

## Patient Advice and Complaints Team

Need advice and help? Worried? Concerned? Have a compliment or complaint? The Patient Advice and Complaints Team are here to help solve problems in NHS health and related social care services. Please contact the team on:

FREEPOST EX184  
County Hall, Topsham Road  
Exeter EX2 4QL

Telephone:  
0300 123 1672 or 01392 267 665  
(Monday to Friday, 9am - 5pm)

Email:  
pals.devon@nhs.net or complaints.devon@nhs.net



Northern, Eastern and Western Devon  
Clinical Commissioning Group

# Medicines for self care

## Useful websites

For further information on conditions, treatments, local services and healthy living, please visit:

- NHS Choices [www.nhs.uk](http://www.nhs.uk)
- Patient [www.patient.co.uk](http://www.patient.co.uk)
- NHS NEW Devon CCG [www.newdevonccg.nhs.uk](http://www.newdevonccg.nhs.uk)

## Contacts

This leaflet has been produced by the Medicines Optimisation Team, NHS Northern, Eastern and Western Devon Clinical Commissioning Group

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01392 205 205

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D-CCG.medicinesoptimisation@nhs.net

## Don't wait for a doctor's appointment...

## Go straight to your local pharmacy

NHS NEW Devon CCG has adapted the self care framework from a successful strategy originating from Somerset Clinical Commissioning Group.

**If you need this leaflet in an alternative format, please contact the PALS team on 01392 267665**

August 2015, review due August 2016.

Design [www.lighthousecommunications.co.uk](http://www.lighthousecommunications.co.uk)

This leaflet describes how you can manage **non-urgent** conditions yourself (**self care**).

NHS Northern, Eastern and Western Devon Clinical Commissioning Group (NHS NEW Devon CCG) supports any GP practice that decides to reduce its prescribing of medicines and supplies which have limited clinical value or are more suitable for patients to buy for themselves. In some circumstances your doctor can still prescribe these medicines on the NHS if they believe a clinical need exists.

## Why are we supporting self care?

There are three main reasons why we are encouraging people to self care.

- In 2014 NHS NEW Devon CCG spent almost £3.7 million on these medicines and supplies. This money could have been better spent on treating more serious conditions such as cancer and heart disease.
- Many of these products are cheap to buy and are readily available, along with advice, from pharmacies. Some self care medicines are available in shops and supermarkets.
- You do not need to make an appointment to speak to your pharmacist and many pharmacies are open at the weekend. You can expect a confidential and discrete consultation with the pharmacist in a private area of the pharmacy.

## What are self care conditions and supplies?

- Athlete's foot
- Coughs, colds, blocked noses, fevers and sore throats
- Constipation, diarrhoea and haemorrhoids (piles)
- Dry skin
- Earwax (a few drops of olive oil is just as good as anything on prescription)
- Excess sweating
- Eye infections
- Hair-removing creams
- Hayfever and allergies
- Headlice (wet combing is recommended)
- Herbal and complementary remedies
- Indigestion remedies (for occasional use)
- Mild acne and eczema
- Minor aches and pains
- Minor cuts and bruises
- Minor sprains, sports injuries and scars
- Mouth ulcers and cold sores
- Nappy rash
- Special dietary foods
- Skin rashes
- Teething
- Threadworm
- Thrush
- Travel medicines
- Warts and verrucas.

