

Self-care Decision aid for Healthcare professionals in South East London

Patient presents with a condition/symptom(s)

Consider the following:

- Is the condition appropriate for self-care or is it a minor/self-limiting condition that will clear up on its own with or without treatment? (Refer to the list of conditions overleaf)
- Does the condition fall under the general and/or condition specific exceptions as listed in NHS England guidance? (Refer to NHS England guidance/ PrescQIPP document?)
- Are there any sale exclusion for the over the counter (OTC) item that you may recommend to the patient, which may require you to issue a prescription? (Refer to [PrescQIPP OTC items – GPs guide to self-care](#)) (Licensed indications and suitable patient groups can also be checked at www.mims.co.uk or <http://otcdirectory.pagb.co.uk/>)

Advice (Box 1)

- If the condition is suitable for self-care and is a minor/self-limiting condition that will clear up on its own with/without the need for treatment:
 - Signpost the patient to a local pharmacy and/or any national/local guidance and/or advise patient on appropriate self-care advice
 - Patients can be directed to www.nhs.uk, www.selfcareforum.org or www.patient.co.uk for further information.
- If the condition is not appropriate for self-care, is not a minor/self-limiting condition, falls under the general and/or condition specific exceptions or the recommended OTC item is excluded from sale, consider if a prescription is clinically required.

Patient requests a specific medicine/treatment or product

Consider the following:

- Is the request for a condition appropriate for self-care or for a minor/self-limiting condition that will clear up on its own with or without the need for treatment? (Refer to the list of conditions overleaf)
- Is the request for an item with limited evidence of clinical effectiveness?
- Is the request for an item that is restricted locally? (Refer to CCG specific position statements)
- Is the request for an item for a condition that falls under the general and/or condition specific exceptions as listed in the NHS England guidance? (Refer to NHS England guidance/ PrescQIPP document?)
- If the request is for a condition appropriate for self-care or for a minor/self-limiting condition, are there any sale exclusions for the requested item over the counter (OTC), which may require you to issue a prescription? (Refer to [PrescQIPP OTC items – GPs guide to self-care](#)) (Licensed indications and suitable patient groups can also be checked at www.mims.co.uk or <http://otcdirectory.pagb.co.uk/>)

Advice (Box 2)

- If the request is for a condition appropriate for self-care or for a minor/ self-limiting condition that will clear up on its own with or without the need for treatment Refer to [Advice \(Box 1\)](#).
- Vitamins, minerals, probiotics and treatments for self-limiting conditions where there is limited evidence of clinical effectiveness for the treatments used (e.g. OTC items for cough, sore throat, infant colic etc.) should not be routinely prescribed.
- If the condition is not appropriate for self-care, is not a minor/self-limiting condition, falls under the general and/or condition specific exceptions or the recommended OTC item is excluded from sale, consider if a prescription is clinically required.
- Further resources: local CCG guidance (position statements), SEL APC guidelines (e.g. emollient and

South East London Area Prescribing Committee. A partnership between NHS organisations in South East London: Bexley/ Bromley/ Greenwich/ Lambeth/ Lewisham & Southwark Clinical Commissioning Groups (CCGs) & GSTFT/KCH/SLAM/Oxleas NHS Foundation Trusts & Lewisham & Greenwich NHS Trust

Conditions for which over the counter items should not routinely be prescribed:

1. Probiotics ^{a,c}	20. Infrequent Migraine ^{a,d}
2. Vitamins and minerals ^{a,b,c}	21. Insect bites and stings ^{a,d}
3. Acute Sore Throat ^{a,d,f}	22. Mild Acne ^{a,d}
4. Infrequent Cold Sores of the lip ^{a,d}	23. Mild Dry Skin ^{a,d,e}
5. Conjunctivitis ^{a,d,g}	24. Sunburn ^{a,d,e}
6. Coughs and colds and nasal congestion ^{a,d,h}	25. Sun Protection ^{a,d,k}
7. Cradle Cap (Seborrhoeic dermatitis – infants) ^{a,d}	26. Mild to Moderate Hay fever/Seasonal Rhinitis ^{a,d,e}
8. Haemorrhoids ^{a,d}	27. Minor burns and scalds ^{a,d}
9. Infant Colic ^{a,d}	28. Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain) ^{a,d,e}
10. Mild Cystitis ^{a,d,i}	29. Mouth ulcers ^{a,d}
11. Mild Irritant Dermatitis ^{a,e}	30. Nappy Rash ^{a,d}
12. Dandruff ^{a,d}	31. Oral Thrush ^{a,d}
13. Diarrhoea (Adults) ^{a,d}	32. Prevention of dental caries ^{a,d}
14. Dry Eyes/Sore (tired) Eyes ^{a,d}	33. Ringworm/Athletes foot ^{a,d}
15. Earwax ^{a,d,j}	34. Teething/Mild toothache ^{a,d}
16. Excessive sweating (Hyperhidrosis) ^{a,d,e}	35. Threadworms ^{a,d}
17. Head Lice ^{a,d}	36. Travel Sickness ^{a,d}
18. Indigestion and Heartburn	37. Warts and Verrucae ^{a,d}
19. Infrequent Constipation ^{a,d,e}	38. Herbal & Homeopathic products ^{a,b,d}

Useful resources for healthcare professionals

- [NHS England Guidance on conditions for which over the counter items should not routinely be prescribed in primary care](#)
- [NHS England Items which should not be routinely prescribed in primary care: Guidance for CCGs](#)
- [SEL Area Prescribing Committee Frequently Asked Questions for Prescribers](#)
- [NHS Clinical Knowledge summaries](#)
- [SEL APC guidelines \(e.g. emollient prescribing guideline, vitamin D guideline, hyperhidrosis guidelines, constipation guidelines\)](#)
- [RCGP TARGET toolkit](#) or [NICE guidance on sore throat](#)
- [RCGP conjunctivitis resources](#)
- [RCGP TARGET toolkit](#) or [NICE guidance on cough and colds](#)
- [PHE guidance](#)
- SEL treatment access policy 2019 (awaiting publication)
- [NHS Drug Tariff ACBD](#)

References

- [NHS England Guidance on conditions for which over the counter items should not routinely be prescribed in primary care](#)
- [NHS England Items which should not be routinely prescribed in primary care: Guidance for CCGs](#)