

What is self care?

Self care is about looking after yourself in a healthy way. It can be anything from doing some exercise, managing common conditions (also sometimes called minor ailments) like headaches, coughs & colds and hay fever or living with a long-term health problem, such as asthma or diabetes.

Why should I self care?

- You can manage most common conditions at home with support from community pharmacists, without the need to see your GP.
- You will help ease the pressure on NHS services if you can manage the condition at home.
- You can help free up some of your GP or nurse's time, making it easier to get an appointment when you have a more serious or complex condition.
- You will help to reduce the amount spent by your local NHS on medicines that are available over the counter and release resource to fund other health conditions and treatments.

Total cost to NHS locally on over the counter medicines

£4m



How can I self care?

Many common conditions can be treated at home with the support of your local pharmacy if needed. Over the counter products for self care are things like pain relief, hay fever medication and cough and cold remedies. These items can be bought from pharmacies and supermarkets without a prescription. They are also often cheaper this way. You can get them without an appointment or seeing a doctor.

Visit www.nhs.uk for more advice on how to self care.



How can my pharmacist help?

Local pharmacists can give you professional, expert advice on the self care of common conditions and can recommend over the counter medicines that can help, if needed.

If your condition needs the attention of a GP or another healthcare professional, the pharmacist will recognise this and advise you to see your GP or the most appropriate healthcare professional.

Many pharmacies are open during evenings and weekends so you can see your local pharmacist anytime. Just walk in, you don't need an appointment.

Find your nearest pharmacy at:

www.bnssgccg.co.uk/pharmacyfirst

What do I need in my medicine cabinet?

To support self care at home, keep a well-stocked medicine cabinet with essential medicines and products such as:

- ✓ Painkillers such as paracetamol and ibuprofen
- ✓ Antihistamines
- ✓ Anti-diarrhoea medicine
- ✓ Oral rehydration salts
- ✓ Indigestion treatment
- ✓ First aid kit including plasters, bandages and a thermometer

For the full recommended list visit www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet

Don't keep or use medicines after their expiry date. Take them to your local community pharmacy where they can be disposed of safely.

Did you know?

Every time you see a GP it costs the NHS £36 on average, and a visit to Accident and Emergency can cost up to £130

Medicines for self care

Minor conditions can be treated effectively and safely using over the counter medicines.

You can get advice and purchase medicines at little cost from community pharmacies rather than getting a prescription.

Some medicines are also available from supermarkets and other shops.

National NHS guidance recommends that treatments for these conditions are no longer routinely provided on prescription by GP practices.

- Acute Sore Throat
- Conjunctivitis
- Coughs and colds and nasal congestion
- Cradle cap
- Dandruff
- Diarrhoea (Adults)
- Dry Eyes/Sore (tired) Eyes
- Dry or itchy skin
- Earwax
- Hay fever
- Headlice
- Indigestion and Heartburn
- Infant Colic
- Infrequent Constipation
- Infrequent Migraine
- Insect bites and stings
- Mild Acne
- Mild Cystitis
- Mild haemorrhoids (piles)
- Mild toothache
- Minor pain discomfort and/fever. (E.g. aches and sprains, headache, period pain, back pain)
- Mouth ulcers
- Nappy rash
- Oral Thrush
- Probiotics, vitamins and minerals
- Ringworm/Athletes foot
- Sun Protection
- Teething
- Thread-worms
- Travel Sickness
- Warts and Verrucae

Why are we making this change?

This decision follows a local and national consultation and NHS England guidance which recommends this change. It will help to ease pressure on GP surgeries, so doctors and other healthcare professionals can concentrate on patients with more serious or long term problems.



Self care with over the counter products

