Plans to change prescribing
What do you think?
# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>3</td>
</tr>
<tr>
<td>Prescriptions</td>
<td>4</td>
</tr>
<tr>
<td>Why do we have to change?</td>
<td>5</td>
</tr>
<tr>
<td>Our plans</td>
<td>6</td>
</tr>
<tr>
<td>Pharmacy First</td>
<td>8</td>
</tr>
<tr>
<td>What is included in the plan?</td>
<td>9</td>
</tr>
<tr>
<td>What does it all cost?</td>
<td>11</td>
</tr>
<tr>
<td>What do you think?</td>
<td>12</td>
</tr>
<tr>
<td>About you</td>
<td>14</td>
</tr>
<tr>
<td>Thank you</td>
<td>20</td>
</tr>
<tr>
<td>For more information</td>
<td>20</td>
</tr>
</tbody>
</table>
Introduction

NHS Lewisham CCG buys most of the healthcare for people in Lewisham.

We pay for the medicines that are prescribed by our local doctors.

We want doctors in Lewisham to prescribe fewer medicines that people could buy for themselves at their local pharmacy or supermarket.

We want to know what you think about our plans.

Please read through this document and then tell us your views by answering the questions which start on page 12

Please send your answers back to us by Tuesday 24th October 2017.
Prescriptions

Prescribe is where your doctor is saying you should have a certain medicine.

A prescription is the note your doctor writes to the pharmacist.

The NHS pays for medicines that are prescribed.

Some people pay towards the cost of their prescription. Some people don’t have to pay.

You can only get most medicines if you have a prescription.

But there are some medicines that you can buy yourself from a pharmacist.
Why do we have to change?

We need to change because:

1. Many people are able to deal with minor illnesses themselves.

Prescriptions often cost more than self-care medicines that people can easily buy from any pharmacy and most supermarkets.

People can get advice about minor illnesses from:

- A pharmacy
- NHS 111
Websites like:

- www.healthhelpnow-nhs.net
- www.nhsgo.uk
- www.nhs.uk

2. To give doctors and nurses more time for people most in need

3. To get the best value for the money we have

Our plans

We plan to stop giving prescriptions, in most cases, for:

- Self-care medications
- Medicines for travel
Self-care medications

Self-care medications are medicines that you can buy for yourself at a pharmacy.

You don’t need a prescription.

People use self-care medications for minor illnesses that don’t last long. They will get better over time.

Doctors would still give prescriptions for self-care medications for people with long-term conditions like osteoarthritis or inflammatory bowel disease.

Frail or patients that can’t leave the house would still get prescriptions.
Medicines for travel
We plan to stop giving prescriptions for medicines that prevent people catching malaria while they are abroad.

Doctors will give people:
• Free advice about travel
• Private prescriptions for malaria medication. You would have to pay for these private prescriptions

Pharmacy First
In Lewisham we have a scheme called Pharmacy First.

Under this scheme patients who don’t have to pay for their prescriptions will be able to get self-care medicines for free from their pharmacy.

They won’t have to get a prescription.
What is included in the plans?

Under these plans doctors will not normally give prescriptions for:

- Creams for Acne (spots)
- Medication for diarrhoea. If you have diarrhoea for more than 3 days you should see your doctor
- Athlete’s foot cream
- Sprays to stop you sweating
- Cream for cold sores
- Colic medicine for babies
- Cough and cold remedies
• Creams to cover up spots
• Drops to get rid of ear wax
• Eye drops
• Hay fever pills
• Head lice treatment
• Herbal medicines
• Homeopathic medicines. (These are a type of medicine where people are treated with minute doses)
• Indigestion pills
• Laxatives. If the problem continues for 3 days you should see the doctor
- Mouthwashes
- Nappy rash cream
- Painkillers
- Cream for piles
- Sun creams
- Vitamins
- Treatment for warts and verrucas

**What does it all cost?**

In Lewisham we spend about £35 million on prescribing medicines.

We spend about £1.6 million on self care medicines.

We think that this plan could save the NHS £1 million a year in Lewisham.
What do you think?

**Question 1:** Do you agree or disagree with the plan to stop usually giving prescriptions for self-care medicines?

- Agree strongly
- Agree
- Not sure
- Disagree
- Strongly disagree

**Question 2:** Do you agree or disagree that local doctors should spend less time treating people who could buy their own self-care medication?

- Agree strongly
- Agree
- Not sure
- Disagree
- Strongly disagree

**Question 3:** Do you agree or disagree that we should not usually prescribe malaria drugs?

- Agree strongly
- Agree
- Not sure
- Disagree
- Strongly disagree
Question 4: Have you any particular issues about these plans?

Question 5: Have you other ideas about how we can help people to manage their own health and minor illnesses better?

Question 6: Is there anything else that we have not thought about?
About you

**Question 7:** Do you get free prescriptions?

- [ ] Yes
- [ ] No

**Question 8:** Are you...

- [ ] Someone who lives in Lewisham?
- [ ] Living in another London Borough?
- [ ] Answering this for a community organisation?
- [ ] A councillor?
- [ ] A NHS professional in Lewisham?
- [ ] Other - please say
Question 9: What is your age?

☐ Under 18 ☐ 18-25
☐ 26-30 ☐ 31-40
☐ 41-50 ☐ 51-60
☐ 61-70 ☐ 71-80
☐ Over 80 ☐ Prefer not to say

Question 10: Do you have a disability?

☐ Yes ☐ No ☐ I prefer not to say

If yes, what type of disability?

☐ Learning Disability
☐ Long term illness
☐ Mental Health condition
☐ Physical Disability
☐ Difficulty with sight or hearing
☐ Other
Question 11: What is your ethnic group?

**White**
- [ ] British
- [ ] Irish
- [ ] Gypsy or Irish Traveller
- [ ] Any other white background - please say

**Mixed race**
- [ ] White and Black Caribbean
- [ ] White and Black African
- [ ] White and Asian
- [ ] Any other mixed race background - please say

**Asian**
- [ ] Indian
- [ ] Pakistani
- [ ] Bangladeshi
- [ ] Chinese
- [ ] Any other Asian background - please say
Black

☐ African
☐ Caribbean
☐ Any other Black background

Any other ethnic group

☐ Arab
☐ Any other ethnic group - please say

☐ Prefer not to say

Question 12: Are you...

☐ Male
☐ Female
☐ Intersex
☐ Prefer not to say
**Question 13:** Is your gender the same as the one that was given to you when you were born?

☐ Yes  ☐ No  ☐ I prefer not to say

**Question 14:** Are you pregnant or have you given birth in the last 26 weeks?

☐ Yes  ☐ No  ☐ I prefer not to say

**Question 15:** What is your religion or belief?

☐ No religion  ☐ Christian

☐ Buddhist  ☐ Hindu

☐ Jewish  ☐ Muslim

☐ Sikh  ☐ Other - please say

☐ Prefer not to say
Question 12: Are you...

- Heterosexual or straight - attracted to people of the opposite sex
- Gay Woman or Lesbian - women who are attracted to women
- Gay Man - men who are attracted to men
- Bisexual - attracted to both men and women
- Other
- I prefer not to say
Thank you

Thank you for your views.

Please now send your answers back to:

NHS Lewisham CCG
Cantilever House
Eltham Road
Lee
London
SE12 8RN

We need to have your answers by Tuesday 24th October 2017.

For more information

If you want any more information please contact us by:

Phone: 020 3049 3208

Email: lccg.engagement@nhs.net

Web: www.lewishamccg.nhs.uk

Easy read by easy-read-online.co.uk