



St Martin-in-the-Fields High School for Girls

11-19 Church of England Academy Founded 1699

Service Compassion Justice Perseverance

20 September 2018

Dear Families

We have recently received correspondence from NHS Lambeth CCG and they would like us to also share it with you as parents/carers/guardians. This information is about some changes that have been made to prescribing of medicines that are available to buy over the counter for common conditions/ self-limiting conditions. The information is outlined in this letter and there are websites that you can look at for additional information. We are also sending you a flyer.

Yours sincerely

Beverley Stanislaus
Headteacher

Please read this important correspondence we are sending on behalf of NHS Lambeth CCG

Self-care for common conditions

Many common conditions that you or your child may experience can be treated at home with the support of your local pharmacy if needed. Over the counter products for self-care are things like pain relief and cough and cold remedies. These items can be bought from pharmacies, supermarkets and discount stores without a prescription. You can get them without an appointment or seeing a doctor. They are also often cheaper this way.

You will help ease the pressure on NHS services for common conditions that could be managed at home.

You can help free up some of your GP or nurse's time, making it easier to get an appointment when you or your child has a more serious or complex condition.

You will help to reduce the amount spent by your local NHS on medicines that are available over the counter.

Locally NHS Lambeth Clinical Commissioning Group (CCG) no longer supports the routine prescribing of medications for common conditions such as acute (short-term) illnesses, minor and/or self-limiting conditions such as headache, coughs and colds. We want to encourage and empower patients to self-care.

Headteacher Mrs Beverley Stanislaus B.Ed. NPQH

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WITH LOVE AND LEARNING



You can find out more information on self-care; read our local position statement and information leaflet at <http://www.lambethccg.nhs.uk/your-health/keeping-well/Pages/Self-care.aspx>

More recently NHS England have published national guidance on conditions for which over the counter items should not routinely be prescribed. This guidance has been developed to ensure consistency and reduce variation in prescribing practices nationally. NHS Lambeth CCG will be adopting this guidance to ensure our prescribing guidance is in line with national guidance. You can find out more information at

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

Many thanks

NHS Lambeth CCG - A member of the NHS South East London Commissioning Alliance (Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark CCGs) 1 Lower Marsh, London, SE1 7NT