

Palace Road Surgery

Patient Participation Group

**MEDICINES OPTIMISATION:
SELF CARE & REDUCING WASTE**

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NHS ENGLAND

- ▶ leads the NHS in England
- ▶ sets out the priorities and direction of the NHS
- ▶ buys healthcare services for the residents and patients in England
- ▶ shares out more than £100 billion in funds and holds organisations (CCG's) to account for spending this money effectively for patients and efficiently for the tax payer

WHAT ARE WE DOING IN LAMBETH?

- ▶ Part of NHS Lambeth CCG's "Healthier Together" Five Year Strategy is to deliver best value by ensuring that we live within our means and use our resources well
 1. Therefore to help us deliver our strategy, NHS Lambeth CCG no longer supports the routine prescribing of medications for acute (short-term) illnesses, minor and/or self-limiting conditions and health supplements -
PROMOTING SELF CARE
 2. **Promoting reduction in MEDICINES WASTE with patients**

SELF CARE

- ▶ **SELF-CARE:** - person suffering does not normally need to seek medical care but may decide to seek help with symptom relief from a local pharmacy and use an over the counter medicine
- ▶ In 2016/17, the NHS spend was approximately £569 million on prescriptions for medicines which can be purchased over the counter from a pharmacy and other outlets such as supermarkets
- ▶ These prescriptions included items for conditions that were considered to be self-limiting and so did not need treatment
- ▶ NHS England recently carried out a public consultation on reducing prescribing of over-the-counter medicines for minor, short-term health concerns
- ▶ Outcome: NHS provided final recommendations for 35 minor conditions and two items of limited clinical effectiveness (Probiotics and vitamins & minerals)

MINOR CONDITIONS AND PRODUCTS COVERED BY THE NHS ENGLAND GUIDANCE

- ▶ 1. Probiotics
- ▶ 2. Vitamins and mineral
- ▶ 3. Acute Sore Throat
- ▶ 4. Infrequent Cold Sores of the lip.
- ▶ 5. Conjunctivitis
- ▶ 6. Coughs and colds and nasal congestion
- ▶ 7. Cradle Cap (Seborrhoeic dermatitis - infants)
- ▶ 8. Haemorrhoids
- ▶ 9. Infant Colic
- ▶ 10. Mild Cystitis
- ▶ 11. Mild Irritant Dermatitis
- ▶ 12. Dandruff
- ▶ 13. Diarrhoea (Adults)
- ▶ 14. Dry Eyes/Sore (tired) Eyes
- ▶ 15. Earwax
- ▶ 16. Excessive sweating (Hyperhidrosis)
- ▶ 17. Head Lice
- ▶ 18. Indigestion and Heartburn
- ▶ 19. Infrequent Constipation
- ▶ 20. Migraine
- ▶ 21. Insect bites and stings
- ▶ 22. Mild Acne
- ▶ 23. Mild Dry Skin
- ▶ 24. Sunburn
- ▶ 25. Sun Protection
- ▶ 26. Mild to Moderate Hay fever/Seasonal Rhinitis
- ▶ 27. Minor burns and scalds
- ▶ 28. Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain)
- ▶ 29. Mouth ulcers
- ▶ 30. Nappy Rash
- ▶ 31. Oral Thrush
- ▶ 32. Prevention of dental caries
- ▶ 33. Ringworm/Athletes foot
- ▶ 34. Teething/Mild toothache
- ▶ 35. Threadworms
- ▶ 36. Travel Sickness
- ▶ 37. Warts and Verrucae

LAMBETH CCG CHANGES FROM 2017/18

- ▶ Last year NHS Lambeth CCG developed local prescribing guidance relating to a number of the minor conditions that NHS England included in their guidance
- ▶ This year NHS Lambeth CCG will be adopting the additional minor conditions covered in the NHS England guidance to bring us in line with guidance and the rest of the country
- ▶ Additional minor conditions :
 - ❖ Mild Cystitis
 - ❖ Infrequent Migraine
 - ❖ Insect bites and stings
 - ❖ Mild Dry Skin
 - ❖ Sunburn
 - ❖ Sun Protection
 - ❖ Minor burns and scalds
 - ❖ Prevention of dental caries
 - ❖ Teething/Mild toothache
 - ❖ Travel Sickness

PALACE ROAD SURGERY -Practice Action Plan

- ▶ Practice Action Plan will support implementation of national and local changes in prescribing related to self care
- 1. All Staff - clinical/ non clinical/temporary members - involved in the scheme
- 2. Marketing Self-Care - posters/ broadcasting on the surgery website/ leaflets
- 3. G.P - Pharmacy referral form
- 4. Local Pharmacies - working together with surgeries promoting self care. Utilising pharmacies more for expert advise on common/self limiting conditions
- 5. Our Patients- Signposting/ Self care folder

REDUCING MEDICINES WASTE

- ▶ NHS Lambeth are asking people to help reduce the cost of medicines waste
- ▶ Every prescription costs money even if you pay a prescription charge
- ▶ It is estimated that £90 million of unused prescription medicines are kept in people's home
- ▶ Unused medications costs around £300 million each year
- ▶ This money could be better spend on vital NHS services

MEDICINES WASTE

How/Why Medicines Waste Occurs?

SURGERY/PHARMACY:

- Untrained/ new staff putting repeats on to system
- Care-homes
- Barriers/communication between surgery and pharmacy
- Blister Pack medication - complications
- Post-discharge Medication - breakdown of communication from secondary care

PATIENTS:

- Over-ordering medication without checking stock
- Medication reviews overdue - patients taking medication they can stop
- Carers/ family requesting prescriptions
- Patients- medication not synchronised

Palace Road Surgery -Medicines Waste Practice Action Plan

1. Surgery- repeat prescription champion
2. Repeat prescribing policy
3. Collaboration with local pharmacies - regular discussion of repeat process/ overcome challenges/ improve systems
4. Review repeats in patients with long term conditions- Audits/ virtual clinics/ medication reviews with patients/ synchronise medication
5. Marketing - reminding patients to only request the medicines required - Prescription slips/ posters/ Surgery website
6. Repeat Prescription Batch Prescribing

Only ask for what you need



- ▶ Avoid stockpiling and check medicines at home before ordering
- ▶ Wait until you have less than 10 days before asking for some more
- ▶ Only tick boxes on your repeat forms for the medicines you really need. It will still be there if you need it next time.
- ▶ When you pick up your prescription, check the bag to make sure it is what you requested and what you need. You can return any unwanted medicines while you are in the pharmacy
- ▶ If you have stopped taking certain medicines tell your GP/pharmacist so they can be removed from you list.
- ▶ When you see your GP or consultant, make sure you understand any changes in your medicines, and what each medicine is for and why you are taking it, and how to take it properly
- ▶ Manage your medicines by registering for GP online services and requesting prescriptions online

QUESTIONS ?????