

right care
right place
right time
right outcome

Merton CCG encourages self-care for minor, self-limiting health conditions. Patients should be encouraged to buy these medicines where possible. Community Pharmacists can provide advice on suitable self-management, offering appropriate treatment and preventing the need for a GP or nurse appointment. This is in line with all South West London CCGs and NHSE commissioning policy. Further information, and support materials can be found on the Merton CCG website [here](#) and GPTeamNet [here](#).

There are 35 minor conditions for which routine prescribing is no longer supported by the NHSE. Some of these include:

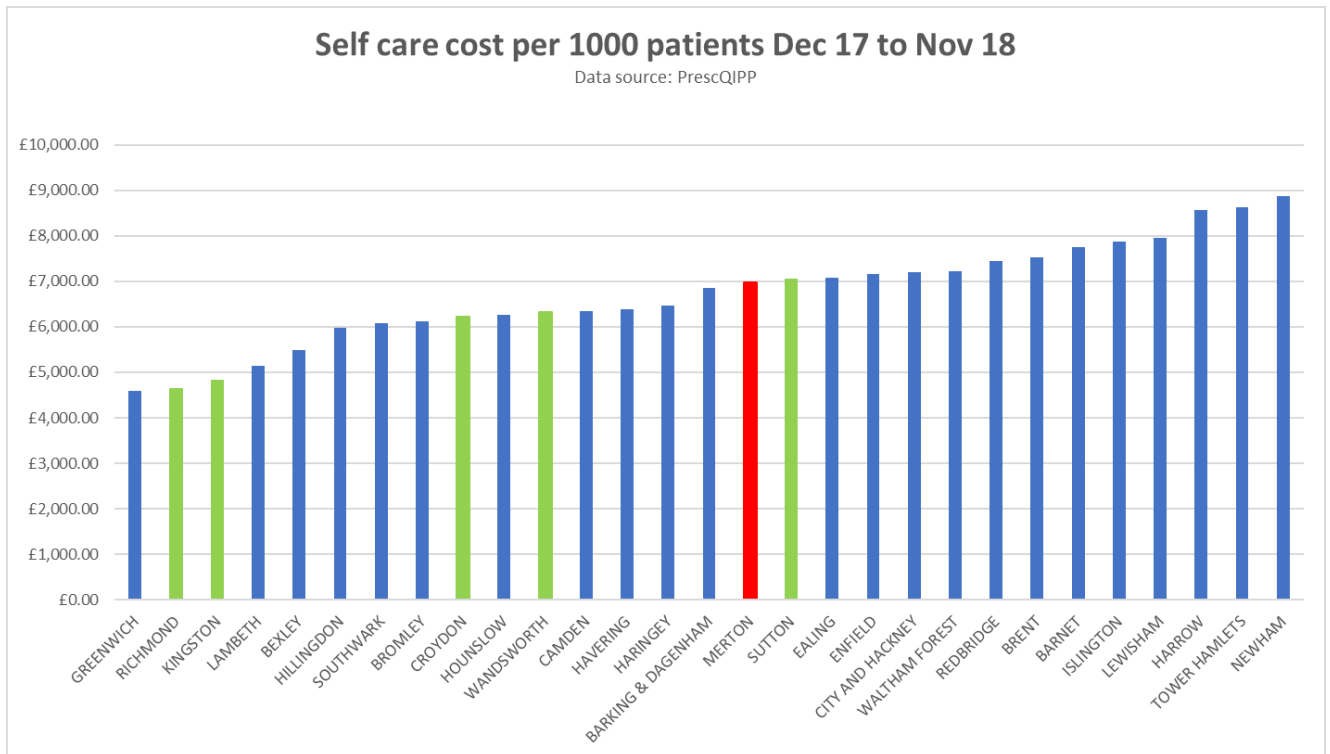
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|---------------------------|-------------------------------|----------------------------|--------------------------|----------------------------|
| Acute Sore Throat | Cough, cold, nasal congestion | Dry / sore eyes | Head lice | Infrequent Constipation |
| Excessive sweating | Insect bite / sting | Mild Dry Skin | Mouth Ulcer | Minor Burns scolds |
| Prevention of tooth Decay | Teething and mild toothache | Conjunctivitis | Diarrhoea | haemorrhoids |
| Mild Acne | Nappy Rash | Ringworm / Athletes foot | Threadworm | Pain, discomfort and fever |
| Mild to moderate hayfever | Oral Thrush | Sunburn and Sun protection | Travel sickness | Cradle Cap |
| Ear wax | Indigestion & Heartburn | Infrequent Migraine | Sun protection | Warts and Verruca |
| Vitamin and Minerals | Mild / Moderate Hay fever | Infant Colic | Mild Irritant Dermatitis | Mouth Ulcer |

In 2018 Merton CCG spent approximately over £1,500,000 on prescription medicines that could have been bought over the counter (OTC). Patients should be advised to buy these items to treat minor or self-limiting conditions, even if they are exempt from prescription charges. There are exceptions to this guidance which includes patients with complex illness or long term conditions. These should continue to be prescribed on NHS prescriptions. For more detail refer to the position statement [here](#)

The table below shows Merton CCG spend in 2018 for some of the common minor, self-limiting conditions that this guidance applies to.

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|--|--|--|--|---|
| <p>Pain Relief (Paracetamol)</p>  <p>£228,803</p> | <p>Antihistamines (Hay fever)</p>  <p>£90,678</p> | <p>Mild Dry Skin- (emollients)</p>  <p>£429,879</p> | <p>Vitamins and Minerals</p>  <p>£265,141</p> | <p>Sun cream & Travel sickness</p>  <p>£30,796</p> |
|--|--|--|--|---|

The graph below shows Merton CCG cost per 1000 patient on medicines which can be purchased 'over the counter' to treat minor or self-limiting conditions from December 17 to November 18 compared to other London CCGs.



Graph below shows practice spend per 1000 patients from December 17 to November 18. Practices will be monitored and supported towards reduction in spend.

