

Effective Prescribing and Performance Group

What has EPPG asked to look at?	Conditions for which over the counter items should not be prescribed
Policy No:	EPPG 5
Date of Issue:	June 2018
Review Date:	June 2021
<p>Purpose: East Berkshire CCG Effective Prescribing & Performance Group confirms its support for the recommendations of NHS England in its guidance “Conditions for which over the counter items should not routinely be prescribed in primary care”.</p> <p>The conditions listed below will no longer have over the counter products prescribed for them in East Berkshire.</p>	
<p>Summary of Prescribing Principles: In 2017, NHS England and NHS Clinical Commissioners carried out a public consultation on 37 minor, short term health concerns which have easily accessible over the counter products or self-care measures for their management. 2,849 responses were received and used to inform the subsequent guidance. NHS England published final guidance for CCGs in March 2018.</p> <p>After considering the results of the consultation and guidance from NHS England, East Berkshire CCG has agreed to adopt all of the national recommendations.</p> <p>Items that are available over the counter will no longer be prescribed for the following conditions:</p> <ul style="list-style-type: none"> Acne (when mild) Athletes foot Burns & scalds (when minor) Cold sores Colds Colic Conjunctivitis Constipation (when infrequent) Coughs Cradle cap Cystitis (when mild) Dandruff Dental caries (prevention of) Diarrhoea Dry / sore / tired eyes Dry skin Earwax Excessive sweating Fever / high temperature Haemorrhoids Hayfever / seasonal rhinitis Headlice Heartburn Indigestion Insect bites & stings Irritant dermatitis (when mild) Migraine (when infrequent) Mouth ulcers 	

Nappy rash
Nasal congestion
Pain (when acute) e.g. aches and sprains, headache, period pain, back pain
Probiotics
Ringworm
Sore throat
Sun protection
Sunburn
Teething
Threadworms
Thrush (oral)
Toothache
Travel sickness
Vitamins & minerals – See additional notes below*
Warts & verrucae

***Vitamins & minerals**

- Multi-vitamin products should not be prescribed.
- Thiamine for individuals with alcohol-use disorders is allowed on prescription. Vitamin B Compound Strong is no longer recommended.
- Short-course, high dose vitamin D for proven deficiency is allowed on prescription. Maintenance doses should not be prescribed except for primary or secondary prevention of fragility fractures in osteoporosis.
- Folic acid 400microgram tablets, iron supplements and pregnancy specific multi-vitamins are included as items which should no longer be prescribed if there is no proven deficiency.
- People with a medical condition causing malabsorption will be able to access vitamins on prescription.
- In the absence of proven deficiency, osteoporosis or a cause of malabsorption, vitamins and minerals should not be prescribed.

General notes

- Over the counter products can be prescribed if they are treating a long term condition e.g. osteoarthritis.
- Pharmacists, nurses and doctors should be aware of red flag symptoms that may indicate that the condition is more serious and act appropriately in response to those symptoms.
- If an individual cannot be sold a product over the counter because of restrictions in the product license then a prescription may be considered.
- Where all over the counter options have been tried and are ineffective then a prescription may be considered.
- Individual patients where the clinician considers that their ability to self-manage is compromised as a consequence of medical, mental health or significant social vulnerability to the extent that their health and/or wellbeing could be adversely affected, if reliant on self-care.

References:

1. Conditions for which over the counter items should not be routinely prescribed in primary care: Consultation Report of Findings. NHS England, March 2018. Accessed on 13th June 2018 via <https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-consutlation-report-of-findings.pdf>
2. Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs. NHS England, March 2018. Accessed on 13th June 2018 via <https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf>

Date taken to EPPG:	June 2018
Date Ratified by Quality Committee on Behalf of East Berkshire CCG	August 2018