



Self –care Resource Pack for Prescribers

August 2018

Dear Prescriber/Practice Manager,

NHS England published its final guidance in March for CCGs following a public consultation on the prescribing of over the counter (OTC) medicines.

The NHS England guidance lists minor health conditions for which it is now recommended that OTC medicines should no longer routinely be prescribed.

This guidance applies to all patients, including those who would be exempt from paying the prescription charge.

The new guidance will curb the routine prescribing of items that are:

- of limited clinical effectiveness, such as probiotics, vitamins and minerals
- for a self-limiting condition, which does not require any medical advice or treatment as it will clear up on its own, such as sore throats, coughs and colds
- for a condition that is suitable for self-care, which can be treated with items that can easily be purchased over the counter from a pharmacy, such as indigestion, mouth ulcers, warts and verrucae

Exceptions to the guidance apply to people with long-term conditions, and to patients who the prescriber considers unable to self-care due to medical, mental health or social vulnerability.

The CCGs recommend all prescribers in Brighton and Hove and High Weald Lewes Havens GP practices promote self-care and discontinue prescribing OTC products as per NHS England guidance.

We have created some resources that we hope you will find useful when implementing the self-care agenda.



This resource pack contains:

- CCGs' position statement on the prescribing of medications available to purchase OTC. (Detailing conditions included, examples of items and exemptions.)
- Advice for patients (information leaflet and FAQs)
- Referral to your Local Pharmacy form
- Patient Information Leaflets for
 - Cough and colds
 - Hayfever
 - Haemorrhoids
 - Pain

All resources are accessible on the Brighton and Hove CCG website:

<https://www.gp.brightonandhoveccg.nhs.uk/prescribing/self-care>

***Active Signposting Training for Receptionists - 21 September 2018
(For Brighton and Hove Practices only)***

Brighton and Hove CCG are pleased to be able to offer more accredited general practice training in active signposting.

The training is designed for receptionists and other patient-facing staff and benefits include:

- Reduced GP pressure through released consultation time
- Appropriate appointments
- Increased patient self-management due to person-centred information
- Improved patient satisfaction

Please note that the deadline for registration is 31 August 2018. For more information or to register, please contact lara.kiziltuna@nhs.net

Community Pharmacy Surrey & Sussex (CPSS) have also developed a toolkit that will assist local community pharmacies to support patients to self-care and use OTC medicines. It is expected to be in use from September 2018.

We thank you for your support and would welcome any feedback or suggestions of other ways in which we can support you.

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