

Items of limited clinical effectiveness

Probiotics

Vitamins and minerals

Self-Limiting Conditions

Acute Sore Throat

Infrequent cold sores of the lip

Conjunctivitis

Coughs and colds and nasal congestion

Minor Conditions Suitable for Self-Care

Mild Irritant Dermatitis

Dandruff

Diarrhoea (Adults)

Dry Eyes/Sore tired Eyes

Earwax

Excessive sweating (Hyperhidrosis)

Head Lice

Indigestion and Heartburn

Infrequent Constipation

Infrequent Migraine

Insect bites and stings

Mild Acne

Mild Dry Skin

Sunburn due to excessive sun exposure

Cradle Cap (Seborrhoeic dermatitis – infants)

Haemorrhoids

Infant Colic

Mild Cystitis

Sun Protection

Mild to Moderate Hay fever/Seasonal Rhinitis

Minor burns and scalds

Minor conditions associated with pain, discomfort and/fever.
(e.g. aches and sprains, headache, period pain, back pain)

Mouth ulcers

Nappy Rash

Oral Thrush

Prevention of dental caries

Ringworm/Athletes foot

Teething/Mild toothache

Threadworms

Travel Sickness

Warts and Verrucae



Items of limited clinical effectiveness

Probiotics

Annual Spend	c. £1,100,000
Rationale for recommendation	<p>There is currently insufficient clinical evidence to support prescribing of probiotics within the NHS for the treatment or prevention of diarrhoea of any cause.</p> <p>Both the Public Health England C.difficile guidance and NICE CG 84 recommend that probiotics cannot be recommended currently and that "Good quality randomised controlled trials should be conducted in the UK to evaluate the effectiveness and safety of a specific probiotic using clearly defined treatment regimens and outcome measures before they are routinely prescribed."</p>
References	<ol style="list-style-type: none">1. Public Health England C.difficile guidance2. NICE CG 84: Diarrhoea and vomiting caused by gastroenteritis in under 5s: diagnosis and management3. PrescQIPP CIC: Probiotics
Recommendation	Advise CCGs that probiotics should not be routinely prescribed in primary care due to limited evidence of clinical effectiveness.
Exceptions	ACBS approved indication or as per local policy.

Items of limited clinical effectiveness

Vitamins and minerals

Annual Spend	c. £48,100,000
Rationale for recommendation	<p>There is insufficient high quality evidence to demonstrate the clinical effectiveness of vitamins and minerals.</p> <p>Vitamins and minerals are essential nutrients which most people can and should get from eating a healthy, varied and balanced diet. In most cases, dietary supplementation is unnecessary.</p> <p>Many vitamin and mineral supplements are classified as foods and not medicines; they therefore do not have to go through the strict criteria laid down by the Medicines and Health Regulatory Authority (MHRA) to confirm their quality, safety and efficacy before reaching the market.</p> <p>Any prescribing not in-line with listed exceptions should be discontinued.</p> <p>This guidance does not apply to prescription only vitamin D analogues such as alfacalcidol and these should continue to be prescribed.</p>
References	<ol style="list-style-type: none"> 1. PrescQIPP bulletin 107, August 2015; the prescribing of vitamins and minerals including vitamin B preparations (DROP-list) NHS Choices: Supplements, Who Needs Them? A behind the Headlines Report, June 2011 3. NHS Choices: Do I need vitamin Supplements? Accessed October 2017 4. Healthy Start Vitamins
Recommendation	Advise CCGs that vitamins and minerals should not be routinely prescribed in primary care due to limited evidence of clinical effectiveness.
Exceptions	<p>Medically diagnosed deficiency, including for those patients who may have a lifelong or chronic condition or have undergone surgery that results in malabsorption. Continuing need should however be reviewed on a regular basis.</p> <p><i>NB maintenance or preventative treatment is not an exception.</i></p> <p>Calcium and vitamin D for osteoporosis.</p> <p>Malnutrition including alcoholism (see NICE guidance).</p> <p><i>Patients suitable to receive Healthy start vitamins for pregnancy or children between the ages 6 months to their fourth birthday. (NB this is not on prescription but commissioned separately).</i></p>

Self-Limiting Conditions

Acute Sore Throat

Annual Spend	c. < £100,000
Rationale for recommendation	<p>A sore throat due to a viral or bacterial cause is a self-limiting condition. Symptoms resolve within 3 days in 40% of people, and within 1 week in 85% of people, irrespective of whether or not the sore throat is due to a streptococcal infection.</p> <p>There is little evidence to suggest that treatments such as lozenges or throat sprays help to treat the cause of sore throat and patients should be advised to take simple painkillers and implement some self-care measures such as gargling with warm salty water instead.</p>
References:	<p>1. NHS Choices: Sore Throat – accessed October 2017</p> <p>2. NICE CKS: Sore Throat – Acute accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for treatment of acute sore throat should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.
Exceptions	'Red Flag' symptoms.

Self-Limiting Conditions

Infrequent cold sores of the lip

Annual Spend	c. < £100,000
Rationale for recommendation	<p>Cold sores caused by the herpes simplex virus usually clear up without treatment within 7 to 10 days.</p> <p>Antiviral creams are available over the counter from pharmacies without a prescription and if used correctly, these can help ease symptoms and speed up the healing time.</p> <p>To be effective, these treatments should be applied as soon as the first signs of a cold sore appear. Using an antiviral cream after this initial period is unlikely to have much of an effect.</p>
References	<p>1. NHS Choices: Cold sore (herpes simplex virus) accessed October 2017</p> <p>2. NICE CKS: Herpes Simplex Oral accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for treatment of cold sores should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.
Exceptions	Immunocompromised patients. 'Red flag' symptoms.

Self-Limiting Conditions

Conjunctivitis

Annual Spend	c. £500,000
Rationale for recommendation	<p>Treatment isn't usually needed for conjunctivitis as the symptoms usually clear within a week. There are several self-care measures that may help with symptoms.</p> <p>If treatment is needed, then treatment is dependent on the cause:</p> <ul style="list-style-type: none"> • In severe bacterial cases, antibiotic eye drops and eye ointments can be used to clear the infection. • Irritant conjunctivitis will clear up as soon as whatever is causing it is removed. • Allergic conjunctivitis can usually be treated with anti-allergy medications such as antihistamines. The substance that caused the allergy should be avoided. <p>Treatments for conjunctivitis can be purchased over the counter however almost half of all simple cases of conjunctivitis clear up within ten days without any treatment. Public Health England (PHE) advises that children with infective conjunctivitis do not need to be excluded from school, nursery or child minders, and it does not state any requirement for treatment with topical antibiotics.</p>
References	<ol style="list-style-type: none"> 1. NHS Choices: Conjunctivitis accessed October 2017 2. NICE CKS: Conjunctivitis – Infective accessed October 2017 3. PHE Advice for schools: September 2017 4. NICE Medicines evidence commentary: conjunctivitis and inappropriate prescribing
Recommendation	Advise CCGs that a prescription for treatment of conjunctivitis should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.
Exceptions	'Red Flag' symptoms.

Self-Limiting Conditions

Coughs and colds and nasal congestion

Annual Spend	c. £1,300,000
Rationale for recommendation	Most colds start to improve in 7 to 10 days. Most coughs clear up within two to three weeks. Both conditions can cause nasal congestion. Neither condition requires any treatment.
References	<ol style="list-style-type: none">1. NHS Choices: Common Cold accessed October 20172. NICE CKS: Common Cold accessed October 20173. PrescQIPP: Coughs and Colds
Recommendation	Advise CCGs that a prescription for treatment of coughs, colds and nasal congestion should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.
Exceptions	'Red Flag' symptoms.

Self-Limiting Conditions

Cradle Cap (Seborrhoeic dermatitis – infants)

Annual Spend	c. £4,500,000
Rationale for recommendation	Cradle cap is harmless and doesn't usually itch or cause discomfort. It usually appears in babies in the first two months of their lives, and clears up without treatment within weeks to a few months.
References:	1. NHS Choices: Cradle Cap accessed October 2017 2. NICE CKS: Seborrhoeic dermatitis accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment of cradle cap should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.
Exceptions	If causing distress to the infant and not improving.

Self-Limiting Conditions

Haemorrhoids

Annual Spend	c. £500,000
Rationale for recommendation	In many cases, haemorrhoids don't cause symptoms and some people don't even realise they have them. Haemorrhoids often clear up by themselves after a few days. Making simple dietary changes and not straining on the toilet are often recommended first. However, there are many treatments (creams, ointments and suppositories) that can reduce itching and discomfort and these are available over the counter for purchase.
References	1. NHS Choices: Haemorrhoids accessed October 2017 2. NICE CKS: Haemorrhoids accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment of haemorrhoids should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.
Exceptions	'Red Flag' symptoms.

Self-Limiting Conditions

Infant Colic

Annual Spend	c.<£100,000
Rationale for recommendation	As colic eventually improves on its own, medical treatment isn't usually recommended. There are some over-the-counter treatments available that could be tried however; there is limited evidence for the effectiveness of these treatments.
References	1. NHS Choices: Colic accessed October 2017 2. NICE CKS: Colic Infantile accessed October 2017 3. PrescQIPP: Infant Colic
Recommendation	Advise CCGs that a prescription for treatment of infant colic should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.
Exceptions	'Red Flag' Symptoms.

Self-Limiting Conditions

Mild Cystitis

Annual Spend	c. £300,000
Rationale for recommendation	<p>Mild cystitis is a common type of urinary tract inflammation, normally caused by an infection; however it is usually more of a nuisance than a cause for serious concern.</p> <p>Mild cases can be defined as those that are responsive to symptomatic treatment but will also clear up on their own. If symptoms don't improve in 3 days, despite self-care measures, then the patient should be advised to see their GP.</p> <p>Symptomatic treatment using products that reduce the acidity of the urine to reduce symptoms are available, but there's a lack of evidence to suggest they're effective.</p>
References:	<p>1. NHS Choices: Cystitis accessed October 2017</p> <p>2. NICE CKS: Urinary tract infection (lower) – women accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for treatment of mild cystitis should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.
Exceptions	'Red Flag' symptoms.

Minor Conditions Suitable for Self-Care

Mild Irritant Dermatitis

Annual Spend	c. £14,500,000
Rationale for recommendation	<p>Irritant dermatitis is a type of eczema triggered by contact with a particular substance. Once treated most people can expect their symptoms to improve and/or clear up completely if the irritant or allergen can be identified and removed or avoided</p> <p>It is most commonly caused by irritants such as soaps, washing powders, detergents, solvents or regular contact with water.</p> <p>Treatment normally involves avoiding the allergen or irritant and treating symptoms with over the counter emollients and topical corticosteroids.</p>
References	<ol style="list-style-type: none">1. NHS Choices: Contact Dermatitis accessed October 20172. NICE CKS: Dermatitis – contact accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment of contact dermatitis should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Dandruff

Annual Spend	c. £4,500,000
Rationale for recommendation	Dandruff is a common skin condition. It can be defined as mild scaling of the scalp without itching. Dandruff isn't contagious or harmful and can be easily treated with over the counter anti-fungal shampoos. A GP appointment is unnecessary. Patients should be encouraged to manage mild dandruff with long term over the counter treatments.
References	1. NHS Choices: Dandruff accessed October 2017 2. NICE CKS: Scenario: Seborrhoeic dermatitis – scalp and beard accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment for dandruff should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Diarrhoea (Adults)

Annual Spend	c. £2,800,000
Rationale for recommendation	<p>Diarrhoea normally affects most people from time to time and is usually nothing to worry about. However it can take a few days to a week to clear up.</p> <p>Acute diarrhoea is usually caused by a bacterial or viral infection and other causes include drugs, anxiety or a food allergy. OTC treatments can help replace lost fluids or reduce bowel motions. This recommendation does not apply to children.</p>
References	<p>1. NHS Choices: Diarrhoea accessed October 2017</p> <p>2. NICE CKS: Diarrhoea – adult’s assessment accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for treatment for acute diarrhoea will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Dry Eyes/Sore tired Eyes

Annual Spend	c. £14,800,000
Rationale for recommendation	<p>Dry eye syndrome, or dry eye disease, is a common condition that occurs when the eyes don't make enough tears, or the tears evaporate too quickly.</p> <p>Most cases of sore tired eyes resolve themselves.</p> <p>Patients should be encouraged to manage both dry eyes and sore eyes by implementing some self-care measures such as good eyelid hygiene and avoidance of environmental factors alongside treatment.</p> <p>Mild to moderate cases of dry eye syndrome or sore tired eyes can usually be treated using lubricant eye treatments that consist of a range of drops, gels and ointments that can be easily be purchased over the counter.</p>
References	<ol style="list-style-type: none">1. NHS Choices: Dry eye syndrome accessed October 20172. NICE CKS: Dry eye syndrome accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment of dry or sore eyes should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Earwax

Annual Spend	c. £300,000
Rationale for recommendation	<p>Earwax is produced inside ears to keep them clean and free of germs. It usually passes out of the ears harmlessly, but sometimes too much can build up and block the ears.</p> <p>A build-up of earwax is a common problem that can often be treated using eardrops bought from a pharmacy. These can help soften the earwax so that it falls out naturally.</p>
References:	<p>1. NHS Choices: Earwax build-up accessed October 2017</p> <p>2. NICE CKS: Earwax Summary accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for the removal of earwax should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Excessive sweating (Hyperhidrosis)

Annual Spend	c. £200,000
Rationale for recommendation	Hyperhidrosis is a common condition in which a person sweats excessively. First line treatment involves simple lifestyle changes. It can also be treated with over the counter high strength antiperspirants. An antiperspirant containing aluminium chloride is usually the first line of treatment and is sold in most pharmacies.
References	1. NHS Choices: Hyperhidrosis accessed October 2017 2. NICE CKS: Hyperhidrosis accessed October 2017
Recommendation	Advise CCGs that a prescription for high strength antiperspirants for the treatment of mild to moderate hyperhidrosis should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Head Lice

Annual Spend	c. £600,000
Rationale for recommendation	<p>Head lice are a common problem, particularly in school children aged 4-11. They're largely harmless, but can live in the hair for a long time if not treated and can be irritating and frustrating to deal with.</p> <p>Live head lice can be treated by wet combing; chemical treatment is only recommended in exceptional circumstances and in these cases over the counter medicines can be purchased from a pharmacy. If appropriate everyone in the household needs to be treated at the same time – even if they don't have symptoms. Further information on how to treat head lice without medication can be found on NHS Choices.</p>
References	<p>1. NHS Choices: Head Lice and nits accessed October 2017</p> <p>2. NICE CKS: Head Lice accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for treatment of head lice will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Indigestion and Heartburn

Annual Spend	£7,500,000
Rationale for recommendation	<p>Most people have indigestion at some point. Usually, it's not a sign of anything more serious and can be treated at home without the need for medical advice, as it's often mild and infrequent and specialist treatment isn't required.</p> <p>Most people are able to manage their indigestion by making simple diet and lifestyle changes, or taking medication such as antacids.</p> <p>Most people can ease symptoms by simple changes to diet and lifestyle and avoiding foods that make indigestion worse. (e.g. rich spicy or fatty foods, caffeinated drinks).</p>
References	<p>1. NHS Choices: Indigestion accessed October 2017</p> <p>2. NICE CKS: Dyspepsia – proven functional accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for treatment of Indigestion and heartburn will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Infrequent Constipation

Annual Spend	c. £22,800,000
Rationale for recommendation	Constipation can affect people of all ages and can be just for a short period of time. It can be effectively managed with a change in diet or lifestyle. Pharmacists can help if diet and lifestyle changes aren't helping. They can suggest an over the counter laxative. Most laxatives work within 3 days. They should only be used for a short time only. Laxatives are not recommended for children unless they are prescribed by a GP. This guidance applies to short term, infrequent constipation caused by changes in lifestyle or diet such as lack of water or movement or changes in diet.
References	1. NHS Choices: Constipation accessed October 2017 2. NICE CKS: Constipation accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment of simple constipation will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Infrequent Migraine

Annual Spend	c. £700,000
Rationale for recommendation	<p>Migraine is a common health condition, affecting around one in every five women and around one in every 15 men. Mild infrequent migraines can be adequately treated with over the counter pain killers and a number of combination medicines for migraine are available that contain both painkillers and anti-sickness medicines.</p> <p>Those with severe or recurrent migraines should continue to seek advice from their GP.</p>
References	<p>1. NHS Choices: Migraine accessed October 2017</p> <p>2. NICE CKS: Migraine accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for the treatment of mild migraine should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Insect bites and stings

Annual Spend	c. £5,300,000
Rationale for recommendation	Most insect bites and stings are not serious and will get better within a few hours or days. Over-the-counter treatments can help ease symptoms, such as painkillers, creams for itching and antihistamines.
References	1. NHS Choices: Insect bites and stings accessed October 2017 2. NICE CKS: Insect bites and stings accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment for insect bites and stings will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Mild Acne

Annual Spend	c. £800,000
Rationale for recommendation	<p>Acne is a common skin condition that affects most people at some point. Although acne can't be cured, it can be controlled with treatment.</p> <p>Several creams, lotions and gels for treating acne are available at pharmacies. Treatments can take up to three months to work. Patients should be encouraged to manage mild acne with long term use of over the counter products.</p>
References	<p>1. NHS Choices: Acne accessed October 2017</p> <p>2. NICE CKS: Acne Vulgaris accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for treatment of mild acne will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Mild Dry Skin

Annual Spend	c. £33,000
Rationale for recommendation	Emollients are often used to help manage dry, itchy or scaly skin conditions. Patients with mild dry skin can be successfully managed using over the counter products on a long term basis.
References	<ol style="list-style-type: none">1. NHS Choices: Emollients accessed October 20172. NICE CKS: Eczema – atopic accessed October 20173. PrescQIPP: sunscreens
Recommendation	Advise CCGs that a prescription for treatment of dry skin should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Sunburn due to excessive sun exposure

Annual Spend	c. £33,000
Rationale for recommendation	Most people manage sun burn symptoms themselves or prevent symptoms developing, using sun protection, by using products that can easily be bought in a pharmacy or supermarket.
References	1. NHS Choices: Sunburn accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment of sunburn should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Sun Protection

Annual Spend	c. £33,000
Rationale for recommendation	Most people manage sun burn symptoms themselves or prevent symptoms developing, using sun protection, by using products that can easily be bought in a pharmacy or supermarket.
References	1. PrescQIPP: sunscreens
Recommendation	Advise CCGs that a prescription for sun protection should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	ACBS approved indication of photodermatoses (i.e. where skin protection should be prescribed). See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Mild to Moderate Hay fever/Seasonal Rhinitis

Annual Spend	c. £1,100,000
Rationale for recommendation	Hay fever is a common allergic condition that affects up to one in five people. There's currently no cure for hay fever, but most people with mild to moderate symptoms are able to relieve symptoms with OTC treatments recommended by a pharmacist.
References	<ol style="list-style-type: none">1. NHS Choices: Hay fever accessed October 20172. NICE CKS: Allergic rhinitis – Summary accessed October 20173. PrescQIPP: Hay fever
Recommendation	Advise CCGs that a prescription for treatment of mild to moderate hay fever will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Minor burns and scalds

Annual Spend	c. £200,000
Rationale for recommendation	Burns and scalds are damage to the skin caused by heat. Both are treated in the same way. Depending on how serious a burn is, it is possible to treat burns at home. Antiseptic creams and treatments for burns should be included in any products kept in a medicine cabinet at home.
References	1. NHS Choices: Burns and Scalds accessed October 2017 2. NICE CKS: Burns and scalds accessed October 2017
Recommendation	Advise CCGs that a prescription for minor burns and scalds should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	See earlier for general exceptions. No routine exceptions have been identified. However more serious burns always require professional medical attention. Burns requiring hospital A&E treatment include but are not limited to: <ul style="list-style-type: none">• all chemical and electrical burns;• large or deep burns;• burns that cause white or charred skin; and• burns on the face, hands, arms, feet, legs or genitals that cause blisters.

Minor Conditions Suitable for Self-Care

Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain)

Annual Spend	c. £38,200,000
Rationale for recommendation	<p>In most cases, headaches, period pain, mild fever and back pain can be treated at home with over-the-counter painkillers and lifestyle changes, such as getting more rest and drinking enough fluids.</p> <p>Patients should be encouraged to keep a small supply of OTC analgesics in their medicines cabinets at home so they are able to manage minor conditions at home without the need for a GP appointment.</p> <p><i>Examples of conditions where patients should be encouraged to self – care include: Headache, colds, fever, earache, teething, period pain, cuts, self-limiting musculoskeletal pain, sprains and strains, bruising, toothache, sinusitis/nasal congestion, recovery after a simple medical procedure, aches and pains and sore throat.</i></p>
References	<ol style="list-style-type: none"> 1. NHS Choices: Living with Pain accessed October 2017 2. NHS Choices: Your medicine cabinet 3. NICE CKS: Mild to Moderate Pain accessed October 2017 4. PrescQIPP:analgesia resources
Recommendation	Advise CCGs that a prescription for treatment of conditions associated with pain, discomfort and mild fever will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Mouth ulcers

Annual Spend	c. £5,500,000
Rationale for recommendation	Mouth ulcers are usually harmless and do not need to be treated because most clear up by themselves within a week or two. Mouth ulcers are common and can usually be managed at home, without seeing your dentist or GP. However, OTC treatment can help to reduce swelling and ease any discomfort.
References:	1. NHS Choices: Mouth ulcers accessed October 2017 2. NICE CKS: Aphthous ulcer accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment of mouth ulcers will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Nappy Rash

Annual Spend	c. £500,000
Rationale for recommendation	Up to a third of babies and toddlers in nappies have nappy rash at any one time. Nappy rash can usually be treated at home using barrier creams purchased at the supermarket or pharmacy. Nappy rash usually clears up after about three to seven days if recommended hygiene tips are followed.
References	1. NHS Choices: Pregnancy and baby – Nappy Rash accessed October 2017 2. NICE CKS: Nappy rash accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment for nappy rash will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Oral Thrush

Annual Spend	c. £4,500,000
Rationale for recommendation	Oral Thrush is a minor condition that can be treated without the need for a GP consultation or prescription in the first instance. It is common in babies and older people with dentures or those using steroid inhalers. It can easily be treated with over the counter gel.
References	<ol style="list-style-type: none">1. NHS Choices: Oral Thrush (adults) accessed October 20172. NHS Choices: Oral Thrush (babies) accessed October 20173. NICE CKS: Candida Oral accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment for oral thrush will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Prevention of dental caries

Annual Spend	c.< £100, 000
Rationale for recommendation	The dentist may advise on using higher-strength fluoride toothpaste if you are particularly at risk of tooth decay. Some higher fluoride toothpastes (~1500 ppm) and mouthwashes can be purchased over the counter.
References	1. NHS Choices: Tooth Decay accessed October 2017 2. PrescQIPP: Dental products
Recommendation	Advise CCGs that a prescription for high fluoride OTC toothpaste should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Ringworm/Athletes foot

Annual Spend	c. £3,000,000
Rationale for recommendation	<p>Ringworm is a common fungal infection that can cause a red or silvery ring-like rash on the skin. Despite its name, ringworm doesn't have anything to do with worms.</p> <p>Athlete's foot is a rash caused by a fungus that usually appears between the toes. These fungal infections, medically known as "tinea", are not serious and are usually easily treated with over the counter treatments. However, they are contagious and easily spread so it is important to practice good foot hygiene.</p>
References	<ol style="list-style-type: none">1. NHS Choices: Athletes Foot accessed October 20172. NHS Choices: Ring Worm accessed October 20173. NICE CKS: Fungal Skin Infection – Foot accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment of ringworm or athletes foot will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	Lymphoedema or history of lower limb cellulitis. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Teething/Mild toothache

Annual Spend	c. £5,500,000
Rationale for recommendation	<p>Teething can be distressing for some babies, but there are ways to make it easier for them.</p> <p>Teething gels often contain a mild local anaesthetic, which helps to numb any pain or discomfort caused by teething and these can be purchased from a pharmacy.</p> <p>If baby is in pain or has a mild raised temperature (less than 38°C) then paracetamol or ibuprofen suspension can be given.</p> <p>Toothache can come and go or be constant. Eating or drinking can make the pain worse, particularly if the food or drink is hot or cold. Mild toothache in adults can also be treated with over the counter painkillers whilst awaiting a dental appointment for further investigation.</p>
References	<p>1. NHS Choices: Toothache accessed October 2017</p> <p>2. NICE CKS: Teething accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for teething in babies or toothache in children and adults will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Threadworms

Annual Spend	c. £200,000
Rationale for recommendation	<p>Threadworms (pinworms) are tiny worms in your stools. They are common in children and can be spread easily. They can be effectively treated without the need to visit the GP.</p> <p>Treatment for threadworms can easily be bought from pharmacies. This is usually a chewable tablet or liquid you swallow. Strict hygiene measures can also help clear up a threadworm infection and reduce the likelihood of reinfection.</p> <p>Everyone in the household will require treatment, even if they don't have symptoms.</p>
References	<p>1. NHS Choices: Threadworms accessed October 2017</p> <p>2. NICE CKS: Threadworm accessed October 2017</p>
Recommendation	Advise CCGs that a prescription for treatment of threadworm should not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Travel Sickness

Annual Spend	c. £4,500,000
Rationale for recommendation	Mild motion sickness can be treated by various self-care measures (e.g. stare at a fixed object, fresh air, listen to music etc.); more severe motion sickness can be treated with over the counter medicines.
References	1. NHS Choices: Travel Sickness accessed October 2017 2. Patient info: Travel Sickness accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment for motion sickness will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.

Minor Conditions Suitable for Self-Care

Warts and Verrucae

Annual Spend	c. £900,000
Rationale for recommendation	Most people will have warts at some point in their life. They are generally harmless and tend to go away on their own eventually. Several treatments can be purchased from a pharmacy to get rid of warts and verrucae more quickly if patients require treatment.
References	<ol style="list-style-type: none">1. NHS Choices: Warts and Verruca's accessed October 20172. NICE CKS: Warts and Verrucae References accessed October 2017
Recommendation	Advise CCGs that a prescription for treatment of warts and verrucae will not routinely be offered in primary care as the condition is appropriate for self-care.
Exceptions	No routine exceptions have been identified. See earlier for general exceptions.