

For immediate release

## **NHS REFORMS REPORT INCORPORATES RECOMMENDATIONS OF SELF CARE FORUM**

In a letter submitted to Professor Steve Field during the Government's listening exercise, the Self Care Forum suggested a number of changes to the Health Bill including increasing patients' involvement in their care in order to facilitate self care. Many of these suggestions were echoed in the Government's report on changes to the NHS reforms.

The Self Care Forum warned that many people lack the confidence to become involved in their health care and recommended that this be addressed. The Forum's letter advised that creating informed patients is key to building a confident population that knows how and when to access services, so the NHS can be maintained as a valuable resource.

The Government's report, issued in response to the findings of the NHS Future Forum earlier this week, promised that the amended Health Bill will increase the importance of patient access to information in order to make informed choices about their care<sup>1</sup>. The Self Care Forum feels that patient choice is "a bedrock of the health service".

The Self Care Forum also cited public engagement through Health and Wellbeing Boards as "essential", and the reforms report reflected this recommendation by giving the Boards a new duty to involve the public.

The Self Care Forum, ratified last month by Paul Burstow MP, was established to further the reach of self care and embed it into everyday life.

Gopa Mitra, director of policy and public affairs at PAGB said: "We are delighted that the recommendations of the Self Care Forum have been incorporated into the Government's

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<sup>1</sup>[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_127443](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_127443)

report on the NHS reforms. The Self Care Forum truly believes that patient choice and involvement, in other words making patients co-producers in their care, is key to sustaining the NHS. Giving people the confidence to make these decisions will help them decide when to access an NHS service and when to self care.”

- Ends

**Notes to editors:**

The Self Care Forum consists of the advocates of the *Self Care Campaign*, which was launched in March 2010 and is made up of professionals from key organisations across primary care including the NHS Alliance, Royal College of Nursing, National Association of Primary Care, National Association of Patient Participation and the Proprietary Association of Great Britain (PAGB). Advocates believe that it is clinical good practice to promote and encourage people to look after their own and their families’ health when it is safe to do so. The importance of self care is apparent when we think about commonly occurring conditions with symptoms such as headaches, upset stomachs and aches and pains, and knowing when it’s safe to self care and when you should see your GP.

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Self Care Forum membership:

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Dr Paul Stillman, GP  
Dr Peter Smith OBE, NAPC  
Sara Richards, Nurse Educator  
Dr Simon Fradd, Concordia Health  
Dr Ian Banks, Men’s Health Forum  
Dr Michael Dixon OBE, NHS Alliance  
Dr Raj Patel, GP  
Dr Steve Boorman, Royal Mail  
Professor Nigel Sparrow, GP  
Susan Summers, North West SHA  
Professor David Haslam CBE, GP  
Dr John Chisholm CBE, Concordia Health  
Mark Duman, Patient Information Forum  
Dr Amir Hannan, GP  
Dr Knut Schroeder, GP  
Professor Sue Cross, nursing education

Jeremy Taylor, National Voices  
Dr Peter Carter OBE, RCN  
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Stephanie Varah, NAPP  
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Dr Gill Jenkins, GP  
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