

Medicines strategic plan 2025–2030

Helping people live longer healthier lives

Our priorities

Over prescribing

Reduce unnecessary use of medicines to prevent harm, waste, and damage to the environment.

Some of things we will be doing:

- Keeping patients safe by only giving them the medicines they really need.
- Listening to patients so their medicines suit their needs and choices.
- Helping people and healthcare workers understand stopping a medicine can be just as important as starting one.

Antibiotic use

Make sure antibiotics are used correctly to prevent resistance and keep them working.

Some of things we will be doing:

- Ensuring responsible antibiotic use by collaborating with patients and prescribers.
- Educating the public and healthcare workers on appropriate antibiotic use.
- Partnering with organisations to control infections in line with the NHS national action plan.

Pain medicines

Help minimise harm to patients caused by medicines for pain that don't work and cause side effects.

Some of things we will be doing:

- Encouraging the safe and appropriate prescribing of pain medicines and anti-inflammatory drugs through personalised care, following guidelines and evidence, and as part of shared decision-making with patients.

Heart disease, diabetes and obesity

Reduce deaths and hospital visits through early heart disease, diabetes and obesity treatment.

Some of things we will be doing:

- Ensuring appropriate blood-thinners prescribed.
- Encouraging regular blood pressure checks.
- Providing cholesterol-lowering medication for heart disease prevention.
- Optimise diabetes treatment with cost-effective medicine and reduced overprescribing.
- Enable access to weight loss medicines for eligible patients.

Respiratory

Improve treatment to reduce hospital visits for breathing problems.

Some of things we will be doing:

- Following new guidelines to improve patient care.
- Reducing unnecessary inhaler use.
- Supporting environmentally friendly respiratory treatments.
- Educating patients and healthcare staff on updated recommendations.

Anxiety and depression

Use fewer antidepressants and anxiety medicines when not needed and provide better access to therapy.

Some of things we will be doing:

- Promoting the safe use of antidepressants. Ensuring regular patient reviews.
- Supporting healthcare professionals in reducing long-term prescriptions safely.

We will do this by...

Supporting cultural and behavioural changes with prescribers and patients to reduce unnecessary medicines and use other treatments when suitable.

Reducing antibiotic use by 5% in line with national guidelines by encouraging doctors and the public to use antibiotics only when really needed.

Improving prescribing using existing systems, providing education on safe pain relief and working with partners and patient groups.

Ensuring co-ordinated and integrated patient care and training for partners in primary care.

Ensuring diagnosis and health support services, including smoking cessation, and vaccinations, are available across the region.

Improving access to talking therapies and other treatments, with better diagnosis and appropriate prescribing of supportive medication.

Better health and wellbeing for all...