

## Prescriber Self-Care Commissioning Position Statement 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 has been spending around £569 million a year on prescriptions for products for minor ailments that can be bought from **a pharmacy or supermarket and other discount and health shops**. This is not cost effective, nor does it empower patients to take charge of their own healthcare. By managing minor health needs through self-care rather than public funding, it will help to ease cost and appointment pressure on practices and enable patients to take responsibility for their condition. Released NHS funding and appointments can be better used for other medical conditions that need medical intervention or that are more difficult to treat. This provides a better balance between public and individual responsibility.

The national campaign to reduce inappropriate use of resources has been led locally by NHS Doncaster Place, South Yorkshire Integrated Care Board (SYICB) which the GP practices in Doncaster are members. It is providing support via various social media outlets, websites, and text messages and direct to practice materials such as leaflets, poster, and videos.

Treatment for minor and self-limiting conditions have been decommissioned in Doncaster Place and across the SY ICB and should no longer be routinely available from Doncaster practices on NHS prescription. Appointments should not be requested for these conditions. This is in line with NHS England's guidance which is broadly supported by the [General Medical Council](#)

Prescribers should advise patients on safe and effective self-care measures, directing them to appropriate sources of information (e.g. [NHS Choices](#) and [The Self Care Forum](#)) and using patient information leaflets if appropriate.

Doncaster Place, SYICB has maintained a minor ailment scheme which allows patients to obtain some treatment via certain pharmacies for minor ailments or self-limiting conditions without having to buy them or have a prescription. This includes some prescription only medicines.

For further information patients can

- contact the Medicines Optimisation Team at Doncaster Place, SYICB  
[syicb-doncaster.medicinesmanagementadmin@nhs.net](mailto: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](mailto:england.contactus@nhs.net)**

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