

GM Commissioning Statement regarding Conditions for which over the counter items should not routinely be prescribed in primary care.

In line with NHS England guidance, GMCCGs will not routinely commission at NHS expense medicines that are for conditions that:

- may be considered to be self-limiting, so they do not need treatment as they will get better of their own accord, or
- are suitable for self-care, so that the person suffering does not normally need to seek medical advice and can manage the condition by purchasing Over The Counter (OTC) items unless there are clinically exceptional circumstances

This includes provision of NHS funded medicines through all routes of supply e.g. prescriptions, hospitals, Accident and Emergency Departments, Out of Hours services, Walk-in Centres and Minor Ailments Schemes.

Medicines and treatments will not be prescribed for new patients and any prescribing for existing patients will be stopped if one of the following criteria is met:

1. The condition for which the medication or treatment is prescribed is considered to be self-limiting
2. The condition for which the medication or treatment is prescribed is considered suitable for self-care
3. The medication or treatment prescribed has insufficient evidence of benefit

Treatments for the following conditions are included in this policy:
(Adults are defined to be 18 and over)

1. Acute Sore Throat
2. Infrequent Cold Sores of the lip.
3. Conjunctivitis
4. Coughs and colds and nasal congestion
5. Cradle Cap (Seborrhoeic dermatitis – infants)
6. Haemorrhoids
7. Infant Colic
8. Mild Cystitis
9. Mild Irritant Dermatitis
10. Dandruff
11. Diarrhoea (Adults)
12. Dry Eyes/Sore (tired) Eyes
13. Earwax
14. Excessive sweating (Hyperhidrosis)
15. Head Lice
16. Indigestion and Heartburn
17. Infrequent Constipation

18. Infrequent Migraine
19. Insect bites and stings
20. Mild Acne
21. Mild Dry Skin
22. Sunburn
23. Sun Protection
24. Mild to Moderate Hay fever/Seasonal Rhinitis
25. Minor burns and scalds
26. Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain)
27. Mouth ulcers
28. Nappy Rash
29. Oral Thrush
30. Prevention of dental caries
31. Ringworm/Athletes foot
32. Teething/Mild Toothache
33. Threadworms
34. Travel Sickness
35. Warts and Verrucae
36. Fungal nail infections (additional condition agreed in GM)

This policy also applies to the following items of limited clinical effectiveness

37. Probiotics
38. Vitamins and minerals

In all cases of first presentation of any of the above conditions, a pharmacist should be consulted for advice on treatment and the purchase of suitable products.

The pharmacist should provide suitable guidance on product use and any subsequent actions that may be needed including when further advice should be sought if the condition does not improve.

Local engagement is now underway which will agree exceptions to this policy.