June 13, 2017  | 9.3         | Focus           | Efficacy of per oral analgesics in self-medication for acute pain |
|              |                |             | Background      | Background of clinical trials for acute pain |
|              |                |             | Infobox         | Success rate in pain studies |
|              |                |             | Infobox         | Study concepts frequently used in acute pain |
| 3            | June 27, 2017  | 4.5         | Focus           | Cochrane review: Acetaminophen for non-specific low back pain |
|              |                |             | Background      | Clinical guideline recommendations on acetaminophen for low back pain |
|              |                |             | Infobox         | The GRADE approach and its connection to clinical guidelines |
| 4            | July 11, 2017  | 8.6         | Good to know    | Combination of analgesics for non-specific low back pain |
|              |                |             | Good to know    | Acetaminophen for low back pain during pregnancy |
|              |                |             | Infobox         | Pain measurement scales |
|              |                |             | Infobox         | Roland Morris Disability Questionnaire (RMDQ) for the measurement of disability caused by back pain |
|              |                |             | Infobox         | Quebec Back Pain Disability Scale (QBPDS) for the measurement of disability caused by back pain |
|              |                |             | Infobox         | Fingertip-to-floor test for mobility measurement of the backbone |
| 5            | July 25, 2017  | 7.9         | Good to know    | Headache classifications |
|              |                |             | Good to know    | Exclusions for self-treatment of headache: When should the pharmacist refer patients to a physician? |
|              |                |             | Infobox         | AMSTAR (A MeaSurement Tool to Assess Systematic Reviews) |
| 6            | August 8, 2017 | 3.7         | Infobox         | Clinical guidelines |
| 7            | August 22, 2017| 11.7        | Focus           | Acetylsalicylic acid for episodic tension type headache |
|              |                |             | Background      | Clinical guideline recommendations on acetylsalicylic acid for tension type headache |
| 8            | September 12, 2017 | 8.8    | Focus           | Non-steroidal anti-inflammatory drugs for non-specific low back pain |
|              |                |             | Background      | Clinical guideline recommendations on non-steroidal anti-inflammatory drugs for low back pain |
|              |                |             | Infobox         | Quality assurance of scientific publications: The peer-review |
| 9            | September 26, 2017 | 9.6     | Focus           | Efficacy and safety of single doses of decongestants for the common cold |
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|--------------|-----------------------|-------------|------------------|-------------------------------------------------------------------------------|
| 10           | October 10, 2017      | 9.7         | Infobox          | Mean difference (MD) and standardized mean difference (SMD) as effect measures for continuous outcomes |
| 11           | October 24, 2017      | 8.6         | Focus Background | Guideline on conducting clinical trials for tension type headache             |
|              |                       |             |                  | Headache diary                                                                |
| 12           | November 14, 2017     | 12.2        | Focus Background | Efficacy and safety of multiple doses of decongestants for the common cold    |
|              |                       |             |                  | Clinical guideline recommendations on decongestants for the common cold       |
|              |                       |             | Infobox          | Odds Ratio (OR) as an effect measure for dichotomous outcomes                 |
| 13           | November 28, 2017     | 7.8         | Focus Infobox    | Comfrey root for non-specific low back pain                                   |
|              |                       |             |                  | Oswestry Disability Index (ODI) for measurement of disability caused by back pain |
| 14           | December 12, 2017     | 9.2         | Background       | Characterization of the comfrey preparations proved in clinical trials        |
|              |                       |             |                  | Monographs and clinical guideline recommendations on comfrey root for non-specific low back pain |
|              |                       |             | Infobox          | Monographs from the Committee on Herbal Medicinal Products (HMPC): Evidence for herbal medicinal products |
| 15           | January 9, 2018       | 12.9        | Short profile    | Antihistamines for the common cold                                           |
|              |                       |             | Focus            | Monotherapy with antihistamines for the common cold                          |
|              |                       |             | Background       | Available antihistamines and clinical guideline recommendations for the common cold |
|              |                       |             | Update           | Decongestants for the common cold                                           |
| 16           | February 13, 2018     | 14.6        | Short profile    | Combination of ibuprofen and caffeine for acute pain                         |
|              |                       |             | Background       | Available products with analgesics and caffeine and clinical guideline recommendations |
|              |                       |             | Focus            | Cochrane-review: Combination of ibuprofen and caffeine for acute pain        |
| 17           | March 13, 2018        | 12.3        | Spotlight        | Combination of ibuprofen and caffeine for acute pain: Clinical trial with 400 mg ibuprofen and 100 mg caffeine |
|              |                       |             | Infobox          | Levels of evidence and grades of recommendations used by the Oxford Centre for Evidence-based Medicine |
| 18           | April 18, 2018        | 12.7        | Short profile    | Nose spray with carrageenan for the common cold                              |
|              |                       |             | Background       | Available sprays with glycerin/trypsin, carrageenan and hydroxy propyl methyl cellulose for the common cold |
|              |                       |             | Spotlight        | Evidence base of carrageenan nose spray for the common cold                  |
| 19           | May 8, 2018           | 15.0        | Short profile    | Mannose for prophylaxis of recurrent urinary tract infections                |
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|--------------|------------------|-------------|------------------|---------------------------------------------------------|
| 20           | June 12, 2018    | 9.6         | Short profile    | Recurrent urinary tract infections, available products with mannose and clinical guideline recommendations |
|              |                  |             | Spotlight        | Evidence base of mannose for prophylaxis of recurrent urinary tract infections |
| 21           | July 10, 2018    | 17.3        | Short profile    | Mouth spray with glycerin and trypsin for the common cold |
|              |                  |             | Spotlight        | Evidence base of glycerin and trypsin-based mouth spray for the common cold |
|              |                  |             | Short profile    | Nose spray with hydroxy propyl methyl cellulose for the common cold |
|              |                  |             | Spotlight        | Evidence base of hydroxy propyl methyl cellulose nose spray for the common cold |

† 300 words corresponds to one page (references, glossary and legal notice not considered)