

Self-Care Position Statement for Patient 2023

As part of its self-care strategy, in line with National Guidance, NHS Doncaster no longer supports the prescribing of vitamin and minerals, medicines and treatments for minor or self-limiting conditions, where:

- Self-care is the most appropriate route.
- Medicines and treatments are available to buy over the counter.

Rationale:

Our NHS spends around £569 million a year on prescriptions for medicines for minor conditions. Minor conditions are exactly that, they are not serious and usually disappear in a few days without any treatment.

If we can reduce the amount we spend on these prescriptions, we can give priority to treatments for people with more serious conditions, such as cancer, diabetes, and mental health conditions.

Therefore, prescription medications for minor and self-limiting conditions are now no longer ordinarily available from Doncaster practices and appointments should not be requested for these conditions. This is in line with national NHS England guidance, which is supported by professional and public bodies.

Local practice and pharmacy staff can provide a list of these minor and self-limiting conditions and treatments. If you feel you need them, they are available to buy from **a pharmacy or supermarket and other discount and health shops** and often at a relatively low cost. There is also a minor ailment scheme at participating pharmacies. Where an ailment is considered not to be a minor self-limiting condition, prescriptions will remain available as a treatment route. You can seek advice from your pharmacist or other healthcare professionals.

For further information patients can

- contact the Medicines Optimisation Team at Doncaster Place, SYICB syicb-doncaster.medicinesmanagementadmin@nhs.net
- visit the NHS England webpage: <https://www.england.nhs.uk/medicines/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed/>
- read the SY ICB “569” reasons campaign <https://syics.co.uk/campaigns/569-million-reasons>

Self-Care Medicines Optimisation Team Resources can be found here <https://medicinesmanagement.doncasterccg.nhs.uk/guidelines/self-care-resources/>

Any patient queries or complaints should be directed to NHS England, Telephone: 0300 311 22 33 or email: england.contactus@nhs.net

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