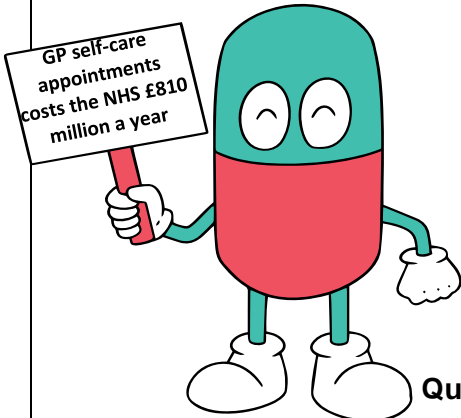




Medicines Management Self-Care Bulletin 1st edition May 2023



- **Quicker** – No need to wait for a GP appointment
- **Easier** – Many treatments can be bought from community pharmacies or supermarkets without the need for a prescription
- **Simple** – Advice and information about self-care is widely available online and from community pharmacies
- **Considerate** – Self-care helps relieve pressures on GP practices, A&E and walk-in centres, potentially saving the NHS around £136m each year.



Quicker, Easier, Simple posters and leaflet available to download:



EASIER - Older man



QUICKER - Mum



QUICKER - Nurse



QUICKER - Young man



SIMPLE - GP



SIMPLE - Pharmacist



ALL-IN-1 - leaflet

POM – P switches

Vitamin D position statement

InVita D3 400IU and 800IU soft capsules have been reclassified from a prescription only medicine to a pharmacy-only medicine.

Patients can now purchase these at their local pharmacies.

The MHRA reclassification reports can be found here: [400IU](#) and [800IU](#)

[Adult patients should be advised that these are suitable to purchase as maintenance therapy](#)

Please note that preparations containing 1000 units (25 micrograms) are considerably cheaper to purchase than those containing 400 units (10 micrograms) or 800 units (20 micrograms).



MHRA Safety updates

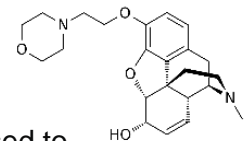
Pholcodine-containing medications

All products are being recalled and withdrawn from the UK as a precaution.

Due to the increased risk of the very rare event of anaphylaxis when exposed to neuromuscular blocking agents (NMBA).

Pholcodine use, particularly in the 12 months before general anesthesia with NMBAs, is a risk factor for developing an anaphylactic reaction to NMBAs.

Link to the MHRA alert can be found [here](#).






Training guides

There are many training guides available to help improve your knowledge and skills to conduct a self-care aware consultation with patients and/or carers:

- [Successful Self-Care Aware Consultations](#) – for pharmacists, nurses and GPs and will require an [e-lfh](#) account for access
- [Self-care for minor ailments guide](#) – this training is available for all healthcare professionals



Resources	<p>The Self-Care Forum is a national charity for patients and healthcare professionals, providing resources and tools to influence the implementation of self-care in everyday life and preventing avoidable diseases.</p> <p>Visit the medicines management self-care website for the Derby and Derbyshire ICB self-care policy and exclusion criteria.</p> <p>Visit the Joined-Up Care Derbyshire website for more information on self-care including patient information leaflets to help manage self-treatable conditions at home.</p> <p>Self-care videos and mini patient information leaflets to share with patients:</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Self Care - when to use your GPs vs when to use your Pharmacy</p> <p>When to visit your GP vs Pharmacy</p> </div> <div style="text-align: center;">  <p>Self Care - Pharmacy Services</p> <p>Pharmacy</p> </div> <div style="text-align: center;">  <p>Mini patient information leaflets</p> </div> </div>
Community Pharmacy Consultation Scheme (CPCS)	<p>A toolkit of patient-facing material has been produced including:</p> <ul style="list-style-type: none"> <li style="width: 50%;">• Patient leaflet available in 10 languages <li style="width: 50%;">• Easy read flyer <li style="width: 50%;">• Social media resources <li style="width: 50%;">• Poster <li style="width: 50%;">• Toolkit briefing note which explains how to use the materials <li style="width: 50%;">• Digital screen display <p>These materials were developed by the Pharmacy Integration Team (NHS England) in conjunction with various practices who helped shape the content. The materials support practice teams' engagement with patients when making referrals to CPCS to increase confidence and understanding of the CPCS referral process.</p> <p>The toolkit is available from Campaign Resource Centre and the CPCS FutureNHS platform.</p>
Easy QIPP switches	<p>Seasonal Hay fever</p> <p>A set of searches are available to identify and take off prescription items for patients currently prescribed hay fever medications that are available OTC and have not been ordered in the last 4 months.</p> <p>Location of Searches</p> <p>TTP – Reporting > clinical reporting > CCG MOD Team > Hayfever</p> <p>EMIS – searches are available</p> <p>For further information on how to run these searches please speak to your ICB medicines management pharmacist or technician.</p>
Further Information	<p>Contacts</p> <p>Senior Medicines Optimisation Pharmacist DDICB fatema.patel3@nhs.net</p> <p>Senior Medicines Optimisation Technician DDICB d.matten@nhs.net</p>