



**Consultation on
proposed changes to
NHS prescriptions
in Southwark**

Have your say

NHS Southwark CCG is responsible for buying healthcare services for 323,000 patients who live in Southwark and/or are registered with a GP in the borough of Southwark.

To ensure we make the best use of funds available, and to bring us in line with national guidance, we are asking for views on proposals to change the prescribing guidance

for selected over-the-counter medicines, malaria prevention medicines and selected travel vaccines.

This leaflet summarises our proposals and the reasons for them. You can read further details in our full consultation document. Our consultation starts on 26 June and ends on 20 August 2017.

What are we proposing?

Over-the-counter medications



We propose to stop prescribing self-care medications for short term illnesses and minor conditions. These are products that can be bought over the counter for example from a pharmacy or supermarket, without a prescription.

Most minor illnesses can be treated through self-care without the need to see a doctor. A variety of over-the-counter medicines can be used to relieve symptoms such as headache and hay fever. Your local community pharmacist can give you professional 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.

Malaria prevention medicines for travel



We propose to stop prescribing malaria prevention medicines for use in travel on an NHS prescription, to bring us in line with national guidance.

GP practices will be able to issue private prescriptions, which people pay for, for malaria prevention medicines and can continue to offer travel advice. Patients can also seek advice and malaria prevention medicines from private travel clinics.

Selected travel vaccinations



We propose to stop offering some vaccines for travel on the NHS, to bring us in line with national guidance.

GP practices will be able to charge patients for the selected vaccinations and continue to give free travel advice. Patients can also seek advice and vaccinations from private travel clinics.



Why do we want to make these changes?

To support self-care of minor conditions



Self-care is about avoiding becoming ill, treating common illnesses at home and seeking help when needed.

The medicines covered in this proposal are widely available from community pharmacies like those on the high street. The NHS recommends everyone keeps a medicine cabinet stocked with essential medicines.

To free up doctor and nurses' time for those most in need



The proposals for over-the-counter medicines 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 bring us in line with national guidance



Our proposals for discontinuing malaria prevention medicines on NHS prescription and selected travel vaccinations have been supported by public health specialists. If taken forward, the proposals will bring local guidance back in line with national policy.

To get the best value from the funding we have available



The primary care prescribing budget for Southwark is around £32 million a year. Taken together, these proposals could save the NHS in Southwark around £750,000 a year which we would invest in other local healthcare services.

To support wider local plans



These proposals are part of Southwark plans within the Our Healthier South East London Sustainability and Transformation Plan.

Pharmacy First Scheme



Some patients who are exempt from prescription charges get the medicines they need free of charge under the Pharmacy First scheme in Southwark. Most of the over-the-counter medicines covered in the proposal are available under Pharmacy First. Eligible patients will be able to continue to get these medicines through Pharmacy First, whatever the outcome of the consultation.



Have your say

We are taking views from local people patients, carers, clinical staff and other interested parties and we will use these views to help us make our decision.

We are keen to hear from you if you live in Southwark, or if you are registered with a Southwark GP, especially if our proposals might affect you.

You can give your views by:

- Filling in our short survey: www.southwarkccg.nhs.uk.
- Fill in and return our paper survey, available from your surgery, local pharmacy and other public venues
- * Emailing us: souccg.southwark-ccg@nhs.net

- Writing to us at: Prescribing Views, NHS Southwark CCG, FREEPOST RSCY-ACYH –CAZL, 1st Floor, Hub 5, PO Box 64529 London SE1P 5LX. No stamp needed.
- Dropping by our stall at the Our Healthier Southwark STP event on 11 July, 5pm to 8pm at Walworth Methodist Church.
- Discussing at your practice's Patient Participation Group meeting, if it takes place within the consultation timeframe. Ask at your GP reception when the next one is.
- Inviting us to come and speak to members of your local group
- Calling us on 020 7525 7888.

When will we decide?

After this consultation closes on 20 August, we will consider fully all the views we have heard. We expect to reach a decision about our proposals at our Governing Body meeting on 14 September. This meeting takes place in public and you are welcome to attend to hear our discussions.

You can find details of our meetings on the NHS Southwark CCG website: www.southwarkccg.nhs.uk