







Towards EU Accession: Serbia's Regulatory Challenges, Expectations And Opportunities

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Non-prescription medicines

- ➤ 50% of all medicines sold have the status of non-prescription
- Primarily consisting of established substances
- ➤ Innovation e.g. through move of substances from prescription to non-prescription status ("switching")



Pharmaceutical EU legislation

➤ Started in 1965

- > Several major revisions
- Complex mix between EU and national rules



Level of harmonisation

- > High: marketing authorisation, labels, leaflets
- ➤ Medium: advertising, classification
- Low: pricing, reimbursement, distribution



Market access

- Basic criteria for proof of efficacy, safety and quality are harmonised
- Centralised procedure possible for innovative non-prescription medicines: classification status harmonised
- Mutual recognition / decentralised procedure: classification status national
- National authorisations for well-established substances still possible



Classification of medicines

- Medicinal products shall be subject to medical prescription where they:
 - right a likely to present a danger, even when used correctly or,
 - are frequently and to a very wide extent used incorrectly or,
 - contain substances which require further investigation or,
 - > are to be administered parenterally.
- Remainder are non-prescription medicines



Guideline on changing the classification for the supply of a medicinal products for human use

Revised version of 26 January 2006:

http://pharmacos.eudra.org/F2/eudralex/vol-2/C/switchguide_160106.pdf

- Detailed explanation of the basic criteria
- Clarification of data requirements
- Clarification of exclusivity provisions



AESGP "Switch Database"

Available via:

http://www.aesgp.be/publications/otcIngredientT ables.asp

Shows numerous important switches to non-prescription status over the last years



Package leaflets

"The package leaflet must be written and designed to be clear and understandable, enabling the users to act appropriately, when necessary with the help of health professionals..."

"The package leaflet shall reflect the results of consultations with target patient groups to ensure that it is legible, clear and easy to use"

➤ European Commission to submit report on current shortcomings and possible improvements by 2013



Advertising

➤ In principle all non-prescription medicines may be advertised in all media

Different control mechanisms

> Trend towards abandoning state pre-control



Future pharma policy

"... non-prescription medicines ... play an important role since they offer economic as well as social benefits. Self-medication empowers patients to treat or prevent short term or chronic illnesses which they consider not requiring the consultation of a physician or which may be treated by the people after an initial medical diagnosis. Consequently, access and availability of these medical products require particular attention."

Source: Communication of the European Commission on "Safe, Innovative and Accessible Medicines: a Renewed Vision for the Pharmaceutical Sector" of 10 December 2008



Self-diagnosis + self-management

- Cold
- Constipation
- Diarrhoea
- Emergency contraception
- Erectile dysfunction
- Fever

- Indigestion/heartburn
- Mild/moderate pain
- Minor cuts and bruises
- Smoking cessation
- Topical bacterial infections

- Arthritic pain
- Cholesterol lowering/lipid control
- Dermatitis/eczema
- Hayfever treatment
- Male pattern baldness

Short term use /
Acute condition

Recurrent /
Semi-chronic condition

Long term use/ Chronic condition

- Bacterial conjunctivitis
- Cystitis
- Lower urinary tract infections
- Vaginal thrush

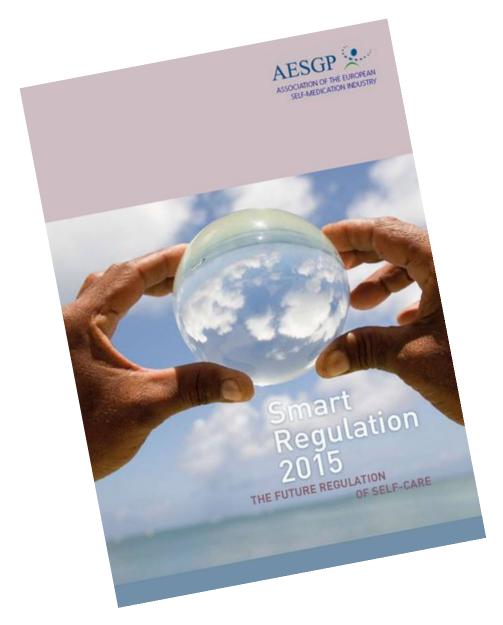
- Asthma
 - Benign prostatic hypertrophy
- Chronic insomnia
- Incontinence
- Migraine

- Obesity
- Oral contraception
- Osteoporosis prophylaxis
- Psoriasis (mild)
- Rheumatism
- Venous leg ulcers

Doctor consultation + other health professional advice + patient self-management (with/without medical device)

Source: AESGP study on new indications for self-medication and related information needs carried out for DG SANCO of the European Commission







Close collaboration with stakeholders

- > Health professions
 - ➤ Medical doctors
 - > Pharmacists
- > Patients'/consumers' organisations
- > Governmental organisations



"Borderline areas"

- > Food / food supplements
- Medical devices

Cosmetics







Self-care:

The first choice

in health care