

Appendix 2 – Qualitative Data

Focus group, Hopwood Court, Blackburn, March 9, 2017. Attended by 15 people and notes agreed by representatives of the group

Everyone filled in the Self Care Survey. They were in general agreement that all the items could and should be bought over the counter. But had some serious concerns about safety.

Comments captured below:

It was felt that painkillers were necessary on prescription if you suffered from a long term or serious condition, mainly for safety reasons. This was a strong theme throughout the discussion and concerns were raised many times.

Whilst the group felt that they would be willing to buy their own over the counter medicines, they were very concerned that they would need medical advice first with a GP on what was safe to “buy”. They were concerned that any medicines not on prescription could be dangerous if it was taken alongside any medication they were already taking. Taking certain drugs while on other medication could have serious consequences.

They felt that it would need to be checked with a GP and do those reviews. Some felt that pharmacists were able to do this and some had consultation rooms which they did use. It was felt that buying over the counter medicines at supermarkets for instance wasn't advisable always as they didn't know the history of the patient and better to use your own pharmacist who knows you well and knows that medicines you are taking.

Some members of the group expressed concerns that some people working in pharmacies were not qualified to give out advice and referenced personal incidents which had occurred recently".

The group also expressed concerns about medicines constantly changing and how confusing and potentially dangerous that was for older people and particularly for those with dementia – different brands, different colours, different sizes. They also said if you wanted a blister pack, there were long waiting lists.

They said some people might need specialist sun creams if they had or were at risk of skin cancer. Also commented that some medicines such as wart and verruca creams which burn can be quite dangerous to use.

Several of the group said that there Dr already told them to buy stuff over the counter if it was cheaper but they knew friends who got loads of stuff on prescriptions – even from some Dr who had several practices – gave them out at one surgery but not the other, no equity.

With a medical exemption card, they got lots for free when it was only meant to be for one item.

Expressed concerns about those on low income and worried that prices for over the counter medicines will now start to go up.

They were also expressed concerns about head lice treatments not being used by some families and outbreaks last all term at some schools so could the school be given some. They talked about educating young people and whether prescriptions could be given out by age for instance – primary school get it but high school don't but accepted this would be impossible to do. The group also commented that the issue of cost of prescriptions v cost of medicines i.e. more expensive if NHS prescribe it needs to be looked at by the Government.

Focus group, Blackburn with Darwen Council's Daisyfield Depot , Blackburn February 23 2017. Attended by 6 young people and notes agreed by representatives of the group

General discussion about NHS Services, pharmacists, A & E and the self care proposals.

Comments captured below:

All the group said they were registered with a GP. They agreed that they would and do visit pharmacies for advice, and would do so before contacting the GP. Some said they were advised to do this by their parents. One young person said their parent was a GP.

They were aware of 111, the pressures on A & E and the other alternative services available. One young person said she had learned about it in a school project several years ago.

When asked about the self care proposals, the young people said they didn't know the items were available on prescription. They said they didn't think a prescription was needed was needed for the items. They were happy to go and ask a pharmacist for advice and buy the over the counter meds themselves. They felt that they knew their local pharmacist well. One of the older young people said they wouldn't be comfortable asking a pharmacist for help. They didn't know them well enough.

They did think widespread problem like headlice should be different as people find it expensive to buy.

In relation to Apps, they said they wouldn't use a health app. Happy to manage their own conditions.

They said more education was needed about self care; needed to educate young people.

Comments from Paper Surveys

General agreement

- I already buy painkillers and have done for a very long time.

- I totally agree with the proposals. I work in the NHS and see how much medication is wasted.
- I support the move to stop all prescriptions for over the counter drugs for anyone over the age of 16. This should apply to all sections of the community.
- Helps those people who can go the chemist at any time for medication don't have to wait in pain for the GP for an appointment.
- When possible I feel that people should use their pharmacy for these items.
- I think it is ridiculous that you can get things like toothpaste, sun creams, antiperspirants etc on prescription to start with.
- Good news
- If self care medication purchased from pharmacy does not cure the problem a visit to the doctor may be necessary.
- It is good to have medicines from GP so people will stop overdose.
- They're readily available, can't understand people wasting doctors time.
- The above medications are available cheaper over the counter e.g. paracetamol
- It just seems unfair that the people who have to pay for prescription whereas others get away with anything.
- Most of these are easily /cheaply available at supermarkets and pound shops
- You can buy all of the above cheap from local shops.
- People should take responsibility for minor illnesses
- People need to take responsibility for minor ailments and not waste doctors' appointments for something they can get from the chemist.

Children

- I think babies and children under 5 should get prescriptions free and not over the counter and also free milk for babies if needed for special reasons.
- Expense for those with children
- Simple pain killers are only given to children in childcare if it has been prescribed by the GP.
- Simple pain killers I agree should be bought over the counter but there have been cases where schools won't give medicine to children unless prescribed.
- I ticked no to painkillers for one reason only, schools and nurseries won't give children unless prescribed.
- For children pain killers if on high dose should be on prescription
- Schools and nurseries need to come up with a scheme of such so they can give medicines etc to children at parent/guardian consent. Also some chemists need to stop telling people to go to doctors for meds etc if they don't pay for prescriptions, it is defeating the object.
- I'm a mother of twins and this would cause hardship if I was to have to purchase these out of my benefits.
- Would pay for all, however my nursery and school insist on prescribed medication.

Waste/cost

- Quite clearly a waste of NHS resources
- Doctors should also inform patients if it is cheaper to buy over the counter.

- I think they should providing they can afford to
- Often these are cheaper to buy over the counter then the cost of prescription.
- Most people can afford any of the above products as they can not be used all the time.
- Patients should be aware of the fact that although they think they are getting aspirins etc for free. The pharmacy gets paid per prescription and there is a huge cost involved.

Exemptions

- As long as some exceptions
- If it is a medical complaint long term
- I think you should take advice from your doctor before you buy over the counter
- Unless the condition is serious
- Warts possible cancer and headlice are related.
- Question certain medications
- I think you should be able to get antihistamine for hayfever. Simple pain killers no point as cheaper to buy.
- Some conditions need special medicines.
- I think in some cases if part of the treatment for chronic illness eg Lupus, complex health needs then still be available if not for self-care but for illness management.
- The ones which are unsure means many reasons/depends on what is wrong.
- There should be exemptions for extreme cases, at doctor's discretion eg cosmetic moisturisers and emollients.
- It depends on each individual case.
- These categories need to specify what they represent in a case by case basis, what is obviously a waste of money for one person is not for another. I would manage stock more effectively.
- Anybody over 65 who has worked all their life deserves free treatment.
- Only for cancer patients and skin disorders should moisturisers and emollients be available

Expense/low income

- Head lice treatment expensive
- Cough syrups etc should still be available in cases of severe financial hardship if correctly used.
- I'm sure the government has plenty other ways to save the required proposition. I don't see why making vulnerable people pay for the government's failures should be excusable.
- The price of head lice treatment & anti-fungal treatment is very high.
- Sun protection could be for patients with skin cancer. Cosmetic moisturisers etc could be for very bad burn patient's cradle cap for new babies
- I am a little concerned about people that have a low income being able to afford some of the treatments.
- Not sure if medication has anything to do with need

Wasn't aware available on prescription

- Wasn't aware some of these could be obtained on prescription! Assumed not.

Comments from Online Survey

- **Comments from on-line survey**
- These medicines are so reasonably priced in pharmacies that they should be taken off the prescription list.
- Antihistamines are a necessity for parents/adults/children who deal with allergies on a daily basis.
- Think there should be a caveat for children with severe conditions that medicines like emollients are px by a paediatrician for preventative purposes.
- Two I've put unsure next to - simple pain relief - my Mum takes 8 paracetamol a day as well as other painkillers so she would really struggle to pay for those over the counter in such a large volume. And creams/emollients - people with chronic skin conditions would struggle without these, children who need these might not get them otherwise and old people who need double base by the bucketload would struggle to buy them too.
- I hope the removal of heartburn and indigestion treatment does not include PPIs as some patients are permanently reliant on these to protect the stomach from more serious diseases.
- This proposal will affect the most vulnerable including children and elderly
- The people who are abusing the system by having these things prescribed are those who already receive free prescriptions because they are claiming benefits. I pay into the system and still have to pay for my own prescriptions so in effect am paying twice!!!
- I think it's an amazing idea and will help save some money!! I pay for my prescriptions anyways but it will work out cheaper me paying for my own other than paying for prescription
- Very sensible plan. It would also be sensible to find a way of recycling unused medicines, its criminal the amount of drugs that are thrown away.
- How do patients get these products when the Doctors surgery is closed
- All these are available over the counter and should NOT be on prescription as are a drain on the NHS resources
- These cuts will hit hard struggling families and lead to further health issues
- If we stop and think, it's a common sense way to save money, chemist before doctor doctor before A and E.
- You can't buy over the counter medication without doctors approvals
- I am concerned some parents may not adequately treat their children for head lice athletes foot etc if we do not prescribe these.
- There needs to be consideration given to those who genuinely cannot afford to self medicate. Also... i find pharmacies in Spain are much more helpful and provide an excellent service often alleviating the need to see the doctor. Perhaps, to take the strain off gp's and minor injury units...consideration could be given to changing pharmacy remits.
- There needs to be a policy in place for those who are truly unable to pay for these products.

- These things don't require a doctor to prescribe them, so you should be getting them yourself over the counter.
- I am unsure of the two due to cost OTC. Very expensive products.
- Part of the problem with OTC simple analgesia is the limited amount that can be bought at any one time, rather than OTC costs.
- There may be exceptions: e.g. patients requiring nasal sprays for chronic sinusitis, antihistamines for chronic urticaria, simple analgesia for chronic pain. These are at GPs' discretion.
- If it can be bought cheaper without prescription I don't think prescription should be given as an option
- Some over the counter treatments are very expensive I.e headline, I am concerned some parents would refrain from treating their children which would lead to more outbreaks
- It's only fair for those who pay for prescriptions that others pay as well.. it appears those who don't pay get everything free including no tax and benefits
- Totally agree with the proposal to stop prescribing these
- The only people who will be bothered are those who also can't be bothered to go and work. I would rather my tax be spent on better things which will actually help ill people.
- I agree with the proposals you should try over the counter medicines first and if they do not work they go to doctors
- Some products are unavailable to purchase over the counter.so prescribers and most importantly surgery staff should be very much have knowledge of this.as some staff at surgeries are advising patients to purchase prescription only medication from a pharmacy over the counter so hence giving out incorrect information
- Fully support the proposals. People need to stop clogging up a&e and gp surgeries and take responsibility for care that is not urgent
- People take the mickey and expect a free ride
- All should be available to pensioners if needed
- Money saved could fund additional nurses
- Paracetamol and ibuprofen is so cheap to buy...no excuse to get over the counter
- People need to take responsibility for their own health and wellbeing. These are often available to purchase over the counter for far less money. Hard working people often cannot afford essential prescribed medication due to the high cost of prescribing over the counter medication.
- Would Fred up more appointments if people are seeing the GP just to gain free prescriptions
- Over the counter medication is usually cheaper than the price of a prescription. People have the attitude when they don't pay for their prescriptions 'why pay when I can get them free'. So annoying.
- People need telling that they can buy cheaper over chemist counter not to go to hospital and could u get our Burnley hospital back as it needed as going to Blackburn is to far and they can't cope
- I work in children & families 0-19 service. I know from years of experience that some families on benefits or low income will not pay for treatment for their children's headache - some families have several children & this would be too much for them to pay. The same families won't buy calpol & the result is the

children suffer. Neglect ruins children's life chances. I say we need an affordable alternative for families on benefits to obtain these at minimal cost from pharmacies.

- I work in a pharmacy and it enrages me and the wastage that is happening, this week I emptied 3 carrier bags of returned meds for ONE patient (he wasn't deceased, just clearing out an accumulation of meds) amongst other things, there were around 12 boxes of aspirin, over 300 paracetamol and 19 boxes of Viagra/ sildenafil- and I know how much that stuff costs!!! I know steps are being taken to stop this in the future and I welcome it wholeheartedly, but putting it in the context of this money being spent on paracetamol (we sell 16 for 25p- aldi sell even cheaper) or the money being spent on lifesaving treatment or an operation- I know where I'd want it to go! A parent came in with a script for olive oil yesterday, and I was genuinely taken aback, that he felt it was acceptable, obviously the GP had a part in it too! GPs should issue letters to those with a need to take regular or large amounts of certain OTC medication, so that we are able to sell, as currently restricted to 2 packs. We phone ALL tray patients EVERY week to check that they need everything- particularly Paracetamol, creams etc. pts getting 100/200 paracetamol at a time, a lot don't get used, they just get dished out to family and friends, and when the patient passes away, the family bring us carrier bags full!!!
- Antihistamine short term for hay fever etc but I suffer from allergies and allergic rhinitis and take a tablet every as I also suffer from asthma.
- 3/3/2017 11:16 PM
- Common sense must prevail by patients and doctors regarding the problem
- Cannot believe that anyone would expect the over the counter simple remedies to be given at the hospital! Come on head lice, sunscreen how cheeky!
- Not everyone can afford medication or pensioners
- Feel if condition not improve should seek medical advice ,over the counter first port of call then move to gp
- I did not know or expect most of these to be available on prescription. Shocked many where, toothpaste, cough sweets, sun lotion. My GP has always advised and recommended I buy if cheaper, on a few occasions. I do use pharmists at times, but, don't trust advise as much due to profit issue, they usually recommend most expensive
- I am shocked at some of the things on the list on the previous page i.e toothpastes sun creams surely doctors don't prescribe these and if they do then shame on those that ask for them, no wonder the nhs have no money for genuine things that xan't be purchased over the counter.
- Ther just silly
- We've spent all our lives paying our taxes. Nd if once or twice a year anyone from my family goes to the gp and requires some medication I would expect it to be given to me. Considering all my family's record is so clean
- Please remember even if some items are cheaper purchased direct at the chemist some people on very low income may not be able to afford these and will therefore be disadvantaged by this policy e.g. Lice treatment is expensive so children whose parent who cannot or choose not to spend money on these

will suffer. This is something children have no control over and bear the brunt of their parents bad decisions

- Most of these products are available in own brand form , which means prices are competitive
- I think children and old people should be looked at differently. There is a danger that some of them would not follow up and go to a pharmacy and sadly I think in some cases it would be down to paying. But on the whole the idea is good. To me it is common sense to visit a chemist first. The doctor should use their discretion.
- Headline treatments I am unsure about simply because I had childhood asthma and needed prescription only headlice lotion.
- What about the POM versions of these treatments? If these can no longer be accessed by the GP what options will people have who are currently prescribed these medications?
- Less educated patients may not know what to buy without gp consultation and some parents would leave children untreated if they have to purchase head lice treatment
- I think there are some circumstances where otc meds should be prescribed e.g. If they are required long term or perhaps when needed in conjunction with other prescription only meds
- Some children need to have go prescribed drugs to use at school
- Anything that can be bought over the counter should not be prescribed
- I Think one has to be allowed the option to see the Dr if the condition proves to Cronic ...
- For a lot of items its cheaper just too buy, but people with long term such as allergys and skin conditions it would be very expensive.
- Some things should still be prescribed as things like ear wax removers could be very dangerous if used when not needed. Also as a breastfeeding mother, majority of items cannot be bought over the counter and need a prescription. Especially such items as piriton.
- Adopting these measures empowers the patient to self care and prevents over using gp for self limiting ailments
- Majority of these can be bought in supermarkets under their own brand and are considerably cheaper than named brands
- People might finally get the message to go to see their local pharmacist instead of GP's or A&E/Urgent Care if these simple medications were no longer available on prescription.
- 2/26/2017 9:01 PM
- It should be stoped for most people but not kids and old people and antihistamine can save lifes
- Did not know some of these were available on prescription let alone who would expect them to be? So the question is who are those who would pay a prescription charge for an 'own brand' 20p packet of paracetamols or or indeed product that is less than the current charge? You wouldn't unless you were exempt so I am now left wondering what the true objective of the exercise is
- I am absolutely incredulous that any of the items listed are requested "on prescription" I am a grandparent in my late 50's and I can honestly say I have NEVER considered going to see my GP for things you can discuss with you

pharmacist and after advice buy over the counter. I see this NHS expenditure as abuse of the system! I hope everything with the exception of life saving treatments are excluded from the prescription formulary. I witness incredible waste of resources with people stock piling various medications which they have rarely needed or used. They may think twice if they have to pay for it! The sooner this cost saving measure comes into being the better!

- Treatments such as cradle cap for children maybe kept if over counter products not working
- Great idea. The overuse of a&e should be the next thing to be addressed.
- A lot of these will cost less than the prescription anyway. If you pay that is. It must only be people who get "free prescriptions" who don't opt to buy over counter anyway surly
- Some depend on severity and should be down to Dr's judgement. Things like headlice treatment are cheaper in pharmacy but, what if people don't treat their children due to costs? The rest would then suffer. Emollients can help prevent eczema and so could prevent costs to the NHS in the future. I think the bigger issue is why do NHS prescriptions cost so much when pharmacies sell things much cheaper? A better deal needs to be reached!
- I think it should all depend on persons specific health issues
- Concerned re people who cannot afford even otc!!
- Why should hard working people who have to pay hundreds in tax and NI have to pay for all of these and those not contibuting get these cheap medicines etc for free (essentially costing the NHS more money in the process).
- I have been purchasing my own antihistamine nasal sprays for a few years. NRT should no longer be on prescription. As a manager of that service previously, I know that when smokers are really determined to stop, they have been purchasing the electronic cigs but yet always professed to being short of money! I also very much disagree with certain people having access to all prescriptions free such as diabetics and those with Thyroid disease. The argument is that they need their treatment no matter what. Well, I'm hypertensive and require a few meds and whilst I was under retirement age had to pay for the privilege for 11years. I exercised like crazy, reduced alcohol consumption, gave up smoking and ate healthy food but still had the problem and needed those meds just like the diabetics and those with thyroid disease. It's discriminatory and shouldn't be happening and it doesn't mean they need other meds for free either. It would also save the NHS a packet!
- Some items need prescription and can not be bought I.e antihistamines for under 5s. I would be happy to pay for these if a prescription was obtained from a doctor.
- I think general prescribing of these items should be cut down/stopped as it is unnecessary expense to the NHS however would there be a clause to be able to still prescribe to patients unable to afford to buy these items? I would be concerned if there wasn't.
- I would be happy to buy Childs piriton to keep in school as she has serious allergies but they won't allow me to buy it as it must be prescribed for it to be in school ?? I also think emollients should still be prescribed for those with skin conditions.

- Patients may be unaware of the effects of combining over the counter medicine and prescription drugs
- Feel it is better to ask the Pharmacist concerning minor complaints. Save money on prescriptions and the Doctors time. Different with young children as an important diagnosis could be missed. One must be mindful that Pharmasist' are not qualified Doctors! Are they prepared to take on this extra role as well as the pressure at work that they under take Managing the Pharmacy.
- If any of the cases are serious, then do prescribe things - especially for mouth ulcers in cancer patients. People do not need paracetamol prescribed. Its 19p in a shop. Doctors need to just tell people they are not prescribing things they can buy over the counter. Pharmacists should be telling people they can get things cheaper - nasal sprays for between £3-£4 but its nearly £9 for a prescription.
- A great idea in my opinion. Too many people receiving repeat prescriptions with medication included which they no longer take, lots of stockpiling going on too - my guess these people do not pay for their prescriptions!
- Poor families may not be able to afford certain items and in severe cases of certain conditions over the counter medicines may not be strong enough
- A lot are circumstantial and should be left to the doctors own judgement as to whether a person should be subscribed any of the i teams on the previous page. Antihistamines are used for all different things and creams for eczema would be vital but where as I think sunscreen and antiperspirants would not be. It will be hard to categorise these options as merely just 'over the counter' as it would solely depend on the persons circumstances, as one shoe does not fit all.
- I was prescribed some very expensive drugs in an emergency situation and when I later saw a consultant he decided I did not need them. He suggested I return them to the pharmacy in Blackburn hospital but when I tried they said they could not accept them. I ended up dropping them off at a local pharmacy and was told they would be destroyed safely. Most of the packs hadn't even been opened.
- This is potentially a very easy hit list. What about people taking long term paracetamol? You can only get a limited amount from the pharmacy. Many could not get their requirements if not given a bulk prescription from the Drs. Similarly with the vitamin list, will injectable B12 be included in this, or vitamin D for severely deficient patients? What about iron infusions, although not strictly a vitamin? Will vitamin drops still be provided for children? With skin creams these can be expensive and very necessary in the case of melanoma. Its easy to come with a list, but sometimes not providing the treatment can have effects which is more expensive than providing the treatment.eg, another skin cancer, a more expensive pain killer, a further complicaton. People can be on benefits but not be entitled to free prescptions. This can exclude patients from what they need. eg ESA does not get free prescriptions, yet healthcare costs can be high.
- I think it's a great way to reduce the pressures,people need to go to the doctor when they are ill,and not for a social vist
- medication specifically for children should still be given on prescription, such as children with long term skin conditions and also babies with cradle cap. I

think we need to be mindful of people on very low incomes that just may not be able to afford some over the counter treatments that can be expensive.

- Most of these can be bought from super markets cheap. If it saves the nhs money I am all for it
- Medication for these ailments are readily available from supermarket and pound stores.
- I would be very concerned about how this would affect the very vulnerable and those living in poverty. As a social worker I have worked with individuals and families who would not be able to afford headlice treatment or simple/basic self care items.
- Certain items are quite expensive to purchase, for example 500g of cetraben is more than a prescription charge if you were to purchase it over the counter, it's approximately £12+ to buy. Also things such as toothpaste such as duraphat is a POM which means you would have to get a doctor/dentist to write a private prescription which will then cost you a private script plus having to pay for the doctor to write the prescription. I think there should be definitely a cut to the items overleaf but there should be some leeway
- Only prescribe if unavailable over the counter
- I think painkillers should be prescribed to patients
- I suffer a bad reaction from insect bites. Every time I have one, I need to visit my gp to get the the medication required. I can't get it without a visit to the gp and without it would result in a trip to A&E. If I could get it over the counter, it would save time and a gp appointment.
- I believe working age people without any serious condition should be able to buy simple over the counter remedies but products needed by children and people with serious conditions should still be available on prescription
- The pharmacist is there to help. Any problems they will tell you to contact your GP. On any product it does state if it is not working, contact your GP
- Can we enforce doctors to stop prescribing these over the counter medicines
- I didn't think that you could buy anti depressants over the counter.
- Excellent idea. Will stop patient's ordering items they don't really need , gluten free products should be added to the list.
- If the NHS used their huge buying power as our supermarkets then the savings could be used to fund hospitals & cancer treatments. I feel surveys would be more beneficial taken on my comments
- I'm nother quite sure about the whole process what is all about but I would prefer the incumbent system of prescription.
- I worked in pharmacy for 26 years, far too many scripts for reasonably priced Oct medicines, majority of them being returned unopened to the pharmacy for disposal. If people have to pay they only get what they need
- Some people abuse the nhs with monor ailments
- Some of these items I didn't know you could get from the GPs
- I think they should stop providing minor treatments on prescription - my father in law has ibuprofen on prescription (my mother in law reorders the repeat prescription and collects it on his behalf). He doesn't use it but it's still collected because it's on the prescription! If asked they would just confirm that they are using it to carry on collecting it on the prescription - how much is that costing?!?!? If it wasn't avaiable, it wouldn't happen and maybe the cost can go on to something else that is needed

- I think we need to be very careful about what we make unavailable. Some people may not have sufficient self care knowledge, ability or money available to adequately look after their own healthcare which will result in more people needing much more expensive treatment. Prevention is often less expensive than cure!
- Should these medications/products be stopped it may impact financially on those heavily reliant on them, particularly those on low incomes.
- Too much money is wasted on things that be bought over the counter
- Prescriptions should either be free across the U.K. Or everyone pays !!! Scotland and wales should not be exempt from charges A lot of prescription meds are not used and if forced to buy over counter this would encourage people to stop stock piling unnecessarily
- Can't believe some of the items listed here that are on prescription.
- If the patient is on benefits maybe the more expensive items could be offered on prescription
- Yes you should stop prescribing these on the NHS for patients who pay for their treatment but ensure you provide enough information for the patient to know exactly what they should buy and where they can get it. Plus explain that you are doing this as it is cheaper than prescription. If the prescription contains multiple items that clearly would cost more than a prescription then you still should provide one and if the patient is eligible for free prescriptions then you should explain the cost to buy themselves but still provide one for these things if they don't agree to paying
- As a health professional I understand the importance of the use of emollients to prevent a number of skin complaints including reducing the risk of cellulitis and leg ulcers. These conditions cost the NHS more to treat than a prescription for emollient. It should therefore be provided on prescription for people with genuine skin complaints.
- I myself have a long term condition, and my daughter too. Whilst some of our medication can be bought over the counter it is incredibly expensive. The medication is an essential part of our treatment and should be funded - particularly as I contribute heavily through my salary into the system.
- I think it's a good idea if items can be available at lower prices over the counter there is no need to get them on prescription! The only things I get on prescription are antibiotics I find everything else is usually cheaper to buy over the counter
- I think some medical conditions could be missed in their early stages if people bought over the counter for what seem like minor temp ailments.
- Minor ailment schemes need to be available in every pharmacy first.
- Some items can be quite expensive especially sun creams. Low income families would struggle to buy expensive medicines. Also think money could be saved by not making people who have only just arrived in the U.K. from other countries exempt from prescription charges until they have paid into our NI system for a certain amount of time. Also, more medicines should be available to buy from pharmacy. When I visited Spain a few years ago I was able to buy inhalers OTC for my daughter. This should be the policy for most medicines for overseas visitors and immigrants.
- Please check question 12 I have no disabilities to enter but there is no box for this.

- I work in health and social care (learning disabilities) and believe that all of these OTC remedies should be bought by the patient rather than for free on the NHS. For example, just because my clients are on benefits does not mean they cannot afford simple OTC meds - they have more money than a lot of people. Although due to being in care, GPs would still have to authorise the use of these meds via prescription, but they should still pay for these items, I believe.
- I pay for my prescription so a lot of these would be cheaper over the counter
- I agree with these ideas
- it is easier to go to the chemist , I think every person circumstances are different .
- I work part time as a mother of two young children and I buy all the above products from the chemist/Tesco
- Some people rely on prescription drugs such as those with memory problems or they wouldn't take them, any proposed changes should be on a case by case basis, rather than a blanket ban.
- Yes i do think that would be better,so then the doctor can spend more time with patients that are really ill.
- Concerned that some low income families will not buy paracetamol or other medications for babies and children, which could end up costing more if children end up in hospital with untreated temperatures or left in pain, gps need some discretion around this.
- Brilliant Idea,you have my backing!
- Some patients regularly take paracetamol but pharmacies are restricted in the amount they can sell so some patients such as the elderly would struggle to go back and forth to the pharmacy. Gluten free food items should be looked at if money needs to be saved.
- I am in agreement with the idea, however I do worry about how this will effect low income families, especially the children.
- I think anything that can be bought over counter should be knocked off prescriptions.
- This proposal is long overdue. It may reduce the reliance on 'simple' medications and encourage people to make positive lifestyle changes. Prescribing costs are immense and medications that can be bought over the counter should be. There should not be an exemption for those who don't pay for prescriptions. My only reservation would be if the cost of over an counter medication exceeded prescription costs and this became prohibitive to accessing appropriate treatments.
- I think if prescriptions for certain medications are going to stop then it needs to be for everybody, not just for workers and still prescribed for people on benefits. Plus, all doctors need to stick to this if this is policy. For some conditions, such as hayfever, it can be debilitating and it is necessary to take particular prescribed anti histamine for example which should be available on prescription as should all children's medication.
- The proposals are needed to reduce prescribing costs. People should pay for over the counter medications rather than having them prescribed. I'm surmising most prescribed over the counter products are given to people who don't pay for prescriptions.
- I already used the Pharmacy for all of the mentioned products

- I think all of those could be bought and for very cheap. I think you should go ahead :) people take advantage of "free stuff, those free items cost hundreds of thousands and could be better spent..
- The proposals seem reasonable, the only items I'm unsure on, are the the items that might be stronger on a px and not over the counter.
- I have two school age children and have self funded head lice treatments paracetamol and other medication for them and myself and agree budget should be spent on long term condition treatments and specialist prescriptions not available over the counter
- Some products can be bought very cheaply from pharmacists and supermarkets, but it costs an awful lot more for these to be prescribed. Money could be better spent on urgent care
- People should be able to look after their own. too many people take advantage of free things, probably keeps Audley pharmacy's profits ticking over nicely but it's killing the NHS
- I feel that many people are struggling financially and if these things needed to be bought people couldn't afford to pay the high prices for things such as head lice treatments, and other thing particularly for their children
- As long as roducts can be bought at the chemist I don't see a problem. Unless of course they start to increase the price of things because you can no longer get from the doctor.
- To many people expect the NHS to provide items that they can easily buy themselves.
- Some things are only needed once or twice and I definitely think people should buy their own as I try to do, but other times per can suffer long term and painfully with things that are expensive and people tend to go on suffering because they can't afford the treatment on a regular basis, but won't go and bother the Dr for it, so if it wasn't given on prescription then people would suffer greatly if they cannot afford
- Anything you can buy over the counter at chemists should not have a prescription
- If minerals includes iron for anaemic conditions. They need to be GP supervised re the conditions progression as untreated could be life threatening. The antifungal - yes but some oral antifungal for extreme cases cannot be purchased. Those needing regular paracetamol 4 x 2 per day for the whole month can be hard to buy as you would need to go out every other day to buy them. For chronic pain in elderly this is impossible at times.
- I think GPS should be able to access each case on merit and still be able to prescribe these items to vulnerable and handicapped patients.
- Gps should give information/names of the medicine that the patients need so they can buy from pharmacy/chemist .
- Somethings should require you to see the doctor to rule out any underlying conditions
- Working within a pharmacy it is evident that customers on very low income struggle to pay for items, even when at low cost. It is my opinion that those who fall into this bracket will be unable to self supply the funds to buy even low cost medication. This certainly wouldn't encourage some people to self care at all.

- It is a very interesting proposal. Having worked in a pharmacy I know that some surgeries have already stopped prescribing creams such as ibuprofen gel to patients. On the other hand, complaints that could rise could include things like people saying that they pay into the NHS and therefore would like all it's treatments or those that already pay for their prescription (even though some medications work out cheaper when bought over the counter in comparison to the prescription charge). Additionally, I think this would also free up waiting time at surgeries. If people know that they can't go to the doctor to get a prescription for paracetamol they may go straight to the pharmacy. Suppose some may still try their luck with the doctor anyway.
- The NHS should not be prescribing medicines that can be bought over the counter.
- Some pain killers are prescribed to increase the effect on main pain relief and are on higher numbers then can be bought over the counter
- About time , why has it taken so long for this to take place !
- OTC packs sizes need to be larger and cheaper. Ie antihistamines come in 7 days pack. This works out far too expensive than prescriptions
- Most of these can be bought over the counter (within licensing restrictions eg. Chloramphenicol for a 6 month would require a prescription). Therefore if patients know they aren't going to get a prescription for these and will have to buy them anyway they won't waste a GPs time and can just go to a pharmacist who can diagnose and treat these conditions leaving the GPs time to deal with more serious/long term conditions.
- Cheaper products might be available to buy rather than using the prescription system
- I wasn't aware you could get any of these perscribed by a doctor
- I've self medicated now for 30 years. And I've never had a problem. Thank you.
- If it's available over the counter then it shouldn't be given on prescription
- Think this fine but not for children
- All these products are readily available over the counter and even supermarkets
- It's not before time people looked after themselves and their families
- It's important not to self diagnose and seeing your GP may be important to the patient for reassurance and correct diagnosis.
- Making them readily available on the market can lead to substance abuse also the correct dosage is not always accurate.
- Unsure about indigestion mess due to possible underlying conditions
- I agree with not prescribing these products unless prescribed for longterm treatments and need them to obtain a normal life.
- This sounds like a slow process of dismantling of the NHS. What about those from lower socioeconomic groups ?
- I think the harmless things like mouthwashes and deodrants should not be stopped but medication that can lead someone to have a addiction should be stopped
- I don't feel it would be fair to stop certain drugs if the patient needs it regularly e.g painkillers There fore each individual case should be assessed.
- I already buy over the counter for some of these as I feel I cost the nhs enough with all the meds I'm on.

- This would cut appointment waits for people that need GP treatment
- Anything that can be purchased over the counter for a lesser fee than prescription costs or easily attainable should not be prescribed. Tax payers are forever penalised whilst people who contribute nothing get everything free. pain relief antihistamines and head lice treatment should never have a prescription.
- As with many things I doubt an 'all-in' or 'all- out' policy is correct, there will be instances where individual circumstances must be considered.
- I think these proposals are correct and anything to help nhs is relevant but when your on tablets for good I don't know if u cud get them over counter
- Stop prescribing methadone for drug addiction
- Anything that is available over the counter cheaper than the NHS can prescribe should not be put on prescription
- I didn't even know you could get most of these on prescription! This is crazy (in a bad way) - stop prescribing these things!!
- I feel simple paracetamol and ibuprofen for adults shouldn't be given on prescription, they are readily available to buy from most places. These should be kept for children as some parents simply cannot afford to buy them but I think that there should be a limit as to how much you can get on prescription over a certain period of time. Headline treatment should stay as again some parents simply cannot afford to but it which then makes other people suffer after spending their money on the treatment.
- If it costs less to buy over the counter than the price of a prescription (£8?) it should not be prescribed.
- I'm stagger day the array of over the counter products that are available on script. Needless to say they wil be rolled out to those who get them free. This is an sbuse of the Nhs. Anything and everything is not sustainable.
- Keep selling simple things in the chemist, why bother your doctor for an aspirin or things like that.
- The doctor should only prescribe medication of the patient needs it done people need certain stuff but might not be able to afford it but in general people should only get medication from doctors
- Sun block for skin cancer patients may be appropriate in some instances
- Happy with all the proposals
- I am unsure about stopping head lice treatment as this could lead to children getting headlice because of some parents saying they couldnt afford to buy the treatment for their children who have got headlice.
- I agree if it will reduce costs
- The one for indigestion I don't agree for personal reasons my husband thinking hes was indigestion taking gaviscon turned out to be angina
- I didn't even know that these items were available on prescription. Why are they?
- I wouldn't even think of going to the doctors for these things as they are readily available at a supermarket/chemist... I think they should still be available for people who would struggle to afford to buy them or people who need them regularly
- Given the high levels of deprivation in the area this is not a part of the country where the impact will be minimal. Children and the elderly are the most likely to suffer from this proposal.

- The common denominator is the very young and elderly and the lowest socio - economic groups.
- I agree with many of the proposed changes concerning over the counter medications to treat minor ailments but what about the poorer people on low incomes who cannot afford to heat their homes or feed themselves on a day to day basis as in the chemists and pharmacies the prices for medication is extortionate and just one simple nasal spray or a bottle of cough medicine or even pain relief would be expensive and if you really do need more than one item from there then you are talking enough to feed a family of four for a few days or help an elderly person so they could have their heating on during the cold months and then we have the disabled people who really cannot fend for themselves or the less fortunate vulnerable people who get ill on a regular basis the cost to them would be tremendous so really after thinking about and writing this then scrapping all the medication for people would leave people worse off but if you were to regulate the chemists and make them not charge so much for their products even own branded stuff then maybe you could scrap the items but not until you regulate the prices the pharmacies charge.
- regularly and simple medicines patients should provide cost themselves but some kind of medicine we still need prescribe for health being and none effect in future healthcare.
- Prescribing headache treatment is essential for school children, particularly in areas of high deprivation.
- I pay for my prescription so don't make a difference to me x
- I personally pay for all my prescription medicine, and have found that all of the above are cheaper to just buy. I do however only hold this opinion for adults as children have free prescriptions anyway. I do also believe that this should be a complete stop for all adults including working, on benefits, pensioners too.
- Most are cheaper over the counter
- Totally agree, it is usually cheaper to buy these items over the counter. The only people who benefit here are those on free prescriptions which I think should also not apply to the items listed
- You can purchase all the items stated at the chemist so it just takes up doctors time for no reason
- If you can buy them over the counter they shouldn't be on a prescription
- where I have said I am unsure that is because I am not sure whether there will still be treatments for those conditions where certain options are not available over the counter. eg. Latest hay fever medication, tablets for ulcers or severe acid reflux.
- About time!
- Good idea need to save money wherever possible, and people need to be educated on correct use of NHS
- Some pain relief not available over the counter plus some children need the very expensive sun cream if they have eczema and not every parent can afford this. diazepam might be something more sinister and if masked with home remedies could be fatal I feel instead of chemist just giving what is prescribed they should be offering something cheaper and giving ppl the choice to pay for example ibuprofen can be bought for pennies but not at a high strength

- More education for the public on where they can buy self care remedies would be good and how much they can save compared to a prescription would be useful
- I agree in principle but for areas that have a wider implication, such as head lice, I think treatment should be provided under the NHS. Most people would buy headlice treatment anyway but I think it should be available for free for those on lower incomes - wouldn't want parents to neglect treating due to cost and then it spreading to more children unnecessarily. I also think that infants need to be considered as while parents are on maternity/paternity leave they have a lower income and the acute medicines currently prescribed on the NHS really make a difference to those families. So maybe continue to include acute medicines for under 1s or 2s on the NHS.
- About time these were removed from prescription
- Think these or cheaper over the counter that either cost the NHS or prescription charge. Although I do feel the GP should advise the use of these in the consultation
- They are cheap enough to buy in supermarkets.
- Some things that are necessary to stop outbreaks of certain illnesses etc should be available on prescription
- Have never or will never ask for any of those products have always bought my own
- Vulnerable patients could miss diagnosis treatment and certainage groups should see the doctor for appropriate treatment.
- The management of these simple medications must not interfere with patient care.
- I think most over the counter products shouldn't be accepted if they are not expensive on low income families but I do think doctors should prescribe painkillers as some people are in real pain and can be expensive.
- Makes perfect sense. In fact I'm astonished to think that some of the items listed are actually prescribed by medical professionals!
- I know some families who need food banks so how can we take these away from the poorest in society .
- I wasn't even aware that most of these products were given free on prescription
- I am amazed that you could get them on prescription in the first place. I back the proposal all the way 100%.
- More cost effective buying over the counter and also will promote patients to go to the chemist for minor ailments.
- I think people who can afford to make a donation towards their own GP surgery should be allowed As we donate to other charities .
- If people know they can get it over the counter they will just go and buy it over the counter rather than booking to go and see the doctor
- We all need to be helping the NHS to survive!this is a small start
- Some people simply cannot afford these items over the counter. I have personal experience of having to live on £73 a week and find it impossible to have a healthy lifestyle. Even a healthy diet including fresh fruit and vegetables and meat is almost impossible to manage on this Income let alone buying healthcare items.

- I have some painkillers which aren't available 'over the counter' . There may be other items which aren't available over the counter. All over the counter remedies should not be prescribed.
- Should be able to recommend treatments that are available to buy so that patients know what they should purchase.
- I think if the same product is available over the counter then doctors should not prescribe it, but for some conditions the doctor may feel it is necessary to prescribe a more effective treatment that is not available over the counter, despite over the counter alternatives being available.
- I have prescription only antihistamines not sure how these would be affected
- Sometimes it is cheaper to have a prescription for your over the counter items as I get 3 months supply at a time and it saves me a pound I've paid my NHS contributions for 40 years have only had my tonsils out age 3 and 1 child so st this moment think I'm entitled to my 3 monthly prescription
- Any Agrees on the understanding over counter medications purchased on advice of preferably GP or a pharmacist with knowledge of patients other medications/medical conditions.
- Of course, this needs to be weighed against the critical needs of those who would have to choose not to heat their homes or feed their family. Perhaps an 'exceptional needs' consideration could be made so you are not paraded as denying care to the most needy.
- Just agree should be more people help themselves
- I agree if you can buy such things over the counter then why waste the doctors time to prescribe them doctors need to be free for serious conditions. It's hard enough to get an appointment to see the doctor when you suffer serious condition like myself who end up sadly going to A&E when you have to wait for hours because there isn't the staff at hospitals. Due to the same thing time wasters that can get the advice off the pharmacist and pay for over the counter medication.
- Some items shouldn't fall within the jurisdiction of Gp/prescription availability
- I have to pay for prescription charges so it I cheaper to buy these products from another shop than go to a chemist and get a prescription. But I'm sure people who don't pay will still want them for free... Something for nothing is our society now... Not the big picture of how much it costs the government.
- Some products should be prescribed as part of other treatments. However completely agree with stopping prescription of simple over the counter things.
- Each patient is individual so should be seen on a personal basis
- My only worry is caused by taking medication which sometimes prevents me taking over the counter remedies which the pharmacist can't sell me.
- Don't want to have to visit doctor every time for simple things
- I totally agree with this course of action, the money saved cold be better spent elsewhere
- I think that any of these should be means tested, some families/ pensioners will struggle to pay for treatments & I believe these people should continue to get prescriptions if they qualify for free prescriptions. Everyone else should pay.
- I believe some prescriptions of simple things like shampoo,emollient, toothpastes, treatments for gerd and many of the other things listed should be prescribed depending on merit of each case, some of these things may be

needed because of a more serious condition or a specific kind of the item may be needed. I think to stop prescribing head lice lotion would be a false economy, this is an expensive item, more than the cost of the prescription to buy over the counter, many that need it would not be able to afford and there would be an epidemic. Things that cost much less than prescription price - paracetamol for example - should not be prescribed unless patient is unable to buy due to dire need or is needed to complement other medications for certain diseases, syndromes, conditions.

- I believe that the products in the survey can be easily accessed by anyone at any chemist, although I wonder what people that can't pay would do?
- Use pharmacy first or buy
- My concern is for low income & pensioners who may be unable to pay for some items from a limited budget, leading to more serious conditions if they are unable to afford these.
- However, if someone has a medical condition and they are genuinely eligible for free prescriptions then perhaps they should be prescribed but obviously the GP or prescriber needs to be aware of the patient's benefit status
- I believe people with chronic conditions, people entitled to free prescriptions and children should still be able to access necessary treatments free of charge
- I cannot believe these products are available on prescription! They definitely should not be.
- Anything to save money.
- Good idea and cost effective. Does not waste doctor's time.
- If they are, at an affordable rate, to the individual.
- Some of the medicines listed are so cheap to buy that I didn't even realise you could get them on prescription. You should go to the pharmacy first for things like bites, tummy bugs etc but if things they give don't work you need to see your GP.
- If people are unable to get these simple things from a doctor it should cut down doctors' time. What's the point in wasting a doctor's time when they can go to Tesco and get paracetamol for 29p
- Maybe making everyone pay for all their prescriptions, so they stop going to the GP for simple remedies. Like the rest of us.
- Some people who get free prescriptions have literally no money and cannot afford these things. Also for example toothpaste is only available on prescription so how is someone going to be able to buy it? If you have to pay it will be very expensive as it has a high fluoride content so could be up to 5 times as much. Plus anything that is for children should definitely not be paid for, why should a child suffer if the parents can't afford to buy a product that a child needs?
- Sometimes you need to visit the GP because many what are thought to be minor conditions could point to more serious illnesses. Also many poorer people cannot afford to buy over the counter medicines.
- Chemist can sort these out
- People should take more responsibility for their own health
- You must think about those who can't afford to buy it as chemists are really expensive, some parents already have to choose between eat and heat.

- I will say yes to all as long as the prescribed can be bought freely in pharmacies .
- I think each case should be treated on its own merits. For example, psoriasis and allergy rash needs the moisturiser from the Doctor not the chemist. Define simple pain relief, would it affect things like tramadol. I have an eye problem and get eye drops on perscription, without them I go blind. But I would not be able to afford to buy them from the chemist.
- The problem is that most people who pay for prescriptions would already seek to buy OTC product as in a huge number of cases they are cheaper than the prescription charge. It is the people who are exempt from prescription charges who will continue to demand 'free' medication. I would never pay £8.40 or whatever it is for antihistamines on prescription when I can, and do, buy 2 weeks supply for less than a pound from Aldi, same active ingredient incidentally as a brand leader which is also available OTC but costs around £5, but which is widely prescribed. People who actually pay for prescriptions and receive cheaper items are surely paying for the people who receive 'free' prescriptions. In reality there is no such thing. There is also the problem of people, usually exempt patients continually collecting repeat prescriptions which go unused. A huge abuse of the system.
- I think this is a wonderful idea and is about time the public had to take responsibility for themselves instead of relying on the NHS to simply give them medications and treatments quite easily bought over the counter. Well done for tackling this big issue. I suggest that there is alot of health education also promoted at the same time in any public location, in schools with new parents etc.
- Some shouldn't be on prescription at all!!!
- You need to get rid of the fat overpaid cats who sit on the CCG board, it's the same muppets from PCTs on higher salaries and the new name for PCTs is "CCG" omg how clever same shit different toilet. How the heck do you expect people on low income to afford medications or ones with complicated conditions who would need to see a GP to get better advise. Would you accept responsibility if people started dying due to buying over the counter treatments. Anyway you muppets will only do what is good for your pensions and pockets and here I am wasting my time giving an honest opinion.
- In theory this is a good idea but pharmacists need to take more responsibility to free up gps time. On the occasions I've been to the pharmacist before my gp they have simply said sorry I can't help go to your gp. This was for conjunctivitis and a cold. Therefore for this to work pharmacists have to take more responsibility either be it through training or other means. I note this refers to short term conditions only and I would hope that those people with long term conditions requiring these types medications will not be denied and will be consulted with? Similarly I note the headings are very generic such as antihistamines etc but I am assuming those medications under the headings which are available in prescription only will continue to be prescribed? A lot more detail needs to be provided as the proposal has been given in generic and wide ranging terms and could distress a lot of people in the circumstances as described above with long term conditions and those generic headings of meds where the med is only available on prescription.
- We spend far too much on easily available over the counter medications. People need to be responsible for their own minor health problems

- It all depends on an individual's case. How severe their condition is etc.
- Consideration should be given to people who do not pay for their prescriptions and who could therefore be affected financially by this proposal.
- It is not considered okay to cancel basic care
- I think that the option for a doctor's consultation / treatment should still be an option if "self help" is not showing results.
- These proposals will only end up adding to the financial burdens of the people who receive free prescriptions and those who are on prepayment certificates for their medications. Those who are unable to receive help with prescriptions, but are still at a disadvantage financially will also be hit the hardest. If this initiative goes ahead, it will only add to the rift between the majority of people and those who are on the edges of health care. We need to protect the true meaning of health care free to all at the point of need
- I can't believe the public purse is still funding many of these treatments!!
- If these items are available without prescription then I agree that they shouldn't be provided by prescription.
- The cost to the average practice is astronomical
- Simple over the counter therapies are important to keep the cost of the NHS down
- If there are underlying conditions where the strength of the medication required is more than can be given OTC, then these will still need prescribing. Additionally, consideration needs to be given to those who currently receive free prescriptions or who are on low incomes for whom OTC drugs are unaffordable - there is a risk that people will not self-treat if they cannot afford prescriptions which could end up costing the NHS substantially more if they then present with more severe disease.
- I would say any treatment over £5 should be free / on a prescription
- Most of these items are on a normal shopping list anyway
- The GP should decide as there may be good reasons to prescribe for some patients but not others with so much of the popn. In poverty.
- Confine prescriptions to POM
- People take up valuable GP time to get a prescription and avoid paying. This may help to reduce other pressures
- I do believe where there is an evident medical need for a person to be in receipt of assessed and bespoke medical treatment that this should be prescribed and not over the counter. I think the CCG need to be clear as to what medication applying to what ailment. For example sun cream and lotion whereby it makes absolute sense that this is a personal choice for a person to protect themselves, however if a person is suffering from a medical ailment whereby non use of a particular medication will impede on their health then this absolutely needs to be on a prescription
- I am all in favour of trying over the counter remedies in the first instance. If symptoms/condition persist then go back to your GP
- A good idea which will save money
- I wasn't aware citizens actually still went to get a prescription for these things as I always buy mine at a chemist . I suppose some citizens who may not be working prefer a GP prescription as they don't have to pay for it .
- as long as they are not long term complaints and would cost the patient a lot of money in the long term.

- The only one I disagree with is the heartburn medication as things like omeprazole need to be prescribed.
- In general each case should be taken individually and the GP should decide if an over the counter treatment can be used or a prescription is required.
- it is easier to buy them at the chemist and cheaper
- The list of items are all items I would purchase myself over the counter, to think people are getting these items for free and costing the NHS money when this could be spent elsewhere to save lives.
- Disgusted that they were on the list!
- Often the strength of over the counter medicines are weaker than those available on prescription. For example I was recently prescribed vit D which was very strong and even the pharmacists said that this was a 'special order' as they didn't carry that strength, I have also been previously prescribed ranitidine at a strength not available over the counter. This could lead people to taking medicines without seeing a doctor first for a diagnosis or even 'double dosing' to get higher strength products if over the counter products are not effective due to their strength. Also, it is unfair for people with long term conditions such as allergies / eczema to have to purchase expensive items over the counter which are only available in small packet sizes when larger packet sizes are available on prescription.
- I have clicked unsure for all products as your proposal indicates that all products will be stopped for everyone. As an example I feel that some children with headlice may not receive the required treatment if parents cannot afford to purchase it. Similarly vulnerable patients including the elderly may not treat coughs and colds with over the counter medicine due to cost which could result in more hospital admissions which would be costly to the NHS
- Each patients needs should be carefully explored by the clinician and if the clinician feels that an medication needs to be prescribed then it should be allowed. Financial situations should be considered.
- Didn't realise the cost to the NHS of this practise, please let the changes happenand fast !!
- If the items are available over the counter and can be purchased direct, by not providing on prescription will not only save the cost of the prescription but also the cost of appointment, the cost of a practitioners consultation time and all of the administration that goes with it.
- All adults should pay for all items that are cheaper from over the counter. Children I think is a different matter
- If the cost of over the counter is cheaper than the cost of a prescription or a condition is not clearing by using over the counter products then something stronger should be prescribed.I would like to comment on the one thing that gets me, as we are a United Kingdom why do we pay & Scotland DO NOT ?
- In my opinion any items which can be purchased over the counter should be paid for direct through the chemist.. It is people 'clogging' up doctors appointments to get free prescriptions for items that can be readily purchased over the counter which is also causing problems with doctors appointments
- About time you started charging the Asian population for medical use ie doctors,hospital ect

- I seriously agree that the NHS budget should be protected in this way allowing funds to be spent wisely.
- I think these should definitely not be prescribed, you can pick them up cheap enough at shops ??
- I do think these things should remain free for people on limited low incomes as the cost of these medicines can be prohibitive. Maybe GP's should have discretion.
- Medication such as inhalers should be paid for by the NHS as these preserve life. painkillers and cough syrups and so on can be paid for by individuals
- All these can be bought cheaply in chemists and supermarkets
- These medical treatments should be prescribed there are some people who can't afford medication that will affect their well being
- self medication is fairly basic and doesn't usually require professional prescribing,
- If it's cheaper to buy over the counter then it shouldn't be on a prescription to start with
- Any medication that is available as an OTC medication should never be prescribed, to anybody
- Totally agree and support any proposals to avoid prescribing medicine which is readily available over the counter BUT I recommend a cap of £5 any medicine costing more should be prescribed.
- It depend how sever condition is for example if someone need vitamins on long term basis then they should be prescribed otherwise patients health will suffer which will me more expensive on long term basis.
- Severity of condition should be taken into account
- Most people realise that the type of products mentioned in your survey are cheaper than going through prescription. However some patients believe they cannot afford this type of medication without NHS support. In some cases that is true but then there are many who abuse the system. By removing these products savings can be made and even more so by not allowing the suppliers to keep continually conning the NHS.
- All NHS treatments should be link related to income. Persons with higher income should pay for all treatments including consultations.
- This is simple sense and a responsible use of tax payers' money
- Products that can be bought over the counter, should be bought over the counter as it's cheaper and doesn't cost the NHS more and that might stop people wasting doctors time and genuine people that actually need to see the doctors may actually get an appointment.
- I think it's about time the NHS stoped people abusing the NHS system buy getting to many things for free. Even things they don't really need but because they are free they get them.
- Thats fine stopping them but what happens when people cant afford to buy them. Why cant something be done were the prescription cost is reduced to the cost of buying it over the counter.
- I think these are vital service supplied by the NHS for the community, because there is enough austerity and suffering for people as it is without having this extra burden. Most of the people who rely on these everyday prescription drugs are of low income or on benefits with not much to spare after all the overheads they have to pay. I'm sure myself and the public of Blackburn and

Darwen would appreciate it if the services continue. I hope my comments are taken on board as you've asked me to fill in and comment on the subject.

- They are all reasonable priced products that can be bought over the counter
- Prescriptions should only consist of special prescriptive medication. If an item can be bought over the counter then a prescription should not be issued. Some people are taking advantage of prescriptions as they can get them free ... often the items can be bought for just a few pence which is a waste of NHS money if prescribed because a person claims they are entitled to the free prescription rather than pay over the counter.
- Things you get in chemist should not be prescribed
- Some items are needed like creams etc but people use NHS prescriptions are free for some and it's easier to get them off their gp
- The only provision should be for single male females on jobseekers only because they don't receive enough benefits to live on. This does not include those receiving any other benefits on top of jobseekers
- I don't use all the medicine but I'll only use some of them okay
- Why can't NHS make an informed decision based on their own data, without 'consulting' service users + forking out dosh to agencies to collate opinions, which could probably cover some of costs of minor ailments treatments.
- Raise awareness of using generic options rather than expensive brands with same active ingredient.
- Great idea, but you need now to look at repeat prescriptions as chemists are just re ordering everything and getting medicine that has not run out with the patient.
- It's best if get direct from pharmacy without prescription.
- I can understand some pain killers being bought over the counter but worry about patients who need stronger pain killers. Also patients troubled with skin cancer for the sun lotions.
- The more important meds should be available through prescription
- Many lotions and potions can be expensive and particularly where there are children. Doctors should be able to prescribe anything that they feel is necessary. The doctor should make the decision
- I think like tablets you buy over the counter that cheap should buy yourself but for like people with major help such as worse should get treatment
- I totally agree that people can buy these from a chemist, supermarket or elsewhere. I often buy children's paracetamol cold and flu meds, head lice cream, e45, allergy tablets etc etc. The one problem is that children need prescribed medication to be taken at school. For example hay fever tablets, paracetamol, and other minor medication. If the parent gives consent then the medication should be allowed (within reason) this would save the NHS a huge amount. Also maybe if stronger pain killers could be purchased over the counter, severe menstrual cramps, back pain does not go with normal nurofen or standard pain killers. I think this is a really good decision as people take up appointments, time and money for these items which is unnecessary. It's time we stopped complaining and assisted this great service. I'm a mum of two children, I am age 37. If things don't change the NHS will not be there for my children's future.

- All of the above unless unavailable to buy, such as special preparations or strengths.
 - If an item can be bought over the counter then only in extreme circumstances should they be given on prescription. I've worked for GP's and its time they started saying no to people instead of pandering. When I originally started working for GP's years ago they stood up for their beliefs. Now it seems they give in too easily!
 - Antihistamines and emollients should be available for patients with long term conditions such as eczema - it is expensive to buy these over the Counter on a regular basis. Short term problems should be self care
 - Stop providing OTC products on prescription. It's a simple solution to reducing unnecessary wastage.
 - This won't effect people that work feel for the genuine people that don't work but let's be honest most not all don't want to work and pay like rest of us they just want everything for nothing even if they don't need it and they play the system well and it more the people who work that try not to go doctors for perceptions cause we can't afford it so only get the mm if it's a must have
 - It's time people started taking responsibility for their own health.
 - as for the sun cream cradle cap and heartburn it depends on what this is given for if its a cancer patient of a baby with sever cradle cap and heartburn I some times there is a underlying problem
-
- It does of course depend on underlying conditions and individual circumstances. I would say no to a lot of these items being given on prescriptions unless in extreme circumstances depending on the persons condition.
 - You need to think, if it isn't made available on prescription then people are less likely to take the treatment for things. How is that going to effect their life? Especially if it is for children.
 - This makes total sense. All these items can be bought for a minimal amount, over the counter.
 - I believe that the areas where I have selected unsure is because that if someone comes to their gp with these problems they could in fact be the symptoms of something bigger. Therefore we do not want patients to shy away from coming to and talking to their gp or nurse about these problems. For example vitamins, vitamin D is in fact a pro hormone and not a vitamin. Therefore it should be prescribed to ensure that the product is regulated with regards to the mhra as opposed to over the counter vitamins which are regulated as a food and there is no control or guidance what the patient should take for example... 800iu or 20,000iu daily which could lead to more problems in the long term due to lack of patient education/awareness... And well, we all know what happened with the beef burger/horse burger scandal.
 - My only worry would be that people on low incomes wouldn't buy them therefore spreading the diarrhoea, headline etc. The only other option is to charge the over the counter price for them.
 - Still to prescribe for children
 - I buy over the counter but I worry about members of the public who can't afford . The children will suffer

- Totally agree with the proposals as a pharmacist based in Rotherham who plans on moving to and working in Blackburn this is excellent to see.
- I mostly agree to the proposal as some of these products are readily available to buy and are cheaper than a prescription.
- Very sensible proposal
- Why is so much money being wasted on basic items? Put an end to it
- About time these products are stopped being given out on Px
- Treatments for babies and children should always be prescribed, if your in the unfortunate position where you have no money a child could end up suffering with head lice or other illnesses because the parent can't afford the treatment. Normal Heartburn/indigestion remedies should be purchased but the ones I have (as well as many others) are prescription only and cannot be bought, I would end up quite poorly without them if they were no longer prescribed
- Only answered unsure because whether to pay for or not is entirely dependent on a person's symptoms/circumstances
- I feel money is wasted this way and could be better used elsewhere
- If prescriptions have to be paid for anyway, you may as well cut out the middle man and purchase these items over the counter.
- If an item is available over the counter then it should NOT be offered by prescription. This should be for specialist items, not available any other way, only.
- If some of these were not prescribed then parents of low income familys may allow there children to suffer also in the case of a chronic mouth ulcer if a person does not visit a gp or dentist a more serious problem may be undetected
- Was not aware these were obtainable on prescription
- I am coming up to 70 and I have been told that I have to pay for my anti-histamine eye drops. I need them all year long. I have been an unpaid carer for my severely disabled husband for 31 years and I feel very strongly that I should not have to pay for these essential drops. There must be many like me.
- Simple painkillers are so cheap at supermarkets it's unthinkable we pay more via doctors
- I used to work in a drs surgery no you wouldn't believe what people used to request on prescription. They would come in on a Friday night half an hour before we closed and ask for a script for paracetamol for there child cause they had a temp. When we explained that we didn't have Dr to do a script due to them Being on home visits they would have to wait until Monday and advised them To buy it from the chemist to which they refused and said they would wait till Monday even though there child had a temp!! They didn't want to pay for it
- This is draining the NHS. It needs to end.
- I think that there are some low paid workers whose children would suffer if basic thing like nit lotions and emollients weren't prescribed
- Depends who the products are for. Childrens medicine should be free
- Perhaps people who are struggling to pay could be entitled to a health voucher? I also wonder why people with Asthma have to pay for potentially life saving Inhalers?

- Mental health needs more coverage from the NHS it's been far too long for other charities to be the only help.
- Unfortunately people need educating. Would there be an exemption for the most vulnerable in society?
- Is it too much to ask the medically qualified about this rather than the ill informed public?
- We need to save money and this would be a good start
- It's not as straight forward as some of the questions are made out, the onus should be put on the G.p., if there is a medical need they should be prescribed, people who have had bariatric surgery, or osteoporosis may need vitamin supplements.
- Families on very low income who may struggle to afford medicine for children should receive some help towards the cough, maybe a voucher scheme etc
- I think unless for exceptional circumstances then all should buy these over the counter items & I'm shocked at what can be prescribed! The only issue is for example when schools won't allow in-prescribed medication in school. My daughter suffers with bad headaches due to glaucoma and when in primary they would not allow paracetamol unless prescribed. (Which I was and am completely happy to buy over the counter & do) but for school reasons had to have it prescribed every so often for their sake and so my daughter could have medication when needed. Not a problem now she has moved to high school, over the counter paracetamol not an issue for them.
- Patients with NHS exemptions for acute and long term conditions should also have to pay for unconnected medication or treatment, such as antibiotics.
- This review is long overdue, why on earth people get paracetamol & other basic cheap medicines at the tax payers expense is outrageous, not so sure about all the items in the list, thinking about a child with headlice who's parents may not be able to afford the treatment for their kids. I don't know enough about heartburn medication to comment. Good luck with this let's hope these changes happen sooner rather than later
- if the person asking has a very good reason then they should be entitled to have the free medicine
- Some need to be seen by the doctor and specific items are not suitable for all and the poor is being targeted again it seems
- Although some sort of note should be given with the diagnosis to show pharmacy or work etc
- I although I generally agree I do feel that we need to be careful regarding people on lower incomes. Many people are unable to afford the cost of medications such as nit lotion which can be expensive especially for large family's. I would have concerns that children will not be treated adequately and that will cause more long term problems. Also what about people who require regular medication such as paracetamol.....as you can only buy small amounts at a time a person on regular paracetamol would always be at the shop.
- If you can buy these products over the counter at a reasonable price then there's no need for a doctor to prescribe them.
- I agree with the proposal, as a health professional I believe certain things that are cheaper than the prescription cost should be paid for.

- Children and patients with congenital or life long conditions should be exempt from these changes!
- How about not charging for inhalers. It's charging people to breathe. Of all the items you can get over the counter that are prescribed, inhalers should be free like contraception. Since when did birth control become more important than breathing
- The only issue is when people genuinely cannot afford to buy the necessary items.
- I get my pink ibuprofen from my Doc as any other ibuprofen makes me sick
- Except for children
- Prescriptions should only prescribe medications not available without a script. Under 18s and elderly should be exempt. paracetamol are 19p a packet. The health service needs to the cash to survive.
- The doctor should be allowed to prescribe any medication required. If it can be bought cheaper then that can be made known by the pharmacy. Which is what usually happens at my local pharmacy. If they are not prescribed people that receive free prescriptions due to long term health or financial problems will not necessarily be able to afford the treatment. They will then be visiting the doctor again with a more serious problem costing more in treatment. The question should be why is a prescription based treatment more costly than a over the counter treatment with the same contents.
- Where people have long term / chronic issues which need treatments, more consideration should be given to these cases. But for short term treatments, it's reasonable that people buy their own where possible and not prohibitively expensive.
- If the medication is for mild conditions and is available over the counter then it should not be on prescription
- Its quicker and cheaper to buy these things than to see GP and get a prescription.
- Half of these products especially if not bought by the generic name only cost a few pennies or pounds. They do not break the bank. It will save the doctors time and save the NHS money which can go towards life saving treatment
- Not all families would buy items such as head lice treatments which in time would increase cases of head lice in schools. Consideration needs to be given on long term outcomes of no longer prescribing certain items .
- I have no problem with them not being prescribed to people who pay for their prescriptions. They should, however, remain free on prescription to the poor and less well off.
- I'm worried by some of these as I have some of these medicines for long term problems at strengths not available over the counter. By stopping these medicines you need to make sure the long term problems are dealt with sufficiently and not just by sending s letter saying we've stoped your medication which is what happened when they reviewed asthma treatments.
- If I've ticked unsure, it's because I'm not sure if by not using the items a problem would get worse. ie a child with head lice whose parents couldn't afford the treatment. An elderly person with fragile skin might not purchase emollient. I think if you are going to stop prescribing certain items, you do need to advise what is needed. After the consultation, give a slip of paper saying 'this is what you need to relieve your symptoms and to help you feel

better' so patients can hand that slip of paper in at the pharmacy and decide if they want to purchase or not.

- Gluten free foodstuffs should have been included in the list
- Majority of the products can be bought generically and at a cheaper cost than an NHS prescription. By freeing up the cost of these items got via prescription other needed medicines that are prescription only will be more affordable and readily available, therefore creating equal access to them as opposed to certain CCGs being able to afford it and other CCGs not able to.
- The only people that will complain are those that get prescriptions for free. The bigger picture is that it costs the NHS much more than it would buying standard supermarket basic items.... 19p for paracetamol at Tesco! Doesn't make sense does it!!
- Great idea- should have been stopped years ago!
- I bet only the ones using these prescriptions are the ones that get them for free. These should not be allowed on free prescription.
- I have long term conditions that cost me a lot as it is so I have a pre payment certificate, I need antihistamines and nasal sprays daily and yearly. To pay for things over the counter too would cost even more. I've also got asthma and ulcerative colitis as well as allergic rhinitis.
- I take a fexofenadine tablet daily which cannot be bought over the counter for a constant daily itching urticaria condition will this be in the list of stopped prescribed antihistamines?
- Prescriptions are so expensive and so why not just go and buy these things. The only people who won't benefit are people who get free prescriptions.
- Stronger drugs and treatments for severe cases of ailments mentioned on the previous page should still be available on prescription.
- Not fair on low income families
- Rather than reduce what can be prescribed rather reduce number of chemists and review pay grading throughout the NHS
- The number of breadline and below people is increasing and they cannot afford to buy food never mind medicines and they are the reason that the NHS was founded in the first place or do you want a world where only the wealthy can access pain relief and the poor are left to choose between food and lice killer?
- I agree with the ccg reviewing prescriptions to make savings if patients utilise pharmacies more effectively this will help save time for GP surgeries great initiative
- I think this is a great idea. I know of people who stockpiled meds and would get them regardless of whether they needed them as they were "free". However am less sure where the meds are for kids for example would hate to think of a child with nits at school because parents can't afford.
- I am unhappy about the postcard lottery in the NHS, I think decisions like these should be national decisions. Also the money saved is very small would be better to tackle the issue of why a prescription costs so much and this needs to be shared with the public.
- It's has to be the responsibility of those who prescribe to not issue prescriptions for these items . A few years ago I had Volterol gel on prescription but it was changed to Feldene as it was cheaper.

- It's about freaking time too. People who don't pay for prescriptions get these items on prescriptions so they don't have to pay for them!!!! However, it is us the almighty taxpayer that subsidises these people and I am sick of it when I have to pay for my prescriptions and all the sundries too. Also charge drunks and druggies for their hospital care. And that goes for foreigners too!
- Maybe allowances for severely disabled
- My son was prescribed antihistamines which I got for the first time but ever since I have bought it myself. I think that if they can be bought over the counter then they should be following diagnosis.
- Paracetamol should not be available on prescription it's 21p
- There are now many low cost supermarket own brand medicines Using the scarce resources of the NHS to pay for treatments for non serious conditions should not continue
- Depends on specific medical problems cost should not be an issue in health care really
- About time
- Unsure on some as would emollients still be available for eczema or as in my case I have to take antihistamine every day all year. Chemists do not stock full month packets making it extremely expensive to keep purchasing.
- When my mother in law died in her wardrobe were approx a years worth of prescription drugs that had never been opened due to her constantly reordering everything and they had to be all handed back to the pharmacy to be destroyed . A total waste of money . She should never have been allowed to just keep reordering and Doctors are also to blame for keeping on signing repeat prescriptions
- Will help save the NHS billions
- It's about taking responsibility for our own health
- I think it is a good idea .. The problem is there are a lot of people that don't pay for prescription which won't like this.
- Head lice problems will explode if not on prescription. Not all parents can/will afford to buy, so may go without.
- I put no to heartburn and diarrhoea treatments as believe these might often need further investigation?
- Some of the over the counter products are not strong enough for my allergies. If the stronger ones were still available then I'd agree. I do just buy a lot of the things on the list and wouldn't go to the drs for them
- Indigestion remedies should be on script, there may be an underlying illness,,
- I fear if you stop prescribing head lice treatment we may have a head lice explosion and it's bad enough as it is
- It should be all at the doctors discretion, with patients using common sense.
- I had no idea that half of this was on prescription! Although I don't agree with medicines wastage - I do think it should be up to the GP / nurse to use their judgement and still be able to prescribe for pensioners and those with severe skin conditions
- For those who prepay for prescription charges yearly they should not be penalised and expect to pay twice.
- Hopefully, if people have to pay then they will start taking better care of themselves. I already pay for all of these myself with out question.
- over the counter items should be purchased rather than using prescription!!!

- Although prolonged treatment to children and pensioner's need to be assessed. I myself started buying my dry eye treatment and pain killers, stomach products and antihistamine's as they were cheaper than paying a prescription charge, maybe the pharmacist should advise people that by paying prescription charges they are paying more for the product than they actually cost.
- Doctors appointments are wasted by people just wanting a prescription to be given to them. If these people knew that they would just have to go to the chemist to buy these basics they wouldn't book an appt therefore freeing appts for more urgent appts. I know someone who is prescribed a body moisturiser(and gets a free prescription) but gets more than he needs so gives the surplus away each month to family
- I can't believe some of the things on this survey that are currently available on prescription!
- Lots of over the counter medicines can be purchased cheaply from supermarkets and even some pound shops. People need to understand it is not just the price of the medication but also the time involved for GPs to sign prescriptions that cost money.
- Patients need to understand that although the treatment or medicine might be 'free' to them, particularly if they don't pay for their prescriptions, it doesn't mean there is no cost to the taxpayer.
- Not sure about the head lice as usually children that suffer with this and some parents may not be able to afford this and if not treated can soon spread to other people and families
- Cannot believe that all those products are available on prescription so what a good idea to stop prescribing them saving heaps of money to spend on something more worthy!
- Doctors must be allowed to decide whether a patient can afford over-the-counter medicines, not by means testing but from their knowledge of the family. A complete ban would be unjust.
- I wouldn't think twice about buying these products over the counter.
- We also need to ensure that we stop treating people who are not from here. Health tourism as they don't pay in so shouldn't take out.
- Unsure about the toothpaste one as I heard that some people need special types of toothpaste that you can buy over the counter after cancer treatment, Sunblock is often really expensive particularly if you have an allergy to sun? Also the fact that Omeprazole is now effectively over the counter is VERY ALARMING, I was on this unnecessarily for over 10 years (I had stomach ulcers and I found out these pills should have been stopped after 3 months, but he said i needed them as a precaution), given to me by my GP, and it unwittingly caused me a myriad of other problems such as vitamin deficiencies, malabsorption of food, increase in allergic symptoms and general joint pain/ache (there are clinical studies that back these issues up) so these should NOT be able to be used unmonitored!
- I fully agree that it shouldn't be prescribed and we should have to buy it I work for the NHS in a go surgery and see the amount of people who ring up or try to order over the counter mess because they don't want to pay for it because they get free prescriptions it's absolutely disgusting egardless weather you

pay or not if you can buy the medication over the counter you should have to buy it now request it on prescription

- I think headlice can become an issue of neglect in some families which I feel may worsen if medication is not available on prescription and I feel certain medications are quite expensive to buy such as an and histamine spray and if there is a genuine allergy there should be allowed. I feel more should be done to protect children from headlice and parents who do not treat headlice properly should be reported to social services for neglect and intervention should occur to help the child.
- Can't believe some of these are even offered on prescription!
- People need to stop expecting the NHS to pay for simple remedies. People expect far too much. NHS needs to stop being a baby sitting service for the population
- Most things can be bought without breaking the bank!
- It's not quite as simple as yes/no in some cases. I agree with the prescription of freezing treatment for warts, but not of anti-fungals you can buy over the counter. The same applies for antihistamines, there are stronger types you can get from the doctors, but I don't agree with the simple ones being got over the counter.
- These simple medicines are easy to buy and should be in everyone's medicine cupboard
- Seems very sensible to me. Folk do need educating to appreciate the correct use of the NHS though.
- I think we should encourage people to use their pharmacist more and use this service rather than reverting to UCC for every ailment
- As long as the right products are available over the counter these do not need to be prescribed
- For a mother with multiple children that doesn't work is she likely to buy headline treatments for all kids and use properly ... ? this is often why it keeps going round schools
- Anything that can be bought otc should be.
- I do completely agree with this but I also think there needs to be some exceptions for example people with disabilities who struggle to get to the chemist and get these delivered along with other medications or people on very low income who may be unable to afford expensive head lice treatment for example which may need to be purchased repeatedly and any otherwise result in their children not being treated.
- I wouldn't dream of asking for a prescription for any of these items, they are all relatively cheap to buy.
- I agree unless the situation is extreme or every over the counter treatment has been tried. Pensioners should be exempt.
- All these products should not be available on prescription
- Too many GP's prescribe many over the counter medication it needs to stop if you work then you should pay if your unemployed you should get it at a reduced rate but not free.
- I do believe treatment for headlice is very expensive, unlike over the counter painkillers and vitamins, and some parents can barely afford to feed their kids. I know it isn't an illness or urgently needing medication but it can be upsetting for young children, especially girls.

- Prescriptions should be available for chronic conditions
- I think these products should not be on prescription but as a foster carer we are not allowed to give these things to the kids unless prescribed so there may need to be some exemptions
- Wise move, if it saves money to help our NHS alive and healthy then we should support this decision.
- High strength items in all categories for those who need them e.g. High strength anti perspirant for those with hyperhidrosis or emollients for those with high coverage excema or psoriasis Doctors should continue to have a degree of discretion
- If reducing spending on these items can help save our fantastic NHS then I would be happy for this to happen.
- I have put unsure for some items as I think it really depends. Some using say anti histamines for a chronic allergy to something that means they need to take them every day may need assistance of a free prescription. Especially a low or fixed income person like a pensioner. I think Drs need to be able to look at the total situation someone is in, eg if they have complex health conditions and may need to buy a large amount of over the counter medicine may genuinely need a free prescription. I'm not in favour of a blanket rule.
- Absolutely agree with stopping these minor prescriptions it's a waste of money when you can buy them for pence in the poundshop which Blackburn is full of
- If simple painkillers are stopped then those who need them in larger quantities will have to visit 10+ pharmacies to collect their medication for the month. Also with a restriction on emollient it would mean those who have had to try 6 different ones in the space of a month would be unable to find an appropriate treatment. I do pay for my prescriptions on a pre-payment card and can't afford to buy emollients on top of that yet without them my treatment of dithocream in hospital outpatients would have been less effective and would have needed to continue past the 4 weeks. If this also applies to prescriptions from hospital specialists I would definitely struggle to maintain my treatment.
- There should be an addendum that parents on benefits should get these things free for their children as some children may be at risk of not getting adequate medication due to cost. But everyone else should be happy to pay the small amount that these items cost.
- I have never got any of the lust on Px and I cringe when people insist they have them on Px Great move
- I agree that the items mentioned listed should be purchased over the counter , not prescribed, as you say , they are cheaper anyway and easily found.
- only high doses should be prescribed
- If they are one off purchases or not too expensive in the first place why not buy them over the counter.
- only if patients are on a reasonable w`gw could this even be discussed but in this area wages are low and incomes are also low
- People that get free prescriptions should be informed of how much their prescription actually costs the NHS. This may make them realise they actually don't need it
- Some ailments could be a sign of something more serious so prompt diagnosis is crucial. Other things should be paid for and a lot of the time a

similar item over the counter is cheaper than prescription for those of us who have to pay.

- I hope these apply to people on benefits. Most of their ailments are self inflicted and seem to spend most of their time visiting the Doctor or hospital.
- With regard to Aspirin - I have to take Enteric Coated and I have been to many Pharmacies and I cannot find them anywhere to purchase over the Counter and I have tried as I recognise the cost this is costing the NHS.. I also have to take Vitamin D, you also cannot buy this over the Counter at Pharmacies. I would also like an explanation as to why a box of basic Aspirin which can be as low as 25p - can cost the NHS upwards of £40 - who is putting and benefitting from those prices?
- I agree with the proposals but it is important that there is expert advice available to patients who are unsure about which treatment to purchase this could be on line on the CCG web site as well as in pharmacies and surgeries.
- These should never have been on perception anyway.
- All patients need are suggestions about what treatment would be advisable to use for their condition not a prescription.
- Having been extremely critical of basic pain killer prescribing , I think s lot could be done by local HCP S & pharmacists . For some who use these meds frequently , the fact you can not but more than 32 tablets is ridiculous . Many people get RX for this reason only . As long as the genetic do not start to abuse pricing , I think we should all but our own but we should be able to buy volume we want . Headlice treatments are a farce . The only thing you need is cheap conditioner , a great nit comb and the tenacity to get rid of eggs . For people with Asthma , hay fever , etcI think antihistamines should still be RX . Dermatology products should be available fir people with skin conditions as well as elderly to promote skin integrity . Some good local education is also paramount !
- It would depend on whether the stronger forms are available to purchase for example omeraprosol.
- There perhaps needs to be provision for those who are living in poverty who will be unable to buy their medicines, especially for children, but I think in general, most of us would be happy to buy low cost treatments.
- Difficult with cradle cap. Many mums have a lot going on with newborn without worrying about buying medications for cradle cap.
- I am actually shocked that all this last gets prescribed. However not so shocked that people think it's their right then kick off when things are going wrong at Blackburn Royal. Stop spending on these items.
- Most of these things are cheaper to buy than get on prescription.
- think its appalling you are even considering this, get rid of the managers and unneeded paperwork and people who have not paid in and you'll easily balance the budget
- Should also include self inflicted injuries i.e. Drink associated medical issues
- Offer a 50p voucher towards over thw counter cost.
- This makes perfect sense. Paracetamol are 15p in bargain stores!
- The majority of these items can be bought for a fraction of the cost of a prescription. The NHS cannot sustain providing these and many other things for 'free'. People should take responsibility for their own well being.

- If somebody requires any of the proposed products for a significant medical condition that they would be unable to source over the counter then these would still need to be prescribed
- They are readily available just because one is eligible for free prescriptions doesn't mean you can't buy OTC remedies yourself. I am entitled to free prescriptions but all the things on your list I buy.
- Tablets are being prescribed like smarties, half of them are never used and a lot sent abroad. Lets use our common sense for once
- Most of these items can be bought in pond shop but then we could make them more affordable for everyone pain a thing that a must but you can get them cheap enough for headache if it more serous then that different
- While the majority of people can afford to buy things listed (& regularly do as it's cheaper than a prescription) there are families struggling to feed & clothe themselves who can't afford to pay for them & because of serious health conditions genuinely need them. Would a promotion (similar to what has happened with antibiotics) where GPs stop & think if the items are absolutely necessary not be effective without potentially depriving people who need them of medicines?
- any prescription that is cheaper to buy over the counter, than the actual prescription cost should not be free
- We shouldn't expect everything to be 'free'
- People should definitely try over the counter products first, if they don't work then go and see GP to see if something stronger/more effective is available prescription only.
- I don't think there is any need for people to have things prescribed when they are readily available over the counter. I am entitled to free prescriptions and I my child has eczema and allergies, I always buy any of our medicines, creams and bath additives over the counter if they're available.
- I'm actually surprised that most of the items listed are available on prescription, I'd be embarrassed to request a prescription for them. I definitely think that people should pay for them over the counter.
- I work in a Gp surgery. The amount of stuff people ask for that they can but otc there and then instead of waiting for Px to be done is appalling.
- I believe in principal this is a good idea
- in certain cases some of these may be needed on prescription
- fabulous idea
- Maybe it needs to be made clear that some of these conditions would merit discussion with a pharmacist.
- As children and elderly get free prescriptions, may be worth factoring that into this study. Also isn't it a right of the patient to receive treatment on prescription?
- I still think young children should have free prescriptions but should start to pay after a particular age.
- It's silly to get these on prescription when you can by them at the Chemist.
- How about re-introducing the minor ailment scheme like East Lancs CCG. At the end of the day if a patient can't afford treatment they will still go to the GP. The GP may refuse to prescribe and advise what to buy but that's still an appoinment wasted.