

# SELF-CARE

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# Prescribing & Medicines Management Team

- A team of pharmacists and pharmacy technicians who work closely with GP practices, care homes and community pharmacies across Norfolk
- Have a local team based in Kings Lynn to cover the West Norfolk Practices (WNCCG)
- In place for over 15 years

# What do we do?

- Support and work with GP's to ensure patients get the most benefit from their medicines and to make sure there is value for money for the NHS
- Advise on the safest and most effective medicines
- Review medications, complete audits to check the most appropriate treatments are being prescribed

# What are we going to cover

- NHSE document around self-care adopted by WNCCCG 2018
- What is self care
- Why are we promoting self-care ?
- The conditions for which we can safely treat ourselves
- Over the counter medicines
- Useful websites & links

# Why promote self-care?

- In the year prior to June 2017 the NHS spent approx. £569 million on prescriptions for medicines which can be purchased over the counter at pharmacies or from other retail outlets.
- 57 million GP consultations / year for minor conditions costing £2 Billion.
- Approximately 1 hour / day each GP.
- Use the expert knowledge of pharmacists and pharmacy teams without an appointment.
- Longer opening hours at some pharmacies and many supermarkets / other retailers.

# Recommendations: when to self-care

- Items of limited clinical effectiveness:
  - Probiotics
  - Vitamins & minerals
  - Glucosamine
  - Omega 3 fish oils
  - Cod liver oil
  - Evening primrose oil

Unlicensed medicines

# When to self-care cont:

- Self-limiting conditions:
  - Acute sore throat
  - Infrequent cold sores of lip
  - Conjunctivitis
  - Coughs & colds, nasal congestion
  - Cradle cap
  - Haemorrhoids
  - Infant colic
  - Mild cystitis

# When to self-care cont:

- Minor conditions:
  - Mild dermatitis, dry skin, acne, dandruff, sunburn & sun protection, minor burns, insect bites & stings, athlete's foot, ringworm, nappy rash
  - Diarrhoea (adults)
  - Dry eye/sore eye
  - Earwax
  - Head lice
  - Indigestion & heartburn
  - Infrequent constipation
  - Infrequent migraine
  - Minor pain, discomfort, fever
  - Mouth ulcers, oral thrush, teething, toothache, oral hygiene
  - Travel sickness
  - Warts & verrucae



# Other self care advice....

- Medications available to purchase
  - Simple pain killers
  - Cough mixtures
  - Decongestants
  - Antihistamines
  - Eye drops
  - Nasal sprays
  - Creams
- Ask your Pharmacist for advice

# What does this mean for carers?

- CQC – ‘People who receive social care should be supported to access OTC products to enable them to self-care’.
- The ability to self-care is an issue of equality & providers should have policies in place to support people who wish to access OTC products.
- WNCCG has a policy that describes the types of condition for which self-care medicines should be used - Accessed via a link from the website.
- Check with GP or Pharmacist for safety / indication of OTC product & record administration on MAR chart.
- Exceptions to guidance
  - treatments for long term conditions
  - licensing limitations
  - Where patient may not be reliable to self-care

# Ask your pharmacist

- Confidentiality
- Availability
- Summary Care Record
- Why all the questions?
- Reasons for refusing sale
  - Warning signs
  - Contra-indicated
  - Not licensed
  - Over use/ addiction
  - Warfarin / DOAC

# Useful websites & links

- **West Norfolk Clinical Commissioning Group (WNCCG)**
- [www.westnorfolkccg.nhs.uk/](http://www.westnorfolkccg.nhs.uk/)
- Can access from GP practice website
  - Online services-further information- useful numbers & websites
- Contents include:
- Blog from Dr Paul Williams – chair of governing body
- Get involved, Services, Your health, self-care

# Useful Websites & Links

## Electronic Medicines Compendium (EMC)

- [www.medicines.org.uk/guides](http://www.medicines.org.uk/guides)
- Contents include:
- Guides to taking medication & side effects
- Video's for using devices (inhalers / insulin pens)
- What's new in the NHS
- Section for you to search a medication and gain more information
- Section for you to search a condition and gain more information

# Useful Websites & Links cont...

## NHS Choices

- [www.nhs.uk](http://www.nhs.uk)
- Contents include:
  - Vast information relating to the NHS
  - Symptom checker
  - Disease / condition searches
  - Service search – look for your local dentist, doctor, hospital etc
  - Links to social health
  - Health News - ‘Behind the Headlines’ the science behind health stories in the news

# Useful Websites & Links cont...

- Homepage of Self-care forum <http://www.selfcareforum.org/>
- HERON - local directory of services and self-help advice <http://www.heron.nhs.uk/>
- LILY - Services and activities of interest to older people <http://asklily.org.uk/kb5/westnorfolk/cd/home.page>
- Patient UK <https://patient.info/>
- Medicines Wastage campaign – Open the Bag
- <http://www.greatyarmouthandwaveneyccg.nhs.uk/page.asp?fldArea=1&fldMenu=4&fldSubMenu=0&fldKey=472>



# Self Care Forum

Helping people take care of themselves



# Be Self Care Aware

[Click here for more information](#)



# **Thank you for your Time**

- Any questions?