Self-care Information Pack for General Practice
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1. Background

In March 2018 NHS England introduced guidance for CCGs stating prescribing for conditions which over the counter items could be used to treat should no longer be prescribed routinely.¹

In the year prior to June 2017 approximately £569 million was spent on prescriptions for medicines which could of otherwise been purchased over the counter. Research² shows that in many cases people can take care of their minor conditions if they are provided with the right information; thereby releasing healthcare professionals to focus on patients with more complex needs.

In May 2018 Derbyshire CCGs released their revised Self-care policy, updated to include the new NHSE guidance. In August 2018 Derbyshire’s self-care campaign was launched across the county; a transformational campaign promoting the benefits to being self-care aware, as well as supplying information to empower both the Derbyshire population and its healthcare professionals.

This pack is designed to help your Practice in promoting self-care; we hope you find these useful.

2. BMA & GMS Contract

BMA has provided advice for GPs (May 2018), this is a comprehensive guide BMA Guidance on OTC Medicines. In summary the guidance states;

- Continue to make the care of the patient first concern
- Advise patients if that treatment for their condition is available over the counter
- Offer an FP10 if concerned that not doing so would make it likely the advice would not be followed
- Issue an FP10 if requested for a treatment that the prescriber has advised is necessary

3. Resource Available

- Over the Counter (OTC) Self Care Information
  This document provides information regarding medication available OTC, approximate prices for those medications as well as relevant exceptions with regards to licensing when provided OTC. The information is grouped by condition for ease of use.

  Document Title: 1. Over the Counter Self Care Information for Healthcare Settings.V2

- No Prescription Required
  The documents below are designed to be used instead of providing a prescription. The form allows healthcare professionals to provide patients with a physical form to take to a pharmacy. The Pharmacist or counter staff can then provide advice and support about how to self-care.

  Document Titles:

  2. A4-No Rx required self-care.V1(Blk & Wht)

3. A4-No Rx required self-care.V1 (colour)
4. A5-No Rx required self-care.V1 (Blk & Wht)
5. A5-No Rx required self-care.V1 (Colour)
9. A6-No Rx required self-care. V1 (Blk & Wht)
10. A6-No Rx required self-care.V1 (colour)

- **Condition Specific Patient Information Leaflets**
  There are patient leaflets available on the Stay Well Derbyshire website. There is a leaflet for most conditions listed in the NHSE guidance. These have been created by the Medicines Management team and have been reviewed by the four CCG GP leads. These will be reviewed every two years or earlier if there are significant updates to be made.

  Information contained in the leaflets is taken from a variety of sources; NHS Choices, Self-care Forum, Blackburn & Darwen CCG

- **Derbyshire LMC Advice on Managing Sickness in School Children**
  This document produced by Derbyshire LMC covers common issues relating to school children/education and is available on their website.

  **Document Title:** 6. Derbyshire LMC - Advice on Managing sickness in school children

- **Letters to Schools/ Childcare Providers/ Parents**
  This information leaflet is available via the Derbyshire LMC website.

  We will be sending information out to Derbyshire Head teachers regarding the changes to prescribing. The letter provides information on why the changes have been made and clearly informs schools GPs will not necessarily write prescription for medication that can be bought OTC.

- **Sample Messages to Patients**
  You may wish to send bulk messages out to patients informing them of the changes to practice. Below are some sample messages;

  - **Text Message** (195 characters)
    Are you self-care aware? Visit [www.nhsstaywellderbyshire.co.uk](http://www.nhsstaywellderbyshire.co.uk) for help & advice on how to treat minor conditions without the need to visit the GP. Join us in making Derbyshire self-care aware!

  - **Email** – (Attach self-care leaflet)
    **Subject:** Your guide to being self-care aware.
    **Content:** We wanted to let you know about some changes your Practice will be making as a result of new guidance introduced by NHS England in March this year. The guidance made recommendations that GPs and other healthcare professionals should no longer routinely prescribe medicines which can be bought over the counter for minor and self-limiting conditions. These conditions include hay fever, cough and colds, temperatures/fevers, indigestion and headaches.

    We have attached an information leaflet which provides help and advice on being self-care aware. It also tells you how best to treat yourself if you do suffer from a minor illness.
We would also like to remind you of the valuable service your community pharmacy offers. They are trained professionals who are able to talk through your symptoms, offering advice and reassurance on how long these may last and what to do if these continue or get worse.

We encourage you to visit the Stay Well Derbyshire website (www.nhsstaywellderbyshire.co.uk) to find out more information on how to self-care.

- **One-Off Script message**
  Are you self-care aware? Visit [www.nhsstaywellderbyshire.co.uk](http://www.nhsstaywellderbyshire.co.uk) for help & advice on how to treat minor conditions at home, without the need to visit the GP. Join us in making Derbyshire self-care aware reducing pressures on A&E and GP Practices.

- **Medicines Cabinet & First Aid Stock Cupboard information**
  This information is available via the Stay Well Derbyshire [website](http://www.nhsstaywellderbyshire.co.uk) as well as NHS Choices. There is also brief information in the ‘Guide to being self-care aware’ leaflet regarding what items to keep as ‘stock’ at home with brief detail on medicines and first aid.

- **Online Resources/ Websites**
  - Stay Well Derbyshire [www.nhsstaywellderbyshire.co.uk](http://www.nhsstaywellderbyshire.co.uk)
  - NHS Choices [www.nhs.uk](http://www.nhs.uk)
  - Derbyshire Medicines Management [www.derbyshiremedicinesmanagement.nhs.uk](http://www.derbyshiremedicinesmanagement.nhs.uk)
  - Self Care Forum [www.selfcareforum.org](http://www.selfcareforum.org)

- **Posters & Leaflets**
  - If you would like further copies of the Derbyshire CCGs posters and leaflets please contact Medicines Management Team at Southern Derbyshire CCG (01332 868708, sderrccg.meds.man@nhs.net). Below is a copy of these resources should you may wish to print out for your Practice.

**Document Titles:**

7. Posters-to-help-support-self-care
8. Your-guide-to-being-self-care-aware

N.B. We are assured NHSE will have a poster & leaflet campaign soon. This will provide information to patients as to why the change is happening.

- **Multimedia Resource**
  - For healthcare staff - PrescQIPP – ‘How to help your patients care for themselves’
  - For patients - PrescQIPP – ‘Looking after you and your family – How ready are you?’
    - with subtitles
    - without subtitles

4. **NHSE Guidance**

Visit NHSE for full guidance on Self-care or click [Here](http://www.nhs.uk) for document titled ‘Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs’.
5. Exceptions

The NHS England document contains a list of exceptions; it is recommended GPs follow the guidance in this document relating to exceptions. Prescribers should also be mindful of the restrictions on licensing with some over the counter medication. See the document mentioned in resource section for further information.

Derbyshire CCGs have also suggested Care Homes and those who have carers administering medication in their homes are also to be excluded from self-care; these patients will often be classed as vulnerable. Upon review & discussion with the CCG Care Home Pharmacist, it was also highlighted as a potential issue as many Care Homes would struggle with the complexities of this and potentially have no policy in place, there is also an inability to enforce the use of Homely Remedies polices within these settings.

6. Other areas

- **Digital Minor Illness Referral Service (DMIRs) Pilot**
  
  This is an NHSE pilot (part of the Pharmacy Integration Fund) due to start in the East Midlands area in September 2018.

  The purpose of the pilot is to reduce the burden on urgent and emergency care services by referring patients requiring low acuity advice and treatment from NHS 111 direct to community pharmacy. The aim is to ensure patients have access to the same levels of care, closer to home with a self-care emphasis and unnecessary visits to GP practice or to Urgent / Emergency Care settings are avoided.

  Community pharmacy will provide self-care advice and support, including printed information, to all individuals referred to the pharmacy by NHS 111 on the management of specified low acuity conditions. Look out for more information.

- **Healthy Living & Lifestyle Advice & Support**

  Derby County scheme which provides help & support for people looking to lose weight, stop smoking, get fitter and transform their life. It also offers support in other areas such as; Mental wellbeing, money & debt advice, healthy housing, falls prevention, alcohol awareness. Signpost patients to their website;

  **Website:** [www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)
  **Phone:** 0800 085 2299 or 01629 538 200

  Derby City scheme which provides help & support for people looking to lose weight, stop smoking, get fitter and transform their life. Signpost patients to their website or they can call;

  **Website:** [www.livewellderby.co.uk](http://www.livewellderby.co.uk)  **Phone:** 01332 641254
Derby city scheme designed to get Derby moving more! Signpost patients to their website or Facebook page for further information.

**Website:** www.movemorederby.co.uk  
**Phone:** 01332 641705

'If you live, or work in Derby and want to get move active yourself, or can help others in your family, workplace or local community, then MOVE MORE DERBY is for you. We are calling on ALL Derby residents to do their bit, to help the whole of Derby to MOVE MORE.

We want to make physical activity the norm for everyone who lives, studies, or works in our communities, but we need your help to make it a reality.'