

Pharmacy*first*

Service Changes

Chris Lawson

Head of Medicines Optimisation

Contact Tel - 01226 433798

chris.lawson@nhs.net



Tonight's Agenda

- Your Pharmacy*first* feedback
- Proposed changes to scheme
 - 1st Aug 19
- Scenarios & Resources
- Future Changes

20th March 19 : Feedback (1 of 5)

**Simplify form ,
smaller with tick
boxes - no signature ?**

20th March 19 : Feedback (2 of 5)

**Over labelling for OTC -
instructions Pharmacy label**

&

**OTC Formulary – don't limit by
therapeutic area**

20th March 19 : Feedback (3 of 5)

Leaflets/Posters for patients & Resources for self medication

Suggestion (s) :-

- **Self Care Cards**
- **Wet combing treatment card**
- **Repeat supply if managing a condition**

20th March 19 : Feedback (4 of 5)

**Training on OTC - in depth
for new areas as introduced
e.g. headlice**

20th March 19 : Feedback (5 of 5)

- **High Interest Areas** : *POM Range - formulary extended – PGD ; Hayfever Management -Fexofenadine, UTI ENT, Eye Conditions – Optometry First, Ezcema, Dermatitis and Impetigo.*
- **Other Areas:** COC's, Sore throat, Fungal skin infections, Migraine, Spacer devices, EHC > 50 years, Meters and BGTS and childhood vaccinations

Imminent Changes

- Now (finally) – printed resources available
- Letter out to practices
- Communications campaign from 1st August
- Accept referrals
- Easier form introduced
- Overlabelling fee – additional for purchased medication

New Form – No signature !

- Patient Name & DOB
- GP (drop down or other*)
- Referred Yes/No If Yes (drop down ; GP, GP Nurse, GP Staff, Staff, Community Nurse , Other*)
- Condition (drop down or other*)
- Estimated Time taken (drop down ; 10 minute upwards – 5 minute increments)
- Resources Provided (drop down or other*)
- Feedback form given (drop down ; Yes , No , Not available)

**Other – opens box for free text*

New Form - Optional

- Medication Supplied – (drop down OTC formulary – payments link with DM&D database)
- Additional over-labelling fee if medication purchased – (School, Care Home or Other*)

**Other – opens box for free text*

Conditions

- Allergies
- Earache
- Eczema
- Scabies
- Vaginal thrush
- **Head lice** (From July 2019 will provide enhanced guidance and support and will only be able to supply the Nitty Gritty combs or Bug Buster Kits for the treatment of head lice.)

Your pharmacy team can also offer you additional advice, guidance and support personal to you for a whole range of common, minor health concerns for which you can buy treatments over the counter.

They have a private consultation area available where they will discuss your symptoms and they can offer practical advice personalised to you.

A list of pharmacies involved in the scheme is available on the Barnsley CCG website. Search for **Pharmacyfirst**.

www.barnsleyccg.nhs.uk



Pharmacy**first** +
Minor Ailments Service



Call into participating pharmacies displaying this symbol



Pharmacy**first** +
Minor Ailments Service



Don't wait
for a doctors
appointment

Go straight to
your pharmacy +

START WELL
CHOOSE WELL
STAY WELL

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SELF CARE

Prescribing of over
the counter medicines
is changing



Leaflets

**START WELL
CHOOSE WELL
STAY WELL**

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PRESCRIBING OF OVER THE COUNTER MEDICINES IS CHANGING

The NHS spends around **£569 million** each year on a wide range of medicines which can be purchased from local pharmacies, supermarkets and other retail outlets.

In 2018, NHS England issued national guidance on over the counter products which should **NOT** generally be prescribed to ensure long-term sustainability of the NHS. This guidance encourages people to self-care for minor self treatable and/or self-limiting conditions which will get better with time.

Your doctor, nurse or pharmacist will no longer generally prescribe medicines that are available to buy over the counter



DID YOU KNOW?

The cost to the NHS for many of these medicines is often much higher than the price for which they can be purchased over the counter and you can get them without seeing your doctor.

For further information see our leaflet or visit the NHS website
www.nhs.uk/OTCmedicines

OTC BCCG 08/19/1

Posters

Resource Pack

http://best.barnsleyccg.nhs.uk/clinical-support/medicines/prescribing-guidelines/Self_Care_Guidance.pdf



Barnsley Self-Care Guidance

Guidance on conditions for which over the counter items should not routinely be prescribed in primary care

The full NHS England guidance is available at: <https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf>

Barnsley CCG has made the decision to adopt all of the recommendations within the NHSE guidance. This document has been produced to support primary care clinicians with implementation of the recommendations in practice. ~~It can also be used by community pharmacists to help provide information to the patient on self-care for each condition and to help signpost the patient to the right service.~~

The guidance is intended to encourage people to self-care for minor illnesses as the first stage of treatment. It is envisioned that in most cases (unless specified) these minor conditions will clear up with appropriate self-care. If symptoms are not improving or responding to treatment, then patients should be encouraged to seek further advice.

The guidance is not intended to discourage patients from going to the GP when it is appropriate to do so.

This guidance applies to all patients, including those who would be exempt from paying prescription charges, unless they fall under the exceptions outlined below (general exceptions) or within the table below under each condition/item.

GPs and/or pharmacists should refer patients to NHS UK, the Self Care Forum or NHS 111 for further advice on when they should seek GP Care.

Condition/Item for which prescribing should be restricted	
Items of limited clinical effectiveness	Minor conditions suitable for self-care continued
Probioticspage 6	Mild to moderate hay fever/seasonal rhinitispage 14
Vitamins and mineralspage 6	Minor burns and scaldspage 15
Self-limiting conditions	Minor conditions associated with pain, discomfort and/fever. (a.g. aches and sprains, headache, period pain, back pain) page 16
Acute sore throatpage 7	Mouth ulcerspage 16
Cold sorespage 8	Nappy rashpage 17
Conjunctivitispage 8	Oral thrushpage 17
Coughs and colds and nasal congestionpage 8	Prevention of dental cariespage 17
Cradle cappage 9	Ringworm/ athlete's footpage 17
Haemorrhoidspage 9	Teething/mild toothachepage 17
Infant colicpage 9	Threadwormspage 18
Mild cystitispage 9	Travel Sicknesspage 18
	Warts and Verrucaepage 18
Minor conditions suitable for self-care	
Mild Irritant Dermatitispage 10	
Dandruffpage 10	
Diarrhoea (adults)page 10	
Dry eyes/sore tired eyespage 10	
Earwaxpage 11	
Excessive sweating (hyperhidrosis)page 11	
Head licepage 11	
Indigestion and heartburnpage 12	
Infrequent constipationpage 12	
Infrequent migrainepage 13	
Insect bites and stingspage 13	
Mild acnepage 13	
Mild dry skinpage 14	
Sunburnpage 14	
Sun protectionpage 14	

Headlice



Caution : swelling in neck
or sticky, weeping scalp
– indicative of infection

- Treat head lice as soon as you spot them.
- You should check everyone in the house and start treating anyone who has head lice on the same day.
- There's no need to keep a child off school if they have head lice OR wash laundry in a hot wash.
- Wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- Comb the whole head of hair, from the roots to the ends – rinse comb between draw down.
- It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.
- Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Resource Pack

<p>Head lice</p>	<p>No routine exceptions have been identified. See page 2 for general exceptions (e.g. current skin conditions of the scalp or side effects of a severe infestation)</p>	<p>Creams or lotions for head lice (e.g. malathion or dimeticone)</p> <p>Bug busting (conditioner and head lice combs)</p>	<p>Creams and lotions - children under 6 months, pregnancy and breastfeeding (some products), avoid use on broken or inflamed skin</p> <p>Conditioner and head lice combs – no restrictions</p>	<p>Head lice and nits - NHS</p> <p>PrescQIPP: Head lice (Self care postcard - PrescQIPP login required)</p> <p>Head Lice and Nits Patient.info</p> <p>Treatment and Prevention of head lice Patient.info</p>	<p>Head lice - NICE CKS</p>
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Cradle Cap



- Appears in first two months of life
- Resolves without treatment in a few weeks to a few months
- Often looks worse than it is and rarely causes discomfort
- Treat if causing distress, swells, bleeds or spreads to face or body. Treat with anti-fungal: clotrimazole 1% cream 2-3 times a day
- If symptoms do not improve for longer than 4 weeks with treatment, seek specialist advice.

Further resources:

<https://www.nhs.uk/conditions/Cradle-cap/>
<https://cks.nice.org.uk/seborrheic-dermatitis>

Cradle cap (seborrhoeic dermatitis – infants)	If causing distress to the infant and not improving	Emulsifying ointment and Shampoos, including Capsal® Shampoo and Dentinox® Shampoo Cradle Cap	If it has spread to the face. Broken skin or infected skin	Cradle cap - NHS Cradle Cap Patient.info	Seborrhoeic dermatitis - NICE CKS
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Mild eczema



- Patients with dry skin can use over the counter products to manage symptoms
- Leave on emollients, bath additives, soap substitutes
- Provide advice on how to use effectively (see links)
- Caution as some emollients can aggravate depending on excipients
- Refer to GP if red and inflamed and is causing distress

Further resources:

<https://www.nhs.uk/conditions/emollients/>

<https://cks.nice.org.uk/eczema-atopic>

NHS

Barnsley Clinical Commissioning Group

Putting Barnsley People First

Emollients - Newsletter Article

- A new product Zeroveen® has been launched by the Zeroderma® brand and has been recently approved by the Barnsley APC. It is considered equivalent to Aveeno® Cream.
- The Zeroderma® range includes emollients in very similar formulations to leading branded emollients but with significant cost savings.
- All Zeroderma® products are SLS- free, contain no colourings, and offer cost savings of up to 37% compared to similar leading branded emollients.
- The Barnsley APC approved Zeroderma® range of emollients as first-line options initially in May 2014.

Emollients – Zero range

- Aqueous cream = ZeroAQS
- Diprobase = Zerobase
- Doublebase = Zerodouble
- Epaderm or Hydromol = Zeroderma
- Aveeno = Zeroveen
- Unguentum M = Zeroguent

Mild irritant dermatitis

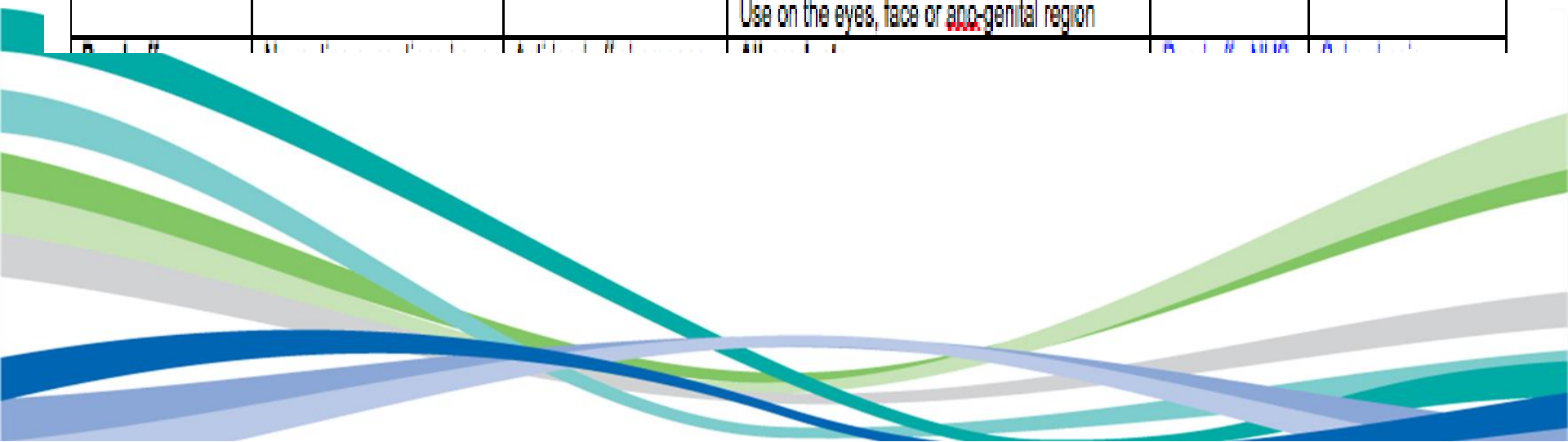
- Presents in patient like eczema (but occurs anywhere on body)
- Same treatment as mild eczema
- Common sense, but avoid irritant
- Emollients first line treatment
- Refer to GP if red, inflamed and causing distress

Further resources:

<https://www.nhs.uk/conditions/emollients/>

<https://www.nhs.uk/conditions/contact-dermatitis/>

<p>Mild Irritant Dermatitis</p>	<p>No routine exceptions have been identified. See page 2 for general exceptions.</p>	<p>Emollients, Steroid creams, Crotamiton (e.g. Eurax®).</p>	<p>Children under 12 years with certain brands (however Eurax® is licensed for children over 3 years and Hc45® Hydrocortisone Cream is licensed for children over 10 years)</p> <p>Pregnancy Breastfeeding Broken or inflamed skin Use on the eyes, face or ano-genital region</p>	<p>Contact dermatitis - NHS</p> <p>Contact Dermatitis Patient.info</p>	<p>Dermatitis - contact - NICE CKS</p>
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Nappy rash

- One third of babies/ toddlers have nappy rash
- Clears up in 3-7 days if hygiene tips are followed
- Treat using barrier creams purchased from supermarket or pharmacy
- If rash persists and fungal infection suspected consider antifungal cream (Clotrimazole 1% 2-3 times a day)



Further resources:

<https://www.nhs.uk/conditions/pregnancy-and-baby/nappy-rash/>

<https://cks.nice.org.uk/nappy-rash>

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Nappy rash	No routine exceptions have been identified. See page 2 for general exceptions.	Nappy rash creams (e.g. Metanium® , Sudocrem®)	No restrictions	Nappy rash - NHS Nappy Rash Patient.info	Nappy rash - NICE CKS
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Impetigo



- Very contagious skin infection
- Can occur around mouth area or on body (trunk)
- Requires antibiotic cream

Further resources - Dermatology

- NHS Choices – common skin conditions

<https://www.nhs.uk/live-well/healthy-body/common-skin-conditions/>

- Childhood illness – visual guide

<https://www.nhs.uk/Tools/Pages/Childhoodillness.aspx>

- Clinical Knowledge Summaries

<https://cks.nice.org.uk>

Future Programme

- Community Pharmacy Training & Development Group – set up
- Spacer exchange introduced – aim Autumn 2019
- NMP Expressions of Interest by 15th July 19