

Contacts

This leaflet has been produced by the medicines optimisation team at South Devon and Torbay Clinical Commissioning Group (CCG).

If you have any questions about its content, get in touch via:

Telephone:

01803 652 500

Email:

medicinesoptimisation.sdtccg@nhs.net

Useful websites

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

NHS Choices:

www.nhs.uk

South Devon and Torbay CCG:

www.southdevonandtorbayccg.nhs.uk

South Devon and Torbay CCG has adapted the self-care framework from a successful strategy originating from Somerset CCG.

Patient Experience advice and complaints

Need advice and help about this or any other health-related issues? The Patient Experience Team is here to help solve problems in NHS health and related social care services.

Please contact the team on:

Freepost:

Patient Experience
FREEPOST RTEZ-YHRC-RZKZ
South Devon and Torbay CCG
Pomona House, Torquay
TQ2 7FF

Telephone:

01803 652 578 (Monday to Friday, 9am-5pm)

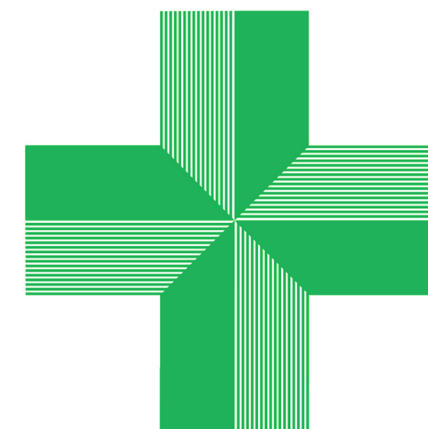
Email:

patientfeedback.sdtccg@nhs.net



If you need this leaflet in a different format, please contact the Patient Experience Team.

Medicines for self-care



You don't need a
GP appointment

You can go straight to
your local pharmacy

South Devon and Torbay Clinical Commissioning Group (CCG) supports GP practices in promoting self-care.

Why are we supporting self-care?

- Part of self-care involves reducing prescribing of medicines and supplies which have limited clinical value to the patient or are more suitable for patients to buy themselves.
- In 2014, South Devon Torbay CCG spent almost £500,000 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 low cost and are readily available from pharmacies, along with advice. 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 in the evenings and at weekends. Any consultation you have with the pharmacist will be confidential and discrete in a private area of the pharmacy.



What are self-care conditions and supplies?

- Antifungal nail paint
- Antihistamines
- Athlete's foot creams and powders
- Cold sore treatments
- Constipation, diarrhoea and haemorrhoids (piles)
- Cough and cold, blocked nose and sore throat
- Decongestants
- Ear wax removers
- Excess sweating (antiperspirants)

- Eye infections
- Formula milk
- Gluten-free foodstuffs*
- Hair-removing creams
- Hay fever and allergies preparations
- Head lice (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 (including creams for bruising, tattoos, varicose veins and scars)
- Minor sprains, sports injuries and scars
- Moisturisers
- Mouth ulcers
- Nappy rash
- Skin rashes
- Special dietary food
- Suncream
- Teething
- Threadworm
- Thrush
- Toothpaste
- Travel medicines (travel sickness and malarial prophylaxis)
- Treatment for mild fever
- Vaginal lubricant
- Warts and verrucas

* Not all gluten-free foodstuffs come under this category, so there will be some exceptions. You can check this with staff at your GP surgery or pharmacy