

Prescribing of Items for Self-Care in Nottingham City

Name of Report Authors: Beth Carney
Job Title: Senior Medicines Optimisation Pharmacist
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Report on the implementation of the Self Care Guidelines within Nottingham City CCG

Executive Summary

Following the recommendation from the Joint Commissioning Committee to implement the local self-care guideline in Nottingham City CCG, a piece of work has been conducted to review progress throughout the nine months following implementation and to assess any possible impact on the patient population. Feedback from the majority of stakeholders has been positive overall on the basis that this has occurred alongside effective communication.

Following the outcome of the review, it was decided to recommend the continuation of implementation of the local self-care guideline within Nottingham City.

Aim

To evaluate the impact of the implementation of the self-care guideline in Nottingham City CCG

Background

The government undertook a national consultation in 2017 / 2018 to assess the feasibility of reducing the prescribing of over the counter medicines for the treatment of minor ailments.

Following the consultation, guidance was produced by NHS England in March 2018 to restrict prescribing medications for conditions which fall into the following categories:

- A condition that is self-limiting and does not require medical advice or treatment as it will clear up on its own
- A condition that is a minor illness and is suitable for self-care and treatment with items that can easily be purchased over the counter from a pharmacy.
- Vitamins, minerals and probiotics: these are classified as items of limited clinical effectiveness, where there is a lack of robust evidence for clinical effectiveness.

In November 2019; Nottingham City CCG, following a patient engagement exercise, aligned its self-care guideline to the national and current existing local guideline available amongst the neighbouring CCG's: Nottingham North and East, Nottingham West and Rushcliffe.

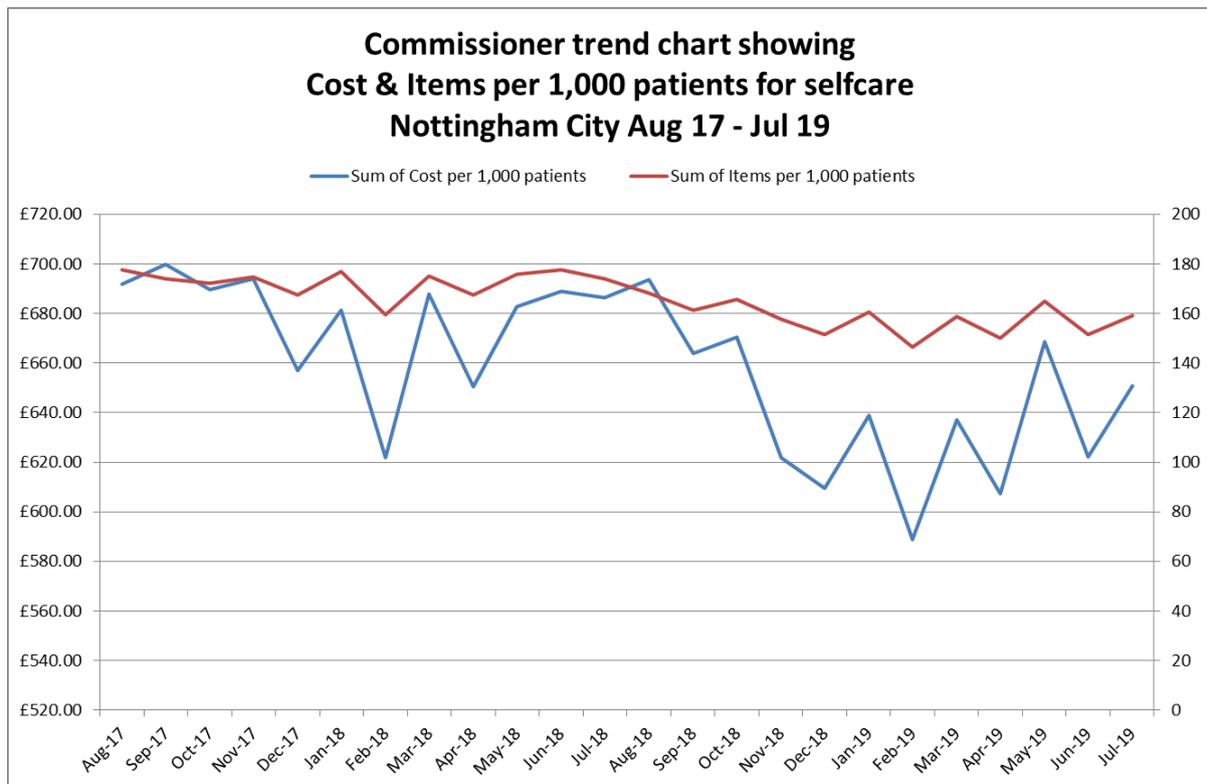
The Medicines Optimisation Team has worked closely with the GP practices to actively implement this guideline, via patient review.

Discussion

It is difficult to accurately quantify the statistical impact on health outcomes that has been experienced by the Nottingham City CCG patient community in the short time since the implementation of the Self-care guideline.

Prescribing Data

Prescribing data shows a downward trend on the cost and number of items for medicines that can be prescribed for conditions where self-care may be appropriate.



Patient Experience information

The Greater Nottingham patient experience team (formerly PALS), reported back on related complaints received. This showed two patient complaints from October 2018 to October 2019

Monitoring of complaints will continue into 2020.

Financial

Nottingham City CCG have spent £109,836 less on self-care products between October 2018 and July 2019 in comparison to the same months the previous year and 25,782 less

items

Using this data to calculate a full year effect produced an anticipated saving of £131,803 per annum on self-care items in Nottingham City CCG.

Wider Health Promotion.

There is a further communications campaign planned over 2019/20 across Nottingham and Nottinghamshire, launching in time for self-care week in November 2019. This involves posters and leaflets for GP practices and Community Pharmacies as well as social media campaigns, to ensure the public are informed and educated around the services available to them to ensure safe and effective self-care.

Summary of findings

- Mid Nottinghamshire and South County CCGs had already implemented self-care guidelines. Nottingham City CCG recognise the importance of consistency in care across Nottinghamshire
- Guideline implementation has seen a steady reduction in self-care items and spend in Nottingham city CCG with a minimal number of patient complaints

Conclusion

Nottingham City CCG will continue to implement the self-care guidelines, ensuring continued monitoring of spend, items and patient complaints.