

Making better use of your money in the NHS

The practice is supporting an initiative by Bedfordshire Clinical Commissioning Group to get better value for money on prescription medicines. Every year in Bedfordshire alone over half a million pounds is spent on some prescription medicines that are 'poor' value for money, which is money that we are not able to spend in other areas of healthcare. As a practice we will no longer be prescribing these particular medicines.

What is included in the list:-

- Medicines that only have a cosmetic benefit rather than a health benefit
- Medicines that are nationally recognised as having 'limited clinical value', this may be because the evidence does not show a benefit or because there are safer alternatives
- Medicines that are not recommended by national organisations such as NICE (National Institute for Health and Care Excellence)
- Expensive brands where a less costly generic form is available (i.e. the same drug prescribed under a different name)
- Medicines that are more typically associated with self-care such as cough and cold remedies, antihistamines and nasal sprays for occasional use, antifungal nail paints, haemorrhoid treatments, gripe water, colic products and topical warming rubs. All of these can be purchased from your local pharmacy, with advice from the pharmacist, for self-care. You do not need a doctor's appointment or prescription for these medicines.
- Food supplements such as glucosamine, fish oils, multivitamins, probiotics and complementary therapies that are a 'lifestyle choice' and are not clinically needed. As the evidence does not support the use of these, taking them is a personal choice and not given on prescription.
- Travel vaccines that are nationally classed as private vaccines such as Rabies, Yellow fever and hepatitis B

The doctors, nurses and practice staff would appreciate your support and understanding by not being asked to provide a prescription for these products.

By spending less on medicines like these the money saved can be used for treating longer term conditions such as asthma, cancer, diabetes and high blood pressure.