



Self-care Resource Pack

May 2019

Dear Colleague,

NHS England published its final guidance in March 2018 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. Brighton and Hove CCG and High Weald Lewes Havens CCG have adopted this guidance.

The 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 treated with an OTC medicine, 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 and local guidance.

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



This resource pack contains:

- Local Position Statement and Quick Reference Guide
- PQIS 19-20 self-care domain
- Prioritisation of medicines infographic
- Self Care Forum – top tips for practices in supporting self-care
- Consultation phrases – supporting primary care with self-care
- Prescription for self-care
- Example list of OTC products
- Common licensing limitations for OTC medicines
- #HelpMyNHS poster
- We are self-care aware poster
- 3 before GP (RCGP) poster
- #HelpMyNHS leaflet
- Patient Information Leaflets
 - Advice and FAQs
 - Aches and Pains
 - Hay fever
 - Piles
 - Coughs and Colds
- Recommended medicines to stock at home poster

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

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

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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