



North East Essex CCG Self-Care Policy

North East Essex CCG promotes a policy of self-care for its population supported by other services where necessary. Self-care incorporates the management of minor ailments and illness prevention, healthy eating and making healthy life-style choices e.g. weight management, exercise, stopping smoking and reducing alcohol intake. This policy focuses on the self-management of minor ailments and self-limiting illnesses. Other local services e.g. [Health Trainers](#) can support individuals and their families with other aspects of the self-care agenda.

A wide range of information is now available to the public with respect to health promotion and the management of minor illnesses. Advice from organisations such as the [Self Care Forum](#) and [NHS Choices](#) is readily available on the internet twenty four hours a day. Many community pharmacies are open outside normal surgery hours including weekends and are ideally placed to offer advice on the management of minor ailments and lifestyle interventions. For minor ailments a wide range of medication can be purchased over the counter in pharmacies and supermarkets. Residents within North East Essex should purchase basic homely remedies, after seeking advice if necessary, for the management of short-term self-limiting conditions for use by themselves and their family as appropriate.

This will normally include:

- Pain killers for the short term management of minor aches and pains and low grade fevers
- Cough and cold remedies
- Lozenges, throat sprays, mouthwashes and gargles
- Hay fever preparations
- Indigestion remedies
- Travel medicines
- Treatments for short term constipation and diarrhoea
- Treatments for minor acne
- Treatment for minor nail infections
- Lubricant eye drops for mild dry eyes
- Tonics, vitamins, health supplements and complementary medicines including those for eye health, co-enzymes, anti-oxidants etc
- Antiperspirants
- Threadworm tablets
- Ear wax removers and softeners
- Barrier creams for nappy rash
- Creams for female facial hair
- Creams, gels & support bandages for sprains and sports injuries (including freeze sprays and gels)
- Creams & gels for bruising, tattoos and varicose veins
- Foot creams and powders for the management of Athletes foot and hard/cracked skin.
- Slimming preparations other than those restricted to prescription only
- Head lice lotions and shampoos
- Moisturisers & bath additives for minor dry skin conditions
- Shampoos for dandruff
- Food preparations and toiletry items outside of CCG policy e.g. gluten free foods, sip feeds, infant milks and sun creams
- Treatment of oral and vaginal thrush within certain patient groups
- Treatment of minor haemorrhoids
- Octenisan wash for MRSA decolonisation.

Long term, regular use of medication where its licensed indication or quantity does not allow it to be purchased should be monitored and reviewed by the patient's GP and would therefore fall outside the scope of this policy. In all other cases prescriptions will not be issued and the patients advised to purchase the medication required.