**Self-Care Statement 2021 for Patients**

Doncaster CCG and its members do not support the prescription of vitamin and minerals, medicines and treatments for minor or self-limiting conditions, where:

* Self-care is the most appropriate route
* Medicines and treatments are available to buy over the counter

Our NHS spends around £569 million a year on prescriptions for medicines for minor conditions. Minor conditions are exactly that, they are not serious and usually disappear in a few days without any treatment.

If we can reduce the amount we spend on these prescriptions, we can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

Therefore, prescription medications for minor and self-limiting conditions such as colds, hay fever and head lice are now no longer ordinarily available from Doncaster practices and appointments should not be requested for these conditions. This is in line with national NHS England guidance, which is supported by professional and public bodies.

Local practice and pharmacy staff can provide a list of these minor and self-limiting conditions and treatments. If you feel you need them, they are available to buy ‘over the counter’ at your pharmacy or supermarket, and often at a relatively low cost. There is also a minor ailment scheme at participating pharmacies. Where an ailment is considered not to be a minor self-limiting condition, prescriptions will remain available as a treatment route. You can seek advice from your pharmacist or other healthcare professionals.

For further information, contact Doncaster Clinical Commissioning Group donccg.enquiries@nhs.net or visit the following NHS England webpage:

<https://www.england.nhs.uk/medicines/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed/>.

Further information is also available from regional 569 million reasons campaign: <http://569millionreasons.co.uk/>