

Have your say on our proposals

Proposed changes to
prescribing in Lewisham



Seeking your views

Lewisham CCG is seeking your views on proposals to make some changes to what is available on prescription from the NHS in Lewisham. This leaflet explains these proposals and how to give your views.

These proposals are part of Lewisham's plans within the community-based care workstream of the south east London Sustainability and Transformation Plan (STP), Our Healthier South East London. Similar discussions are taking place in each borough within south east London, as well as in many other areas of the country.



Who is NHS Lewisham CCG?

NHS Lewisham Clinical Commissioning Group (CCG) is a membership organisation made up of all the GP practices in Lewisham. We work with our local population and other partners to improve local health and to plan, purchase and monitor most of the NHS services our residents need. We serve a rising population projected to increase to 318,000 by 2021 and manage an annual budget of around £400 million.

What are we proposing?

Self-care medications

We are proposing not to support the routine prescribing of self-care medicines and health supplements for short lived minor illnesses that will get better over time.

Self-care medicines are products that can be purchased over the counter from a pharmacy or supermarket, without a prescription. For the majority of healthy people, most minor illnesses can be managed with advice and self-care without the need to see a doctor. Most minor illnesses will get better with time. Your local community pharmacist can give you expert advice on what else you can do to care for yourself. If your problem is more serious and needs the attention of a GP, your pharmacist will advise you to see your GP instead.

We believe it would be a better use of NHS money for patients to buy these products



themselves rather than being prescribed by the NHS. You can find the list of products and medicines included in our proposals on pages 5 and 6. We propose that those patients with long-term (chronic) conditions such as regular pain in osteoarthritis, inflammatory bowel disease, frail or housebound patients would still be able to be prescribed these medicines on the NHS.

As part of these proposals we will work to support all healthcare professionals to make sure that patients know where to get help with their medicines and how to look after themselves better.

GPs will still make a clinical judgement when considering whether it is acceptable or appropriate to ask a patient to purchase their medication.

Malaria prevention medicines for travel

We propose to stop prescribing malaria prevention medicines for use in travel on an NHS prescription to bring the borough in line with national guidance.

NHS patients are entitled to receive free advice about travel. GP practices will be able to issue private prescriptions that people pay for, for malaria prevention medicines and continue to offer travel advice, or patients can seek advice from private travel clinics or pharmacies. The proposals for discontinuing malaria prevention medicines on NHS prescription for travel have been supported by public health specialists. If taken forward, the proposals will bring our guidance in line with national policy. Lewisham is one of only three clinical commissioning groups in England offering malaria prevention medicines through the NHS.

NHS England are currently consulting nationally about routine prescribing of items of low priority for NHS funding including several travel vaccines. Details are on their website: <https://www.engage.england.nhs.uk/consultation/items-routinely-prescribed/>

Why do we need to make these changes?

To promote self-care of minor conditions

We want to help people lead longer, healthier and happier lives. Self-care is about avoiding becoming ill and seeking help when needed. It is also about managing any conditions you have in a way that puts you in control and improves your quality of life. If more people are able to meet their minor health needs through self-care, it will ease the pressure on the health services.

The medicines included in this proposal can be purchased from a pharmacy or supermarket. We recommend that everyone keeps a well-stocked medicine cabinet with self-care medications. We need people to take responsibility for their own health and wellbeing with our support. This means considering alternatives such as visiting their local pharmacist for help with minor illnesses and common ailments, using NHS 111, Health Help Now (www.healthhelpnow-nhs.net), NHS Go (www.nhsgo.uk) and the NHS Choices website (www.nhs.uk) rather than visiting their GP or A&E.

To free-up doctors' and nurses' time for those most in need

Our proposals support our plans to promote self-care and to reduce unnecessary demand on GP and practice nurse time, including out-of-hours services. This will free up time for people who have more complex healthcare needs and who need more active support in managing their health.



To get the best value from the funding we have available

We have an older and growing population and demand for health services is increasing. We have a set amount of money to pay for the health services that are needed and have a duty to spend that money wisely. We have to use the money available to meet the greatest health needs of our patients.

By spending less on prescribed self-care medicines that can be easily bought from the pharmacy or supermarket, we can invest this money in other NHS treatments.

Pharmacy First scheme

In Lewisham, we currently have a scheme called Pharmacy First to help promote self-care through community pharmacies. Under this scheme, patients who are entitled to free prescriptions can get certain medicines they need free of charge from their pharmacy without a prescription from their GP. Most of the 'over the counter' medicines in our proposal are covered by Pharmacy First. Patients who currently get the medicines they need under Pharmacy First will still be able to do so, whatever the outcome of this consultation. If any changes to prescribing guidance are introduced as a result of this consultation, we may review the impact of this on the Pharmacy First scheme in the future.

What is included in the proposals?

Lewisham CCG will no longer support the routine prescribing of health supplements and self-care medications for illnesses that will get better over time. This includes:

- Acne creams
- Anti-diarrhoeal medication for short term use (up to 72 hours)
- Anti-fungal treatment for short term minor ailments
- Antiperspirants
- Cold sore treatment
- Colic treatment
- Cough and cold remedies
- Camouflage creams
- Ear wax removers
- Eye drops
- Hay fever treatments
- Head lice and scabies treatment
- Herbal and complementary supplements
- Homeopathic preparations
- Indigestion remedies >>

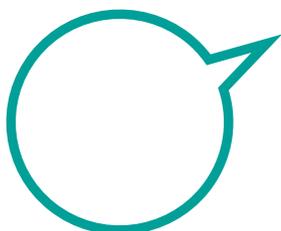
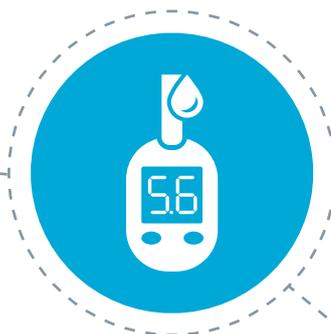
What does this all cost?

- Laxatives for short term use (up to 72 hours)
- Mouthwashes and mouth ulcer treatment
- Nappy rash cream
- Painkillers for short term use
- Haemorrhoidal preparations for short term use (5-7 days)
- Rubefacients (creams and ointments which increase blood flow to treat pain)
- Sun creams
- Threadworm treatment
- Topical steroids for short term use (up to one week) for bites, stings or mild dermatitis
- Vitamins (excluding vitamins D and B12)
- Warts and verruca treatment

At the moment in Lewisham we spend around £35 million a year on prescribing medicines. £1.6 million is spent on self-care medicines alone. We believe this proposal could potentially save the local NHS £450,000 in 2017/18 and £900,000 in 2018/19 which could be better spent on other local services.

Nationally, every year the NHS spends £67.5 million on prescribing paracetamol, which can be easily bought from any supermarket or pharmacy. It costs the NHS more to prescribe these medicines because of other associated costs.

The increasing demand for prescriptions for medication that can be bought over the counter at relatively low cost, often for self-limiting or minor conditions, shows how important it is for us to work more closely with patients to ensure we get the best possible value from NHS resources, whilst reducing waste and improving outcomes for patients.



Have your say

We want to give as many people as possible the opportunity to have their say. We are gathering your views from Tuesday 29th August to Monday 23rd October 2017. Please tell us what you think.

We want to know your views on our proposals to:

- Encourage people to use over the counter products to treat short lived minor illnesses that get better with time, rather than provide these on NHS prescription.
- Stop offering malaria prevention medicines on NHS prescription.

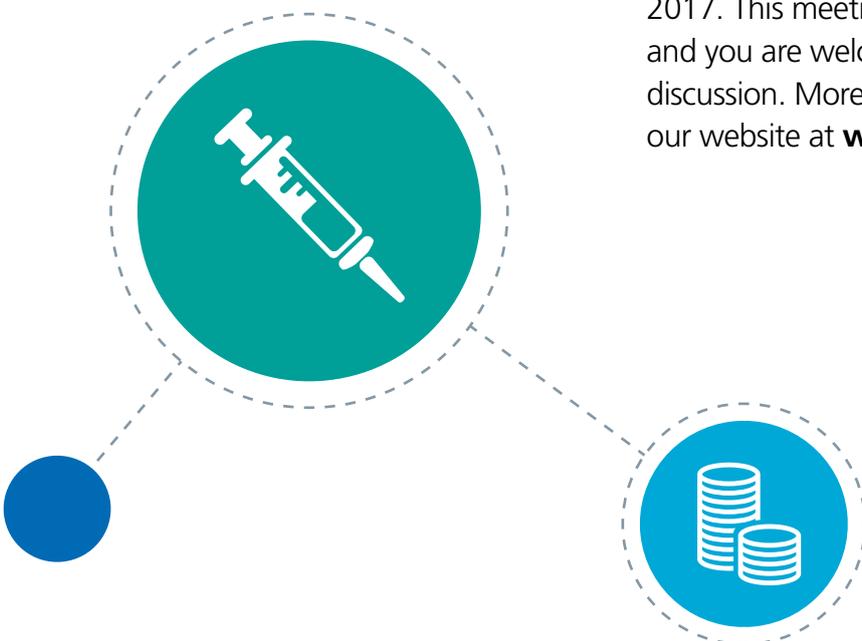
We want to know:

- Any concerns you have about our proposals.
- How we can help support people to take better care of their health.

You can give your views by:

1. Completing our survey which is available on our website at www.lewishamccg.nhs.uk
2. Emailing us at lccg.engagement@nhs.net
3. Completing a paper copy of the survey and returning it to us using the enclosed pre-paid envelope
4. Phoning us on **020 3049 3208**
5. Coming along to our Annual General Meeting on Wednesday 20 September from 12.30pm to 4.30pm at King's Church, Osborn Terrace, London SE3 9DW
6. If you are part of a local group and want us to come and talk to you about our proposals please email us at **lccg.engagement@nhs.net**

After our consultation process finishes, we will consider all the views we have heard. We expect to make a decision on our proposals at our Governing Body meeting on 9 November 2017. This meeting takes place in public and you are welcome to attend to hear our discussion. More information is available on our website at www.lewishamccg.nhs.uk



Survey questions

Please read the proposal leaflet before answering these questions.

Q1: How much do you agree with the CCG's proposal to no longer support the routine prescribing of self-care medicines for short lived minor conditions that usually get better with time?

Agree Somewhat agree Neither agree nor disagree Somewhat disagree Disagree

Q2: How much do you agree with the statement: 'GPs should spend less time treating people who could buy self-care medication and health supplements without a prescription'?

Agree Somewhat agree Neither agree nor disagree Somewhat disagree Disagree

Q3: How much do you agree with the CCG's proposal to no longer support the routine prescribing of malaria prevention medicines?

Agree Somewhat agree Neither agree nor disagree Somewhat disagree Disagree

Q4: Are there any specific issues or concerns you have about these proposals?

Q5: Do you have any other suggestions about how we can promote self-care and support people to help them better manage minor illnesses?

Q6: Is there anything else that you think we have not considered?

Q7: Are you or any of your dependents entitled to free prescriptions?

Yes No

Knowing who has completed this survey will help us analyse responses more effectively. We don't need personal details - just the information below. Many thanks

Are you filling in this survey as a:

- | | |
|--|--|
| <input type="checkbox"/> Lewisham resident or patient | <input type="checkbox"/> Elected representative for Lewisham residents |
| <input type="checkbox"/> Resident or patient in another borough | <input type="checkbox"/> NHS professional in Lewisham |
| <input type="checkbox"/> Community organisation working with Lewisham people | <input type="checkbox"/> Other (please specify) |

As part of our Equality duty, we collect the following information to help us ensure we are getting views from a cross section of the population.

Age:

- | | | |
|-----------------------------------|----------------------------------|--|
| <input type="checkbox"/> Under 18 | <input type="checkbox"/> 41 – 50 | <input type="checkbox"/> 80+ |
| <input type="checkbox"/> 18 – 25 | <input type="checkbox"/> 51 – 60 | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> 26 – 30 | <input type="checkbox"/> 61 – 70 | |
| <input type="checkbox"/> 31 – 40 | <input type="checkbox"/> 71 – 80 | |

Disability:

Do you consider yourself to have a disability?

- Yes
- No
- Prefer not to say

If ticked “Yes” to the above, please indicate your disability:

- Learning disability/difficulty
- Long-standing illness
- Mental health condition
- Not declared
- Other
- Physical impairment
- Sensory impairment

B: Mixed

- White and black Caribbean
- White and black African
- White and Asian
- Any other mixed background (please write in)

C: Asian or Asian British

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background (please write in)

D: Black or Black British

- Caribbean
- African
- Any other black background (please write in)

E: Other ethnic group

- Arab
- Any other, (please write in)
- Prefer not to say

Race and ethnicity:

What is your ethnic group?

A: White

- Welsh / English / Scottish / Northern Irish / British
- Irish
- Gypsy or Irish traveller
- Any other white background (please write in)

Sex:

What is your sex?

- Male
- Female
- Intersex
- Prefer not to say

Gender reassignment:

Have you gone through any part of a process, or do you intend to bring your physical sex appearance, and/or your gender role, more in line with your gender identity? (This could include changing your name, your appearance and the way you dress, taking hormones or having gender confirming surgery)

- Yes
- No
- Prefer not to say

Marriage and civil partnership:

What is your legal marital or same-sex civil partnership status?

- Single
- Married
- Civil partnership
- Divorced/person whose civil partnership has been dissolved
- Widowed/surviving civil partner
- Separated
- Prefer not to say

Pregnancy and maternity:

Are you pregnant or have you given birth in the last 26 weeks?

- Yes
- No
- Prefer not to say

Religion or belief:

What is your religion or belief?

- No religion
- Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
- Buddhist
- Hindu
- Jewish
- Muslim
- Sikh
- Any other religion, (please write in)
- Prefer not to say

Sexual orientation:

Which of the following options best describes your sexual orientation?

- Heterosexual / straight
- Lesbian
- Gay
- Bisexual
- Other
- Prefer not to say

Contact us

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Follow us on Twitter [@NHSLewishamCCG](https://twitter.com/NHSLewishamCCG)

www.lewishamccg.nhs.uk

If you would like this leaflet in another format such as large print or in another language, please call us on **020 3049 3208**