

Should Increase in Appropriate Self-Care Be Encouraged?

Case Study on Economic Savings with Over-The-Counter (OTC) Ibuprofen in Dysmenorrhea, Migraine and Acute Rhinosinusitis in the UK

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Objectives

- Individuals experiencing minor conditions can receive more convenient and/or faster access to treatment through self-care, leading to reductions in symptom length and productivity/education loss, and greater economic welfare
- Increased use of self-care for minor conditions can reduce the number of healthcare professional appointments and, hence, provide opportunity cost savings to the National Health Service (NHS)
- This study estimates the opportunity cost savings associated with self-care treatment for minor pain conditions using ibuprofen

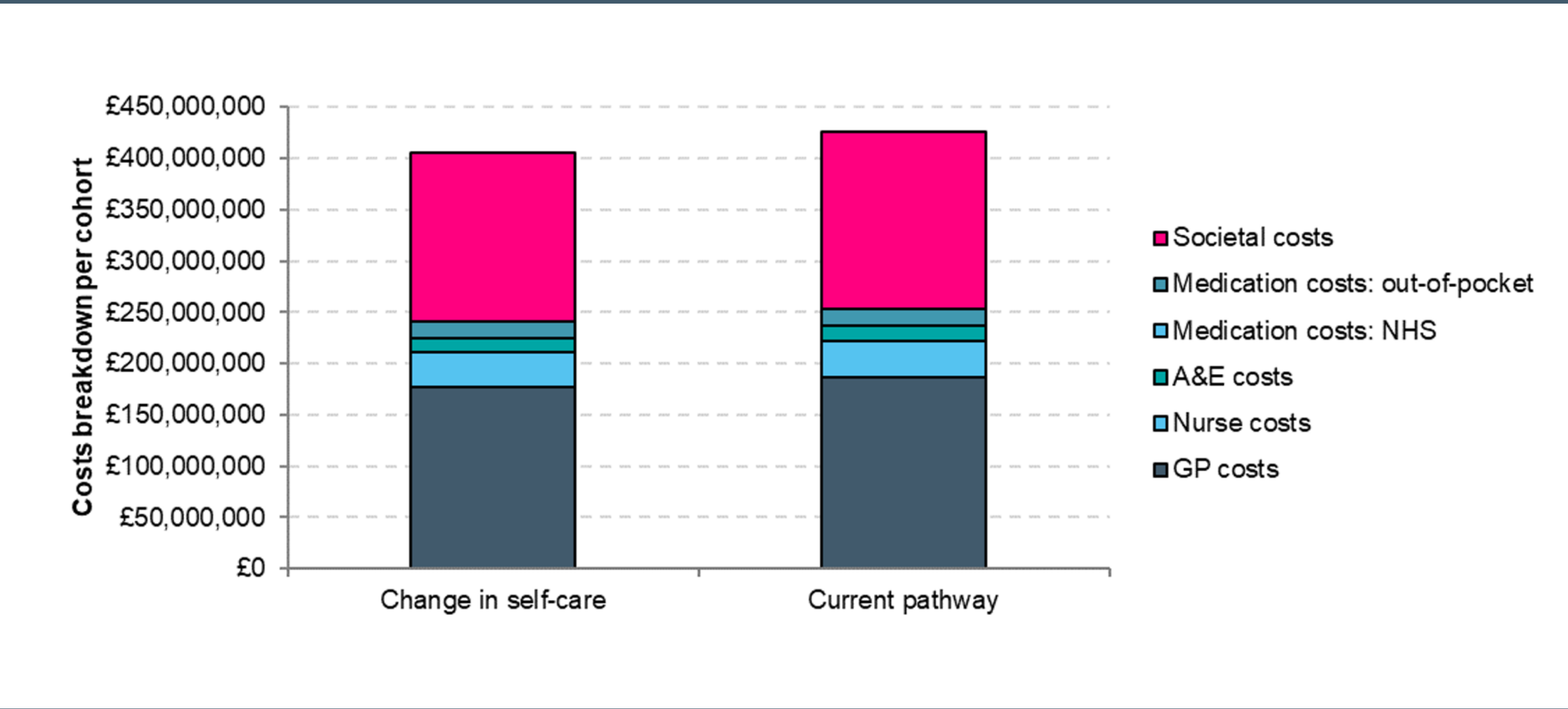
Methods

- A model was developed from the perspective of the NHS, Personal Social Services (PSS) and society to evaluate the economic impact of a change in the proportion of people using self-care
- Three conditions considered to be treatable with over-the-counter (OTC) medications were selected (dysmenorrhoea, migraine and acute rhinosinusitis)
- Ibuprofen was selected as the treatment option because of its recommendation by the National Institute for Health and Care Excellence (NICE) as the first-line treatment for migraine and dysmenorrhoea and as a self-management strategy for acute rhinosinusitis
- The model estimated a change in the number of primary and secondary care appointments following an increase or decrease in the uptake of self-care
- Model captured potential opportunity cost savings to the NHS through increased availability of appointments for other reasons.
- Productivity and education days lost were also modelled to estimate the wider indirect costs associated with preventable work and school absences due to delays in receiving treatment
- Deterministic sensitivity was also conducted to estimate the uncertainty associated with the analysis

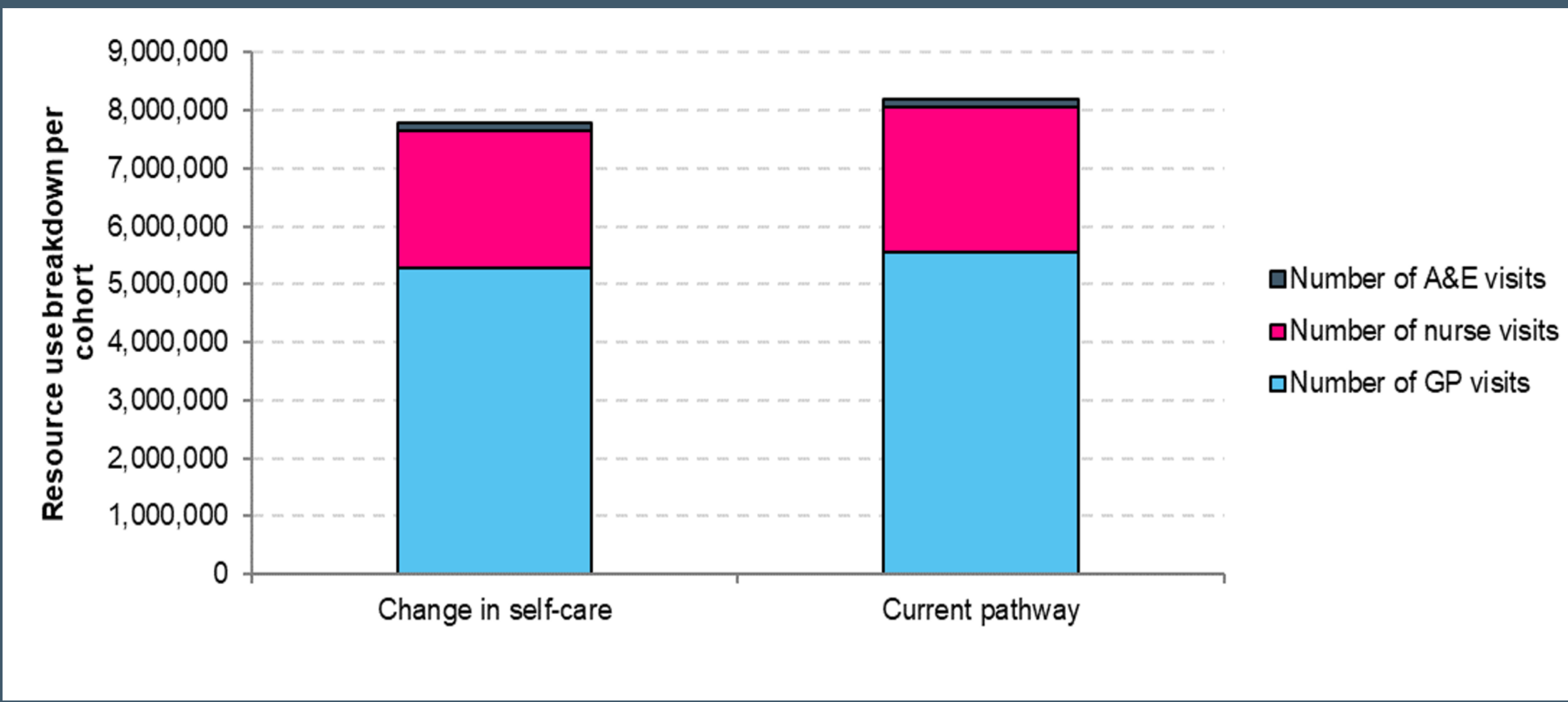
Results

- A 5% increase in the use of self-care could contribute to **£11,852,342 opportunity cost savings** from the NHS and PSS perspective and **prevent 882,875 and 117,114 work and school hours lost**, respectively, in the United Kingdom over a one-year time horizon
- Sensitivity analysis suggests the magnitude of change in self-care, the **number of preventable healthcare appointments** at baseline and **appointment waiting times** are the main drivers of the model results

Cost Breakdown per Cohort



Number of Healthcare Professional Visits per Cohort



Conclusion

- With change in self-care utilisation being the main driver of the model results, this indicates that a higher cost saving potential can be achieved through significant reduction in primary and secondary care appointment costs and decreased waiting time and productivity loss
- Self-care is integral to the NHS long term plan, promoting a preventative healthcare model to better manage NHS demand, hence self-care with analgesia provides **opportunity cost-savings to the NHS** and **frees up the capacity of healthcare professionals** so that they can focus on more severe conditions.

Benefits of Self-Care with Over-The-Counter Analgesia

- ✓ Convenient access to effective analgesia reduces the impact of pain occasions
- ✓ Fewer lost education and productivity days
- ✓ Frees up capacity in over-burdened healthcare systems