



Royal College of  
General Practitioners

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Chair of the RCGP Professional  
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# Self Care for Minor Ailments e-learning course

Welcome to the RCGP Online Learning Environment



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## Self Care for Minor Ailments



This course equips practitioners with the knowledge and skills to conduct a 'self-care aware' consultation for patients with self-limiting minor ailments.

The course also includes strategies for the whole primary care team, to improve patient access to evidence-based information about minor ailments and to enhance patient confidence.

This course has been developed in partnership with the Proprietary Agency of Great Britain (PAGB) and RCGP experts in self-care as part of collaborative drive to change the culture of dependency in the NHS.



Time to complete course: 2 hours  
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# Why self care is important to patients

- increased confidence and reassurance
- increased control over own health
- reduced time off work
- reduced anxiety while waiting for an appointment.

# Why self care is important to patients

- improving access to GP care for complex problems
- increasing time and staff resources for managing long-term conditions
- involvement in shared decision making about own health and wellbeing

# The role of GPs in self care

- Educating patients and their families to:
  - recognise the signs and symptoms of potentially serious illnesses
  - know when and how to seek medical advice.
- Advising patients about:
  - the most effective, evidence-based treatments for minor ailments
  - avoiding unhelpful or ineffective treatments
  - potential interactions with prescribed and OTC medications.

# Why is CPD needed?

- To increase knowledge and skills in promoting self-care for minor ailments.
- To help patients become more confident and empowered in managing minor illness.
- To provide a consistent message about when to self-care
- To reflect on factors that lead to unnecessary prescribing for minor ailments
- To increase awareness of OTC medications that may be equally or sometimes more effective.

# RCGP CPD strategy

- Supporting GPs for appraisal and revalidation
- 2 CPD credits for 2 hours and reflection + double for implementation
- Integration with Revalidation ePortfolio
- RCGP CPD Accredited

