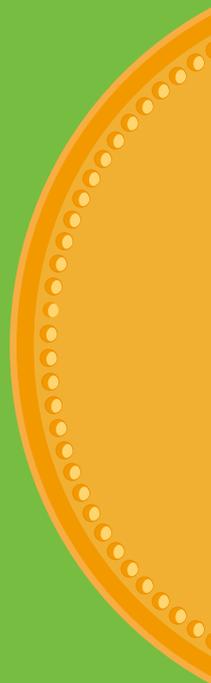


SAVING MONEY IS SAVING LIVES



From 4 September 2017, many products used to treat minor ailments and considered to be of low clinical value, will no longer be available on prescription. You will now need to purchase these from local pharmacies and supermarkets.

This leaflet describes, what these medicines are, how you can now manage these non-urgent conditions yourself through self-care and also provides information on who is exempt from this new change in prescribing.



Following a public consultation in 2017, NHS West Lancashire Clinical Commissioning Group (CCG) approved a recommendation from its medicines management committee to cease the funding of items to be considered low clinical value.

Did you know?

The NHS in West Lancashire, is currently spending £151,000 annually on prescribing paracetamol and ibuprofen.

By products of low clinical value, we mean treatments for minor ailments and medicines, such as paracetamol and ibuprofen; treatments where there is little evidence that they have a real clinical benefit, such as cough syrups and products that do not require clinical treatment, such as bath/shower products.

This means that from 4 September 2017 the above products will now need to be purchased by patients directly and in most cases, will no longer be available on prescription **(for a list of all people exempt from this change, please see page 6).**

To support this change, the CCG is encouraging self-care, which will help enable patients to manage their own health and well-being.

Why is the CCG supporting self-care?

There are three main reasons why the CCG is encouraging patients in West Lancashire to self-care:

–1.

In 2016 the CCG spent **£390,000** on products **considered to be of low clinical value**. Savings made by removing these items from prescription will be reimbursed back into savings within West Lancashire to benefit the community and could, for example, be spent on...



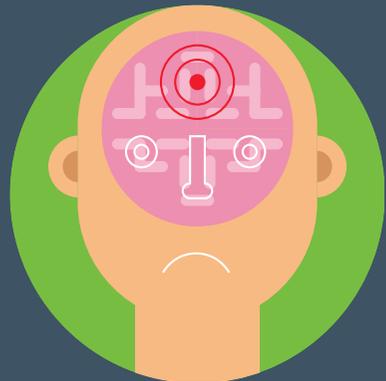
10,833 GP appointments



3,451 A&E attendances



3,421 MRI scans



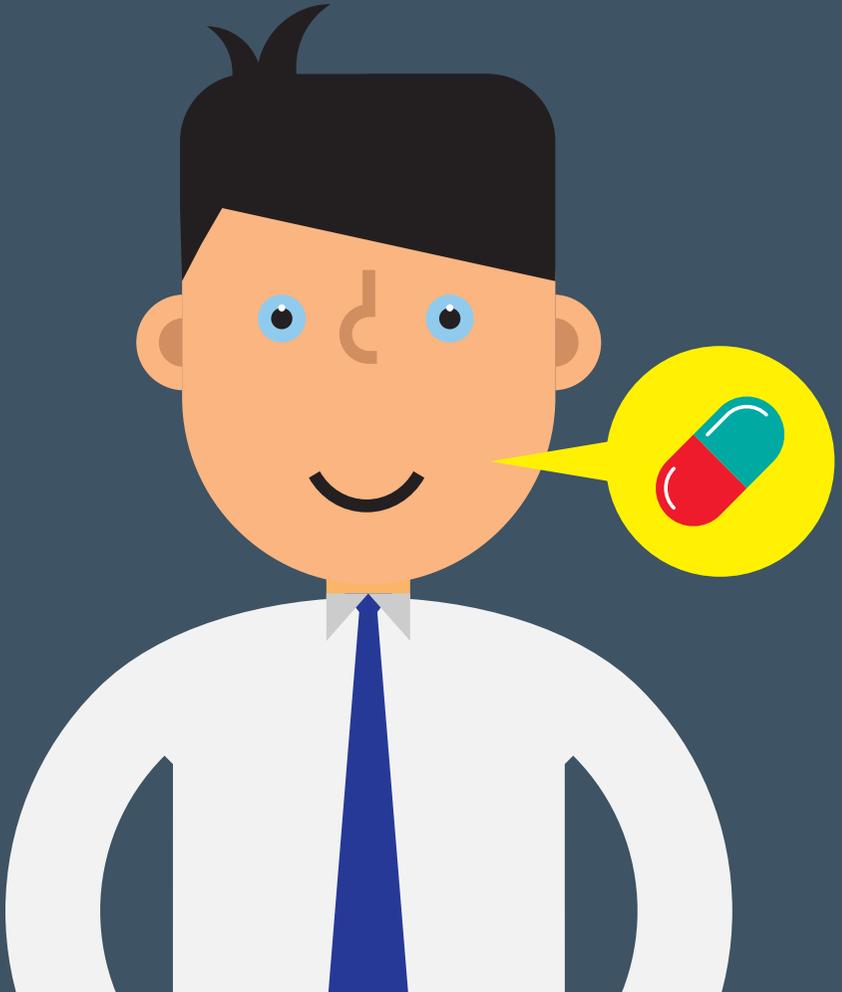
97 Stroke treatments

-2.

They can cost the NHS around **four times** more to prescribe these items, than they do for you to buy yourself.

-3.

Pharmacies can offer support to encourage self-care. You do not need to make an appointment to speak to your pharmacist and many pharmacies are open in the evening and at the weekend and even during bank holidays. You can expect a confidential and discrete consultation with the pharmacist in a private area within the pharmacy.



What medicines, products and conditions fall under self-care?

- Paracetamol
- Rubefaciants
(creams for aches and pains)
- Norovirus
- Threadworm
- Athletes Foot
- Anti-perspirants
- General allergies
- Coughs and colds
- Cold sores
- Sore throat
- Nasal congestion
- Middle ear infections
- Eczema
- Skin rashes
- Emollients and shower products
- Acne
- Dandruff
- Dental and sore mouth
- Chilblains
- Ear wax
- Insomnia
- Cramp
- Constipation
- Heart burn
- Indigestion
- Diarrhoea
- Hay Fever
- Nasal congestion
- Insect bites
- Fever in children
- Nappy rash
- Sun creams
- Vaginal thrush
- Urinary symptoms for men
- Haemorrhoids

Which patients will be exempt from this change?

Your GP will determine whether you are exempt from this new change in prescribing. Exemptions will depend on the individual product or type of medication. However, there are some exemptions for the following people.

- People with chronic pain management needs
- Babies
- Pregnant women
- Breastfeeding mothers
- Patients being cared for at the end of their life
- Care home residents

Where can I go to get more information?

- Visit the NHS West Lancashire CCG website - **www.westlancashireccg.nhs.uk**
- See your GP or visit your pharmacy, who will be able to advise you around your specific ailment.

Useful websites

For further information on conditions, treatments, local services and healthy living, please visit:

- Self Care Forum - **www.selfcareforum.org**
- NHS Choices - **www.nhs.uk**
- Examine Your Options - **www.examineyouroptions.info**
- NHS West Lancashire CCG - **www.westlancashireccg.nhs.uk**

If this change has impacted you and you would like to share your views, you can contact us in any of the following ways.

By post:

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Social media:

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 www.twitter.com/westlancscgg

www.westlancashireccg.nhs.uk

On request, this leaflet can be provided in accessible formats and alternative languages