

Position statement on the short term prescribing of paracetamol and ibuprofen

Following the local Spending NHS Money Wisely public consultation, the Governing Bodies of the BHR CCGs met in common on 29th June 2017 to agree changes to prescribing across Barking and Dagenham, Havering and Redbridge.

From 10th July 2017
Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (BHR CCGs) no longer supports the short term prescribing of paracetamol and ibuprofen tablets and capsules

Decision

- The decision to stop the short term prescribing of paracetamol and ibuprofen tablets and capsules applies only to adult patients across Barking and Dagenham, Havering and Redbridge, where the below listed exceptions do not apply

Exceptions

- BHR CCGs have agreed exceptions to this recommendation, where they accept that prescribing should continue. These include:
 - Prescribing of liquid formulations of paracetamol and ibuprofen
 - Prescribing for children, even for short-term use
 - Prescribing for all patients that need long term pain relief for chronic conditions

This decision was made because:

- Painkillers like paracetamol and ibuprofen can help treat pain and reduce a high temperature (fever). They are typically used to relieve mild or moderate pain, such as headaches, toothache or sprains, and reduce fevers caused by illnesses such as colds and flu
- These symptoms usually improve on their own and have no long-term harmful effect on a person's health
- They are widely available to purchase at low cost at supermarkets, pharmacies and other retailers
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before