

Medicines for Self Care Policy

2024

Banks Road Infant and Nursery school support individuals purchasing medicines and products from local pharmacies for the treatment of minor ailments as part of self-care. Many treatments for minor illnesses are more expensive when they are provided on an NHS prescription compared to the purchase price from pharmacies and supermarkets.



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Background

Local pharmacies are ideally placed to support individuals with advice for the treatment of minor illnesses. There is no need for an appointment, they stock a wide range of inexpensive treatments and many pharmacies are open long hours over seven days a week. The ‘**Pharmacy First**’ service is now available in most local Community Pharmacies. ‘Pharmacy First’ means patients who receive free prescriptions can get free Over-The-Counter (OTC) treatment for common minor illnesses, such as fever, head lice and hay fever. As a result, prescribers are recommended not to write a prescription for OTC treatments and products, except in the case of chronic conditions.

Self-care is extremely important to a Child’s health and wellbeing as it makes sure individuals have control over their health, improving quality of life and improving disease outcomes (1). Medicine for self-care is a central part of this approach, and many GP practices already encourage patients to take a personalised approach to keeping themselves healthy, including getting advice from the local Community Pharmacy.

Currently around 20% of GP time and 40% of their total consultations are used for these common minor conditions that could be treated without seeing a GP. Individuals that care for themselves have better health and reduced demand for services. This in turn allows more time for health professionals to see patients that require treatment for more complex conditions.

Research suggests that health-seeking behaviour is repetitive with the majority of patients choosing to visit a GP if a prescription was issued on the last occasion. This can have an impact on GPs’ time and it has been found that GPs who experienced a lack of time in their medical practice issued more prescriptions than those GPs who did not feel a lack of time.

The NHS belongs to everybody and the CCGs must ensure that its resources are used in the best possible way for all patients.

Policy Statement

As part of its self-care strategy, we do not support the prescription of medicines and treatments for minor, short term conditions where:

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

The **Policy** encourages people to buy medicines/products and access advice from local pharmacies for the treatment of minor illnesses and ailments. This also applies to parents buying over the counter (OTC) medicines for their children, including medicines which may need to be taken whilst their child is at school. Once medication is bought over the counter there will be no requirements from GPs to provide an authorisation letter.

Schools are permitted to hold and administer OTC medicines and a doctor’s prescription for these is NOT required. Parents are encouraged to obtain relevant OTC medicines and authorise these for use in school, where appropriate for their child. Parents should label the medication with the child’s name and the school can then follow the generic age related instructions when administering to the child, as would a parent.

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Treatments for Minor Ailments

1. **Appendix One** lists the common minor illnesses that are considered suitable for self-care. This is included as a guide and is not promoted as an exhaustive list.
2. Many minor illnesses are not serious in nature and often can be managed by the individual or their parents. Products aimed at treating the symptoms of many of these ailments may not offer value for money. (It is expected that patients should routinely be provided with information regarding where they can purchase these products. These products should not be routinely prescribed on NHS prescription.)
3. An increasing range of medicines is available for purchase and it is expected that patients (or their carers) will purchase such medicines after seeking appropriate advice from a community pharmacist or other healthcare professional. This is particularly the case in self-limiting illness. The range of medicines available increases regularly.
4. The ‘Medicines for self-care’ policy aims to encourage people to self-care for minor illnesses as the first stage of treatment. The policy does not cover the treatment of long term conditions (e.g. regular pain relief for chronic arthritis), or treatment for more complex forms of minor illnesses (e.g. headaches and migraines that are unresponsive to over the counter medicines). Treatment for complex conditions and treatment that is only available on prescription will continue to be available on the NHS.
5. Clinical judgement should be used when considering whether it is acceptable to ask a patient to purchase their medication e.g. paracetamol taken on a ‘when required’ basis can be purchased in small quantities, however regular full dose paracetamol for chronic pain may be less suitable for purchase due to the restrictions in place relating to quantities of medication involved.
6. Prescribers will be required to consider whether the benefit of prescribing a treatment for an individual justifies the expense to the NHS. Such judgments should be based purely on clinical factors and should not be influenced by socio-economic aspects such as the patient’s ability to purchase. To consider social and other non-clinical factors automatically introduces inequality and runs contrary to the principles of the NHS in that people with equal need should be treated equally.
7. It is important to check that the OTC medicine is licensed for the desired indication. Requests for the purchase of OTC medicines for unlicensed indications will be refused by community pharmacies.
8. Community pharmacists should not advise patients to request their GP to prescribe medicines available for self-limiting conditions and minor health problems where these are available to purchase.
9. Individuals (parents/carers) are expected to be responsible for their child’s own health. Patients are encouraged to make sure that they are prepared for most common winter ailments by keeping a well-stocked medicine cabinet at home.

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As a school we will:

- Always follow the direction on medicine packets and information leaflets
- Never exceed the stated dose
- Always keep medicines out of sight and reach of children
- Keep medicines in a high and lockable cupboard in a cool, dry place or in the refrigerator if required

10. Patients and the public have an increasing range of resources available to them for advice on medicines use e.g. community pharmacists NHS 111, and NHS Choices.

The CCGs encourage patients to access advice and purchase the homely remedies that they and their family may need e.g. Calpol.

11. Many local Pharmacies offer the Pharmacy First service to help people self-care. Pharmacy First is a minor ailments service that is open to people registered with a local GP who are normally exempt from paying prescription charges. It means that those eligible can see a qualified health professional at a pharmacy to provide free advice and treatment for many minor illness.

<http://psnc.org.uk/nottinghamshire-lpc/nhs-england/northmidlands/pharmacy-services/pharmacy-first-scheme/>

12. Patients who are not eligible for treatment under the ‘medicines for self-care’ policy may be considered on an individual basis where their GP believes special circumstances exist that warrant deviation from this policy. Individual cases can be reviewed at the CCGs ‘special case’ panel upon receipt of a completed application from the patient’s GP, Consultant or Clinician.

References:

1. Self Care – A Real Choice. Improving Care Improving Lives. Department of Health. Available at: http://webarchive.nationalarchives.gov.uk/20130107105354/http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4101702.pdf (Accessed on 16 February 2017)
2. Grol R, Mokkink H, Smits A, et al. Workload and job satisfaction of general practitioners and the quality of patient care. *Fam Pract.* 1985;2:128–35. [PubMed]

Developed using resources from CCGs around the UK, including Nottingham North and East CCG, Somerset CCG, West Cheshire CCG and Mid Essex CCG

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Appendix One: Medicines for Self-care

Appendix 2: Self-care and Pharmacy First Information

Appendix 3: Parental Consent for the administration of medicines in school

<u>THE POLICY WILL BE REVIEWED Biannually.</u>
DATE OF REVIEW BY GOVERNING BODY: March 2022, March 2024, March 2026
This policy was reviewed and ratified by the Pupil and Personnel sub-committee in March 2024. Signed: Chair of Governors _____ Date: _____

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Appendix One

Medicines for Self-care

The following minor illnesses can be treated effectively and safely using over the counter medicines.

Treatments for these conditions are no longer recommended on prescription	athlete’s foot
aches and pains	
cold sores	colic
constipation	coughs and colds
dandruff	diarrhoea
mild dry skin	ear wax
fungal nail infections	fungal skin infections – ringworm
foods inc. gluten free, sip feeds & soya milks where not clinically required	hayfever and allergies
headache and migraine	head lice
heartburn and indigestion	piles (haemorrhoids)
upset stomach	skin rashes inc. nappy rash
other skin complaints inc. acne, sun protection, birthmarks, facial hair, bruising, tattoos, sweating	sore throat
teething & toothache	threadworm
travel medicines inc. travel sickness	vitamins for prevention and deficiency, complementary medicines and health supplements not clinically required
varicose veins	vaginal thrush

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Appendix Two

Self-care and Pharmacy First (Minor Ailment Scheme) Information

Correct as of 18/4/2018

This information contains the products available when a patient is eligible to receive treatment and also some of the possible reasons why patients cannot receive treatment under this scheme – it may be a useful indicator as to whether products are available to buy over the counter. Please note the pharmacist will still be able to give advice and recommend appropriate follow up and often no treatment will be needed. The exclusions summarised below may be due to individual product licences or may signify high risk patients requiring more urgent GP review. There are other exclusions which may require referral to a GP which are too varied and specific to each condition to list concisely. In general these include symptoms of more severe illness, recurrent conditions and uncertainty regarding the diagnosis.

Condition	Exclusions	Products provided
Athlete's Foot	No age exclusions	Clotrimazole 1% cream 20g
Bacterial Conjunctivitis	Age under 2y, pregnancy or breastfeeding, known neutropenia, liver disease, glaucoma or eye problems, already on eye drops	Chloramphenicol 0.5% eye drops 10mls
Constipation (adults)	Age under 12 or over 75, already on laxatives	Ispaghula husk (Fybogel Hi-Fibre) sachets x 10
Constipation (children)	Age under 1 or over 12, symptoms lasting more than 1 week	Lactulose 200mls
Diarrhoea	Age under 1y, symptoms lasting more than 48h, recent travel, known bowel disease, immunocompromised pts	Oral rehydration salts (Dioralyte sachets) x 6
Earache	Age under 3m, alcohol dependence, liver or renal disease, symptoms lasting more than 72h	Paracetamol 500mg tablets x 32 or 120mg/5ml or 250mg/5ml suspension x 100ml
Haemorrhoids	Under 16y excluded, no previous diagnosis	Anusol cream x 23g or suppositories x 12
Hay fever (cetirizine)	Age under 2, symptoms lasting more than 3m, pregnant or breastfeeding, epilepsy, liver or renal impairment	Cetirizine 10mg tabs x 30 or 1mg/ml syrup x 150ml
Hayfever (eye drops)	Age under 2y, pregnant or breastfeeding	Sodium cromoglicate 2% eye drops x 10ml
Hayfever (nasal spray)	Age under 18y, pregnant or breastfeeding	Beconase allergy 50mcg x 180 dose
Head Lice	Age under 6m, pregnancy	Comb, Hedrin x 100ml, Fullmarks x 100ml, Derbac M x 100ml
Insect Bites and Stings	Age over 75, pregnant or breastfeeding, epilepsy, liver or renal impairment Hydrocortisone cream not for under 10y	Hydrocortisone 1 % cream x 15g or Crotamiton (Eurax) cream x 30g
Sore Throat	Age under 3m, symptoms lasting more than 7 days, immunocompromised/diabetic patients, alcohol dependence, liver or renal disease	Paracetamol 500mg tablets x 32 or 120mg/5ml or 250mg/5ml suspension x 100ml

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Appendix Three

Parental consent for the administration of medication at school

Name of Pupil:	
Date of Birth:	Class:

Condition requiring medication: _____

Name of medication: _____

Expiry date of medication: _____ *it is the parent's responsibility to ensure that the medication has not expired*

Dosage & Method		
Medication will be administered as prescribed by the health professional or as stated on the container, appropriate for the age and weight of the pupil.		
Dosage:	Method of administration:	Time of administration:

Family Contact 1
Name:
Relationship:
Tel. Mobile:
Tel. Home:
Tel. Work:

Family Contact 2
Name:
Relationship:
Tel. Mobile:
Tel. Home:
Tel. Work:

Has the medication been prescribed by a health professional?

Yes *If 'yes' complete the contact details for the health professional section below*

No *If 'no' complete the 'Over the Counter' section below*

Contact details for health professional recommending medication
Name:
Surgery/Hospital/Clinic:
Telephone Number:
Address:

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Appendix 3

Over the Counter medication			
I have signed the separate declaration regarding the administration of over the counter medications: Yes <input type="checkbox"/> No <input type="checkbox"/>			
Over the Counter medications will only be administered once per day for a maximum of one week and this will be reviewed daily by the school in conjunction with the parent/guardian.			
No.	Date	Time	Signed
1			
2			
3			
4			
5			

Declaration

I give my consent for a member of staff at Banks Road School to administer the medicines listed overleaf to my child, according to the instructions I have specified.

I acknowledge that staff involved in administering the medications are not qualified medical practitioners, nor hold themselves to be qualified medical practitioners.

I undertake to deliver the correct daily dose of medication, in a suitable container, at the beginning of the school day, and understand that this must be collected at the end of the school day. If I cannot deliver the medication myself I will ensure that an appropriate adult will deliver/collect on my behalf.

I understand that the staff in school will take reasonable care in the administration of medicines and will endeavour to respond appropriately should emergency treatment be required.

I agree that this medical information may be shared with individuals involved in my child’s care and education.

I can confirm that I have administered this medication to my child previously without adverse reaction.

I am aware that the school will record when medication has been administered.

I am aware that the stated dose should not be exceeded in any 24 hour period.

Signed: _____ (parent / guardian) Date: _____

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**Parental declaration for the
Administration of ‘Over the Counter’ medication at school**

Over the Counter medications can be administered by school staff during school time. This is at the specific agreed and signed and instruction of parents. The form ‘Parental consent for the administration of medication at school’ must be signed each day by the parent, otherwise the medication will not be administered.

With regard to Paracetamol we advise as follows:

Protocol for the administration of paracetamol

- If paracetamol is administered at any time during the school day parents will be informed of the time of administration and dosage.
- The school will keep records of the administration of paracetamol as for prescribed medication.
- Pupils must not bring paracetamol (or other types of painkillers) to school for self-administration.

Does your child have any of the following:

Liver problems – Yes /No
Long term dehydration – Yes /No
Kidney problems – Yes /No
Epilepsy – Yes /No
Long term malnutrition – Yes /No

If so, paracetamol must be used with caution

Do not administer if the pupil is also taking any of the following drugs:

- Metoclopramide (relieves sickness and indigestion)
- Carbamazepine (treats a number of conditions including epilepsy)
- Phenobarbital or phenytoin (used to control seizures)
- Lixisenatide – used to treat type 2 diabetes)
- Imatinib – used to treat leukaemia
- Other drugs containing paracetamol

Emergency procedures – if the pupil develops a rash or swelling this might be a sign of an allergic reaction or if it is suspected that the child has taken too much paracetamol in a 24 hour period call 999 and then contact the parents

Signed: _____ (parent / guardian) Date: _____