

Prescribing Wise

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Over the Counter Medicines

OTC Self care medication pads

are now available to download from the [PACEF website](#)



REFERRAL TO LOCAL PHARMACY - NO PRESCRIPTION REQUIRED

You have a common condition that can be treated with a medication that is available to buy over the counter from your local pharmacy or your local supermarket.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

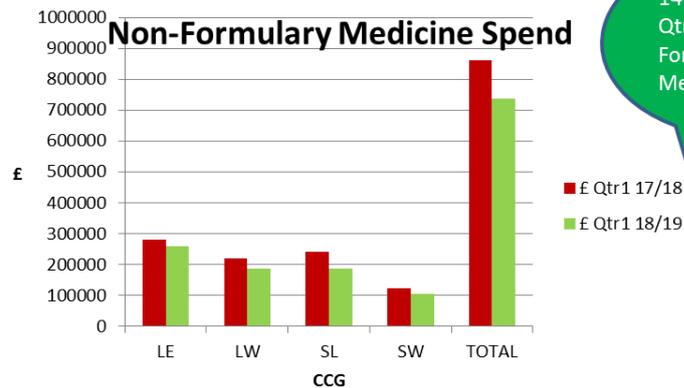
coughs and colds*	aches and pains*
sore throat*	teething*
hayfever and allergies*	sleep problems
skin rashes	travel sickness
heartburn and indigestion*	threadworm
upset stomach*	head lice
diarrhoea	scabies
constipation	athlete's foot*
colic	cold sores*
piles (haemorrhoids)	fungal skin infections - ringworm
headache* and migraine	fungal nail infections
toothache*	conjunctivitis
eczema* (irritants and moisturiser)	cytitis*
nappy rash*	vaginal thrush*
other	

If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medications you should contact the local pharmacist or the surgery for more advice.

Please contact the surgery for further advice on:

For more information visit:

<http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx>



Non-Formulary (Red Red) Medicine spend across Lincolnshire has reduced by 14% overall. Here is the updated version of our spend pattern, split by CCG.

Individual practice lists of Non-Formulary items prescribed and Practice comparisons spend per 1,000 patients for April to June 2018 are available on the [PACEF website](#).

If you would like advice or help regarding Red Red drugs please contact the **Optum MMO service on 01476 406351**.

Laxatives for Infrequent Constipation

We are now focussing on the use of laxatives and have produced a [Quick Reference Guide](#) with information on laxatives that appear on the Lincolnshire Joint Formulary. It shows which are available Over The Counter and whether there are any restrictions on the sale of these laxatives. We hope this will be a useful guide when referring patients to their pharmacy to buy laxatives for infrequent constipation.

An NHSE document on [OTC prescribing](#) is available along with a [patient resource](#) guide

There are also several **OTC resources** on constipation and laxatives available from PrescQIPP:

Patient Information Leaflet—Self-care Forum Fact Sheet [No.5 Constipation](#)

PrescQIPP bulletin—[Constipation and Laxative Review](#)

Prescribing Wise

Non-Formulary (RED RED) Drugs

We now have data for April to June 2018 (Q1) on spend on Red Red Drugs. We will be sending this information out shortly to practices.

You will receive two charts—one showing a practice comparison of Red Red drug spend per 1,000 patients for your CCG for April to June 2018 and the other shows the same information for April to June 2017. We will also be sending to each practice their individual list of Red Red drugs that were prescribed during Q1 2018/19, highlighting the items that are within the Top 25 highest spend items, along with Optum MMO list of these Top 25 items providing formulary alternatives and other advice on this prescribing.

It is quite clear that for most CCGs, the Red Red Drug Spend has **significantly reduced** from last year to this year.

The Red Red drug list is based on the Joint Lincolnshire Formulary classifications and so does not always take into account prescribing that is initiated in out of area secondary and tertiary care centres. We are aware of some hormone prescribing initiated within Gender Identity Clinics and have now removed these items off the Red Red Drug list, but if there are items on your Red Red drug list that have originated from such centres, please let us know so that we can amend the Red Red Drug list accordingly.

Correspondence to slccg.pharmacy@nhs.net

All related information can be found on the [PACEF website](#) under the County Wide Prescribing section.

Primary and Secondary Care Prescribing

This slide set has been produced at the request of GPs and Clinicians in order to aid compliance with the different processes to be followed to ensure evidence based cost effective prescribing within the Lincolnshire Healthcare System. It reflects the current [Lincolnshire Joint Formulary](#) and supports the current self-care and over the counter work. The complete presentation can be found on the [PACEF website](#) and should be run as a slide show. The flow diagram here is an example of one of the slides in the interactive presentation.

