

Proposal to reduce prescribing of medicines and products that can be purchased without prescription

Equalities and health inequalities impact check

The proposal

That GPs and other prescribers working in NWL should reduce prescribing of medicines and other products that can be purchased without a prescription, noting the guidance and list of products.

Proposed guidance to the GP

1. Consider whether the patient has an indication for using the medicine or product, with the likely benefit outweighing the likely risk. A list of reasonable criteria for using the products is supplied; the criteria are indicative.
2. If use of the product is indicated, **inform the patient* that it can be purchased without a prescription and ask if they will buy it**. If the patient's answer is 'no' (i.e. the patient* is unable or unwilling to purchase the product), the product should be prescribed.
3. Give the patient* an information sheet produced by North West London Collaboration of CCGs about purchasing over the counter (OTC) medicines.
4. Note and implement a few exemptions to this recommendation. If use of a product from the list is indicated for a person in one of the following groups, it should be prescribed:
 - School age children, if the product needs to be given at school. *Many schools will not administer medicines that do not have a dispensing label bearing the child's name and the dose*
 - Care home residents, if there is no facility to purchase medicines for residents who cannot visit shops themselves
 - People with learning disabilities, unless a non-disabled carer is present at the consultation, who readily agrees to buy the product that is indicated
 - Homeless people

*Or their parent or guardian if the patient is a child.

In addition it is recommended that prescribers should not routinely prescribe these medicines or products:

- Antiperspirants
- Bath additives
- Colic treatments
- Cough & cold remedies
- Creams or suppositories for haemorrhoids (patient information leaflets will advise the user when to talk to a doctor or pharmacist)
- Herbal and complementary supplements
- Oral rehydration solution sachets
- OTC products for hair removal
- OTC wart and verruca treatments
- Teething gels
- Tonics
- Travel sickness tablets

The proposed recommendations:

- Entail asking patients **if** they will buy products, recognising that the answer can be 'yes' or 'no'
- Do not 'ban' any medicine or product from being prescribed
- Do not require prescribers to ask patients about their financial circumstances
- Enable every patient with an indication for a medicine or listed product to access it

Elements of the proposal that are intended to reduce any negative impact of the proposal on equalities or health inequalities ('mitigations')

1. The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one who needs a medicine would go without.
2. The four groups of people listed above under *Proposed guidance to the GP* will not be asked if they will buy the medicine or product.

Please tell us if, even with the mitigations described above, the proposal would worsen inequalities or health inequalities for people with any of the characteristics listed in the table below. If you think the proposal would worsen inequalities or health inequalities for people with one or more of the characteristics listed in the table, please tell us how this worsening would happen (what would the mechanism for worsened inequalities or health inequalities be?). Please write your answers in the right hand column of the table below, in the boxes marked *

Protected characteristic (Equality Act 2010)	Measures to reduce any impact on equalities or health inequalities ('mitigation')	Even with the mitigation(s), will this proposal worsen equalities or health inequalities for people with this characteristic? If it would, how would this worsening happen – what would the mechanism be?
Low income (not a protected characteristic under the Equality Act 2010)	The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one who needs a medicine would go without.	*
Age	<p>The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one who needs a medicine would go without.</p> <p>School age children, if the product needs to be given at school, are excluded from the proposal.</p> <p>Care home residents are excluded from the proposal, if there is no facility to purchase medicines for residents who cannot visit shops themselves</p>	*

Disability	<p>People with learning disabilities are excluded from the proposal, unless a non-disabled carer is present at the consultation, who readily agrees to buy the product that is indicated.</p> <p>The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one who needs a medicine would go without.</p>	*
Gender reassignment	<p>The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one who needs a medicine would go without.</p>	*
Pregnancy and maternity	<p>The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one who needs a medicine would go without.</p>	*
Race	<p>The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one who needs a medicine would go without.</p>	*
Religion or belief	<p>The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one</p>	*

	who needs a medicine would go without.	
Sex	The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one who needs a medicine would go without.	*
Sexual orientation	The proposal is for GPs to inform people that the medicine or product can be bought without a prescription and ask if they will buy the product. If they say 'no', or if the GP is not confident in their 'yes', the medicine will be prescribed. No-one who needs a medicine would go without.	*

Which group, if any, do you represent.....

Your name (optional).....

Contact details (optional – if you provide contact details we will be able to contact you if we need to check that we have correctly understood something you have written)

.....

Please return completed forms to choosingwisely@nw.london.nhs.uk or to Freepost Healthier Northwest London by 15 September 2017.

Contact choosingwisely@nw.london.nhs.uk if you would like a digital copy of this form.

Equality monitoring information (optional)

We will not share the confidential details included in this form.

AGE

Your age (Please circle)

Under 18	18-24	25-34	35-44	45-54	55-64	65-74	75 and over	Prefer not to say
----------	-------	-------	-------	-------	-------	-------	-------------	-------------------

If you have or care for a child, what is their age? (Please circle all that apply)

Pregnant	0-5	6-11	12-16	17-18	N/A
----------	-----	------	-------	-------	-----

GENDER

Your gender (Please circle)

Male	Female	Prefer not to say
------	--------	-------------------

SEXUAL ORIENTATION

Your sexual orientation – *Which of the following best describes how you think of yourself?* (Please circle)

Bisexual	Gay/ Lesbian	Heterosexual/Straight	Other	Prefer not to say
----------	--------------	-----------------------	-------	-------------------

DISABILITY

Do you consider yourself to have a disability or long term health condition? (Please circle)

Yes	No	Prefer not to say
-----	----	-------------------

If you have selected yes, please indicate (e.g. Vision, Hearing, Mobility, mental health or long term condition, such as diabetes, autism or asthma).....

Does your child have a disability or long term health condition? (Please circle)

Yes	No	Prefer not to say
-----	----	-------------------

If you have selected yes, please indicate (e.g. Vision, Hearing, Mobility, mental health or long term condition, such as diabetes, autism or asthma,?).....

MARITAL STATUS

Your marital status? (Please circle)

Married	Single	Widowed	Divorced	Separated	Prefer not to say
---------	--------	---------	----------	-----------	-------------------

RELIGIONYour religion or belief – *These are based on the Census 2011 categories, and are listed alphabetically. Which group below do you most identify with? (Please Circle)*

Buddhist	Christian (<i>all types</i>)	Hindu	Jewish	Muslim	Sikh	No religion	Prefer not to say
----------	--------------------------------	-------	--------	--------	------	-------------	-------------------

Other, Please state.....

ETHNICITYYour ethnic group - *These are based on the Census 2011, and are listed alphabetically (Please circle)*

a) Asian/ Asian British

Bangladeshi	Chinese	Indian	Pakistani	Sri Lankan/Tamil
-------------	---------	--------	-----------	------------------

Any other Asian background, Please state

b) Black/ African/ Caribbean/ Black British

African	Caribbean	Somalian
---------	-----------	----------

Any other Black background, Please state

c) White

White British (English/Scottish/Welsh/Northern Irish)	Polish	Irish	Gypsy or Irish Traveller
---	--------	-------	--------------------------

Any other White background, Please state

d) Mixed/multiple ethnic groups

White and Black Caribbean	White and Black African	White and Asian
---------------------------	-------------------------	-----------------

Any other Mixed/multiple ethnic background, Please state

e) Other Ethnic Group (e.g. Persian/Iranian, Afghani, Arab).Please state

Please return completed forms to choosingwisely@nw.london.nhs.uk or to Freepost Healthier Northwest London by 15 September 2017.Contact choosingwisely@nw.london.nhs.uk if you would like a digital copy of this form.