

# How to manage your conditions and help the NHS



Oxfordshire  
Clinical Commissioning Group

GP practices in Oxfordshire spent over **£3.3 million** on prescribing medicines for all these conditions in the last year. In some cases, treatments for these conditions could have been bought from a local pharmacy. It is cheaper for you than it is for the NHS.\*\*



ANTI-HISTAMINES

£

to local NHS  
**£299,000**

to you  
**£2.50**  
for 30 day supply\*

Equivalent to  
approximately

**9**

**MORE  
DISTRICT  
NURSES**  
a year



MULTI-VITAMINS

£

to local NHS  
**£42,000**

to you  
**£1.50**  
for 90 tablets\*

Equivalent to  
approximately

**1<sup>1/2</sup>**

**MORE  
HEALTH  
VISITORS**  
a year



MUSCLE AND  
JOINT PAIN

£

to local NHS  
**£357,000**

to you  
**£1.59**  
for 30g\*

Equivalent to  
approximately

**11**

**MORE  
OCCUPATIONAL  
THERAPISTS**  
a year



DRY SKIN

£

to local NHS  
**£1,312,000**

to you  
**£3.00**  
for 400ml\*

Equivalent to  
approximately

**50**

**MORE  
MENTAL  
HEALTH NURSES**  
a year



DRY EYES

£

to local NHS  
**£197,000**

to you  
**£2.50**  
for 10ml\*

Equivalent to  
approximately

**8**

**MORE  
PHYSIO-  
THERAPISTS**  
a year



INDIGESTION

£

to local NHS  
**£295,000**

to you  
**£2.00**  
for 48 tablets\*

Equivalent to  
approximately

**9**

**MORE  
SPECIALIST  
NURSES**  
a year



PARACETAMOL

£

to local NHS  
**£744,000**

to you  
**19p**  
for 16 tablets\*

Equivalent to  
approximately

**7**

**MORE  
DOCTORS**  
a year



DIARRHOEA

£

to local NHS  
**£76,000**

to you  
**£1.00**  
for 6 capsules\*

Equivalent to  
approximately

**5**

**MORE CARE  
WORKERS**  
a year

**Look at [www.nhs.uk](http://www.nhs.uk)** for advice on how to stay well and reduce symptoms for minor conditions. Make sure you have enough of the medicine you need.

\*All prices are based on a quick search of the cheapest available product in your pharmacy/supermarket (as at May 2017). \*\*It costs more to the NHS than the purchase price from pharmacies and supermarkets because the NHS price is set nationally and additional fees are added to cover the process of checking and dispensing the prescription. There are also costs to the NHS associated with GP and nurse appointments and time spent by prescription clerks.

Spend data taken from ePACT March 2016 to Feb 2017. Equivalent number of staff estimated based on salary/net remuneration information from 'Unit Costs of Health and Social Care 2015' <http://www.pssru.ac.uk/project-pages/unit-costs/2015/index.php> (accessed May 2017)

Version 1 – Oxfordshire Clinical Commissioning Group, Medicines Optimisation Team (June 2017).

Adapted from NHS Ipswich and East Suffolk Clinical Commissioning Group with thanks.