

## Contact us

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# Have your say on our proposals

Proposed changes to  
prescribing in Bromley



# Seeking your views

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



## About Bromley CCG

NHS Bromley Clinical Commissioning Group (CCG) is a membership organisation of all GP practices in Bromley. We work with local people and partners to improve local health, plan, buy and monitor most NHS services our residents need, such as emergency care, hospital care, community and mental health and medicines prescribed by a GP. We serve a rising population of 326,000 and manage an annual budget of around £475 million.

## What are we proposing?

We are proposing to no longer support the routine prescribing of health supplements and self-care medicines for short lived minor illnesses that will get better over time.

Self-care medicines are products 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 page 5.

We propose that those patients with long-term (chronic) treatment such as regular pain in osteoarthritis, 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 GPs, pharmacists and health professionals to better signpost patients where to get help with their medicines and look after themselves better.

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

## 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 health services.

The medicines included in this proposal can be purchased from a pharmacy or supermarket. The NHS recommends 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](http://www.healthhelpnow-nhs.net)), NHS Go ([www.nhsgo.uk](http://www.nhsgo.uk)) and the NHS Choices website ([www.nhs.uk](http://www.nhs.uk)) rather than visiting their GP or A&E.

### To free up doctor 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.

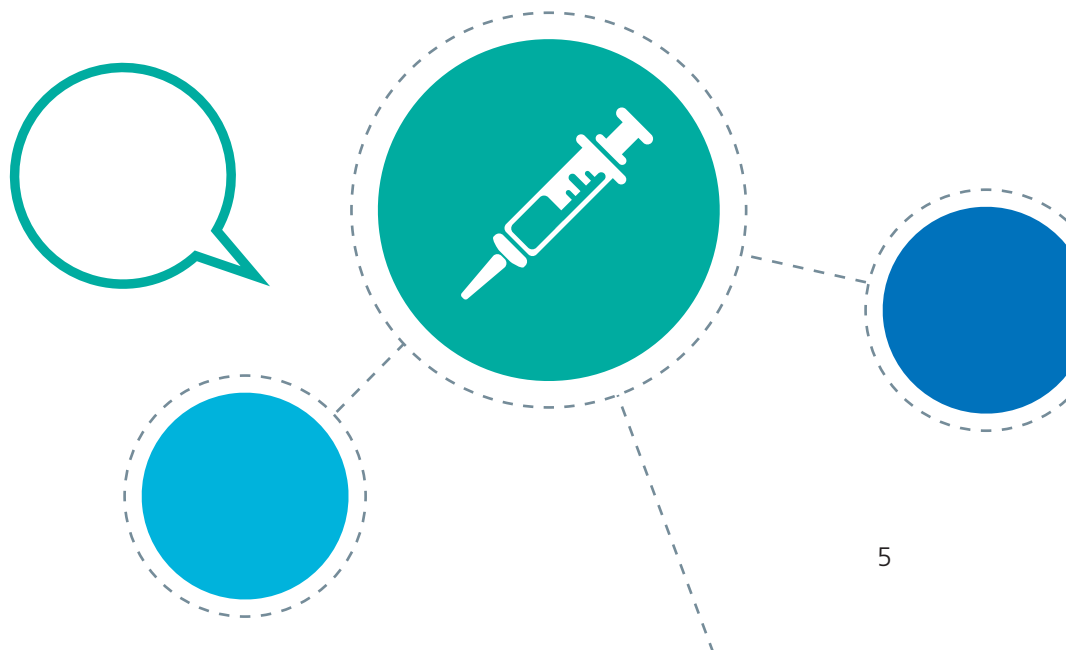
By spending less on prescribed self-care medicines that can be easily bought from the pharmacy or supermarket, we can invest this money in other NHS treatments.

Our proposals are for an initial list of medications. There may be others that your GP considers are not advisable to prescribe or not the best use of NHS resources.



## What is included in the proposals?

- Acne creams
- Anti-diarrhoeal medication for short term use (up to 72 hours)
- Anti-fungal treatment for short term minor ailments
- Antiperspirants
- Baby colic treatment
- Camouflage creams
- Cold sore creams
- Cough and cold remedies
- Ear wax removers
- Eye drops
- Haemorrhoidal preparations for short term use (5-7 days)
- Head lice and scabies treatment
- Health supplements
- Homeopathic preparations
- Indigestion remedies (for short term use)
- Laxatives for short term use (up to 72 hours)
- Mouthwashes and mouth ulcer treatment
- Nappy rash cream
- Painkillers for short term use
- Seasonal rhinitis
- Sun creams
- Threadworm treatment
- Topical steroids for short term use (up to one week) for bites, stings or mild dermatitis
- Vitamins (excluding vitamin D) and minerals (excluding calcium, magnesium, phosphate) and supplements
- Warts and verruca treatment



## What does this all cost?

At the moment In Bromley we spend around £46 million on prescribing medicines. £2.1 million is spent on self-care medicines alone. We believe this proposal could potentially save the local NHS up to £1 million a year which could be better spent on other local health services.

Nationally, every year the NHS spends £67.5 million on prescribing paracetamol, which can be easily bought for around 40p 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 closer with patients to ensure we get the best possible value from NHS resources, whilst eliminating wastage and improving patient outcomes.

## Who would be affected by these proposals?

Many people will be affected by the proposals in relation to self-care medicines. You do not need to see a GP to treat common ailments such as coughs, colds, dry eyes, or hay fever.

Advice can be provided by pharmacists who are experts in medicines. You don't need an appointment to see your local pharmacist. General advice is also available on the NHS choices website at [www.nhs.uk](http://www.nhs.uk)



## Have your say

We want to give as many people as possible the opportunity to have their say. We are gathering your views from Monday 31 July to Sunday 8 October 2017. Please tell us what you think.

### We want to know:

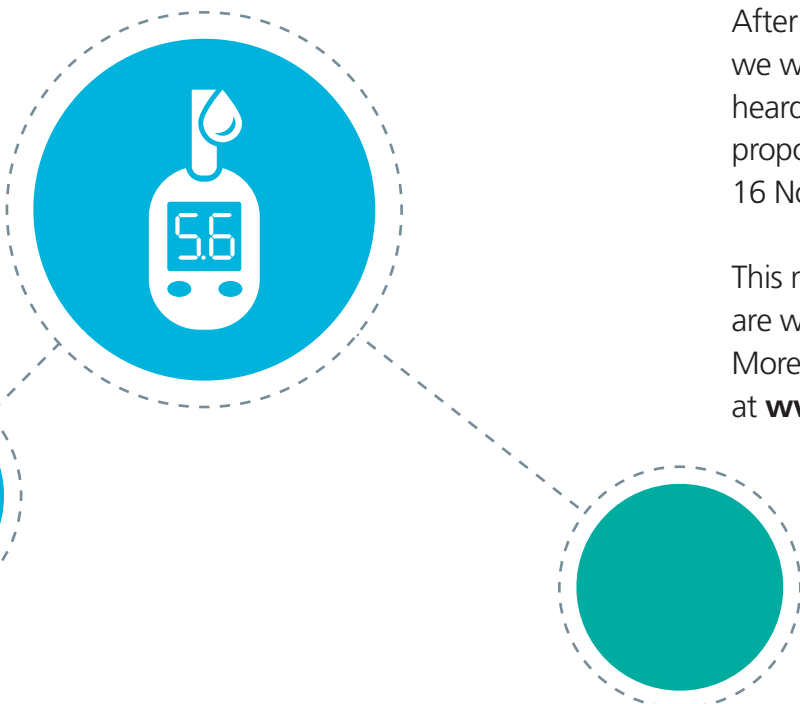
- Your views on our proposals to encourage people to buy over the counter products to treat short lived minor illnesses that get better with time, rather than provide these on NHS prescription.
- Any concerns you have about our proposals.
- How we can help support people to take better care of their health.

### You can give your views by:

1. Completing our survey which is available on our website at [www.bromleyccg.nhs.uk](http://www.bromleyccg.nhs.uk)
2. Email us at [broccg.contactus@nhs.net](mailto:broccg.contactus@nhs.net)
3. Completing a paper copy of the survey and returning it to us at the following address:  
**Freepost  
COMMUNICATIONS AND  
ENGAGEMENT TEAM**
4. Phoning us on **01689 866544**
5. Coming along to our Annual General Meeting on Wednesday 27 September from 5.30pm to 7.30pm at the Bromley Centre Library.
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 **[BROCCG.contactus@nhs.net](mailto:BROCCG.contactus@nhs.net)**

After our engagement 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 16 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.bromleyccg.nhs.uk](http://www.bromleyccg.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: Are there any specific issues or concerns you have about these proposals?**

**Q4: Do you have any other suggestions about how we can promote self-care and support people to help them better manage minor illnesses?**

**Q5: Is there anything else that you think we have not considered?**

**Knowing who has completed this survey will help us analyse responses more effectively but you don't have to answer the following questions if you don't want. We don't collect your name or any information that could identify you. Many thanks**

Are you filling in this survey as a:

- |   |   |
|---|---|
| <input type="checkbox"/> Bromley resident or patient                        | <input type="checkbox"/> Elected representative for Bromley residents |
| <input type="checkbox"/> Resident or patient in another borough             | <input type="checkbox"/> NHS professional in Bromley                  |
| <input type="checkbox"/> Community organisation working with Bromley 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 local people.**

## 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