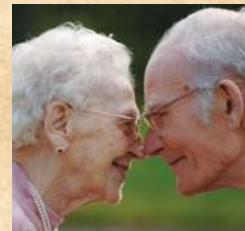


The Self Care Challenge for Primary Care

Talking the Talk Walking the Walk



Dr Pete Smith OBE VP NAPC



BALANCING EMOTION AND EVIDENCE

Emotion

- Webful of horror stories
- Slag off and blame culture
- Expectations – authoritative/ non-paternalistic
- Fear of complaints
- Human suffering

Minor?





TALKING THE TALK - DEPENDENCY?

SYMPTOM ICEBERG

Symptoms experienced over a 2 week period

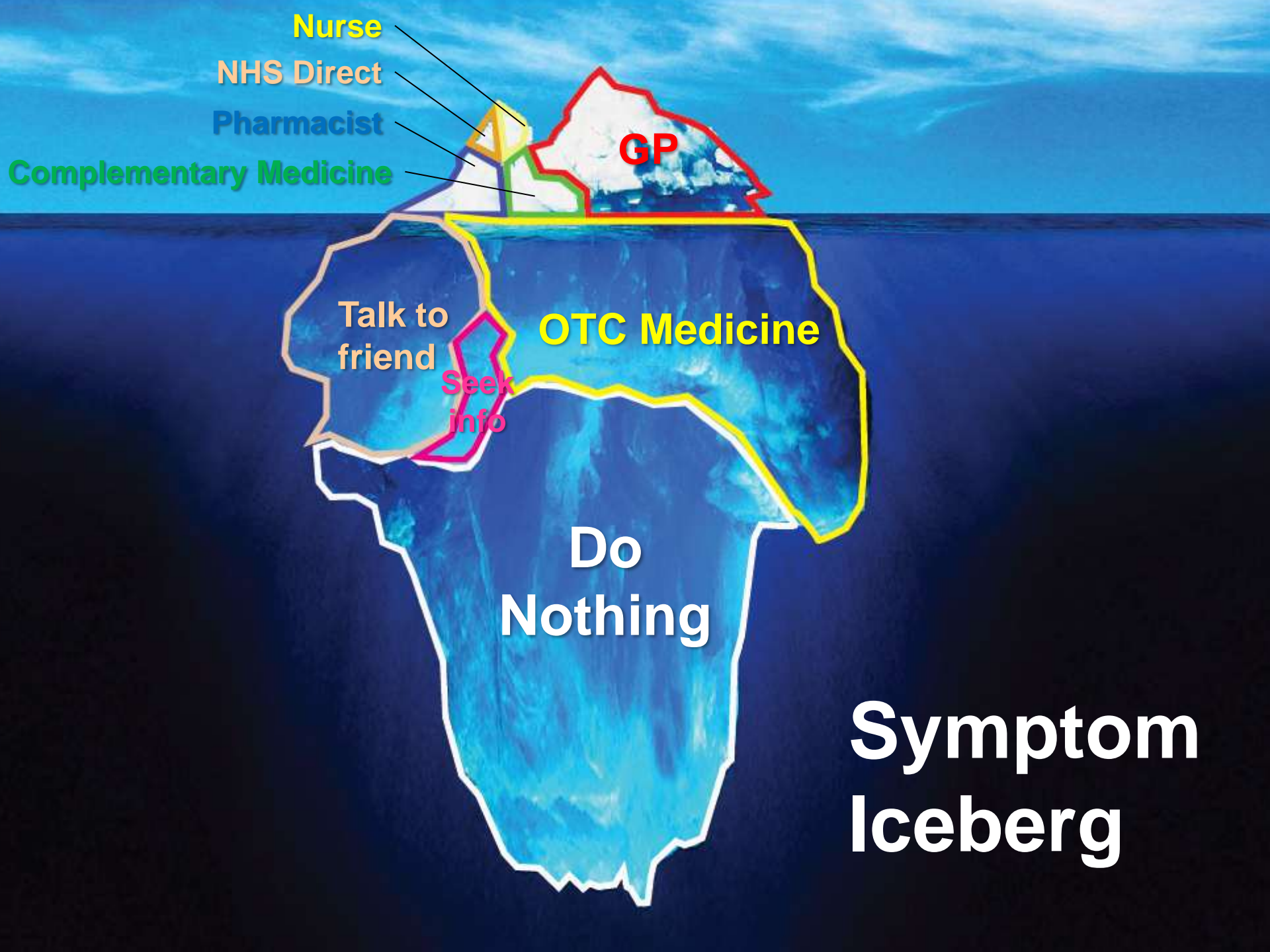
75% had 1-22 symptoms

40m in England

Ascertaining the size of the symptom iceberg in a UK-wide community-based survey

Philip C Hannaford, Anne McAteer and Alison M Elliott
British Journal of General Practice, *January 2011*

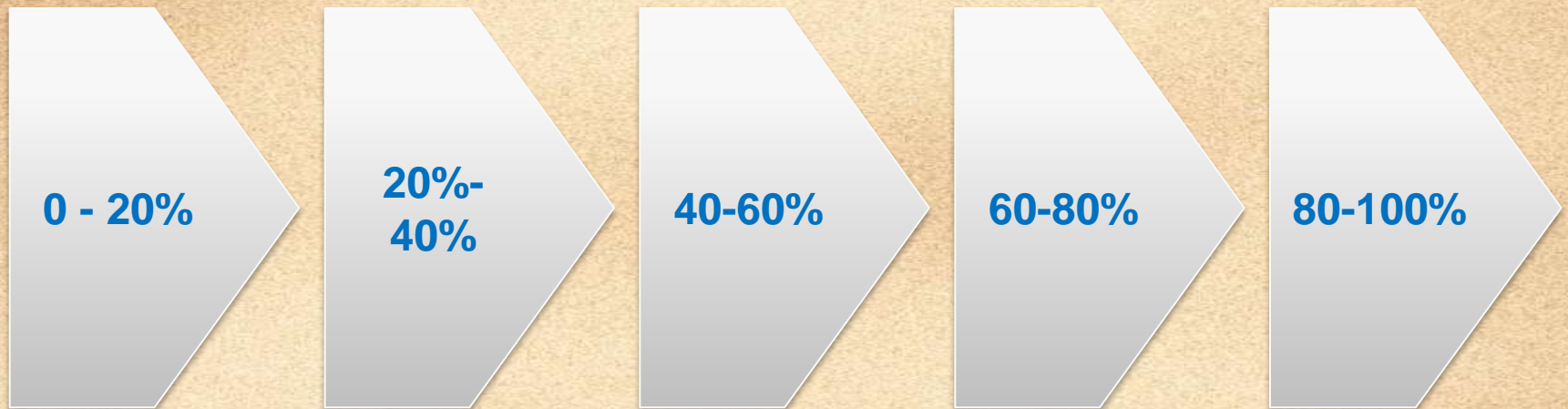
	%
Feeling tired/run down	41
Headaches	38
Joint pain	31
Back pain	30
Difficulty sleeping	28
Sore throat	19
Nervousness/anxiety	18
Indigestion/heartburn	18
Cough	18
Cold or flu symptoms	17
Feeling depressed	16
Stomach/abdominal pain	15
Diarrhoea	12
Nausea/feeling sick	11
Constipation	9
Dizziness	9
Shortness of breath	8
Wheezy chest	7
Loss of appetite	5
Chest pain	5
Vomiting	4
Blood in stool	2
Unintentional weight loss	2
Fainting	1
Coughing up blood	0



Iceberg figures

	%	NHS England
GP	8.3	3.3m
TOTAL PROF CONTACT		5.5m
TOTAL SELF CARE		34.5m

What percentage of GP interventions are evidence based?



1963 Forsyth – half a century ago, 20% evidence based prescriptions

1995 Gill, - 81% interventions in GP evidence based

Quiz - Temperature – best method?

Which is most sensitive at picking up a temperature compared to oral and rectal thermometer? (NICE)

Match the evidence to the method

Good

Evidence Range: 25% - 98%

Better

Evidence Range: 51% - 97%

Best

Evidence Range: 74% - 97%

Infrared
tympanometry



Feeling the
forehead



Axillary
temperature



BUT history in child under 5:

- 5 days or more fever needs to be seen – Amber risk
- 0-3 months T38 or over or 3-6 months 39 or over –need to be seen within 2 hours
- Red risk



Talking and walking

RESPIRATORY SYMPTOMS – EVIDENCE & APPLICATION

When?

- **Antibiotics Not Effective for Cough Due to “Common Cold” in Children**
- **New Research Regarding Antibiotics and Cough in Children**

CHEST
2012



October 20 - 25
Atlanta, Georgia

Iceberg - Respiratory Symptoms in the population in a 2 week period

Extrapolated to English population of 53m

COUGH

18% have cough	9,278,259
Of these, 15% consult	1,391,739
7% with GP	649,478
6.2% take prescribed meds	575,252

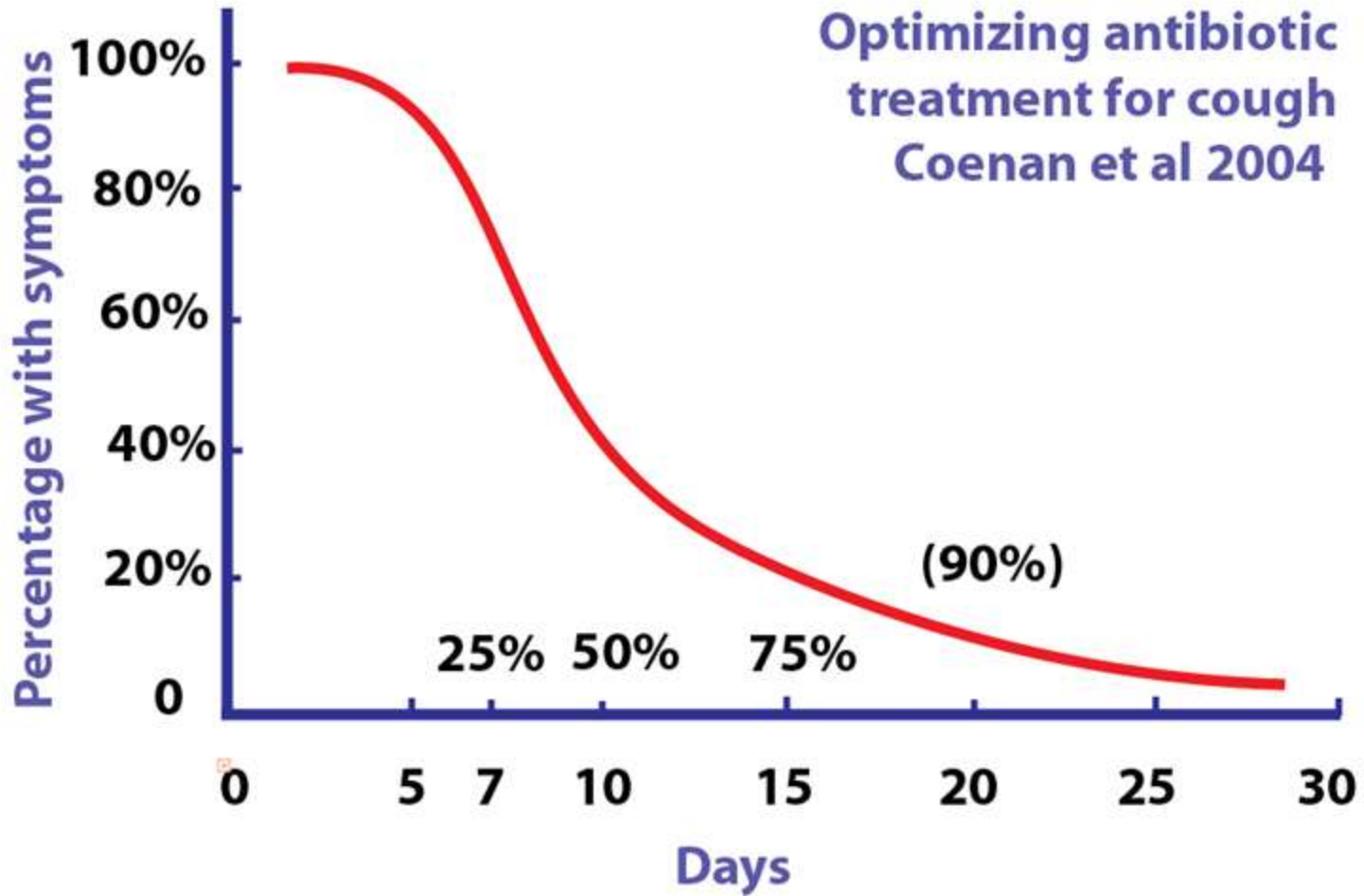
SORE THROAT

19% have Sore throat	9, 878, 239
Of these, 13.7% consult	1,353,319
7.3% with GP	721,111
5.4% take prescribed meds	533,424

Cough – simply the evidence

1. 90% of coughs last up to three weeks (whether or not treated with antibiotics or chest signs present)
(Cochrane)
2. The same number reattend even if given antibiotics
(Cochrane)
3. Delayed or no prescribing strategy if not at an increased risk of developing complications (NICE)
4. Antibiotic may sometimes be given if
 - suggestion of complications or
 - at risk of complications elderly, very ill, have comorbidities and or significant history (NICE)

**Optimizing antibiotic
treatment for cough
Coenan et al 2004**



Cough Tweet

- 90% of coughs last up to 3 weeks and will not be helped by antibiotics unless you are elderly, very ill or have another health condition
- 138 characters

Sore Throat

simply the evidence

1. 90% of sore throats will clear in a week – whatever we do (Cochrane)
2. Whether viral or bacterial, antibiotics make little difference (Cochrane)
3. Don't give antibiotics unless:
 - Acute sore throat/acute tonsillitis when three or more Centor criteria¹ are present.
 - presence of tonsillar exudate,
 - tender anterior cervical lymphadenopathy or lymphadenitis,
 - history of fever and
 - an absence of cough (NICE)
4. Explore parental anxieties (NICE)
5. Consider interval prescription – 17% less likely to reattend (NICE)
6. Give written instructions for each (NICE)

Sore Throat Tweet

- Most sore throats will last up to 7 days and will clear without antibiotics. Paracetamol or ibuprofen and fluids are the best treatment
- 138 characters (including spaces)

Challenge

Everyone needs to know:

- acute otitis media: 4 days
- acute sore throat/acute pharyngitis/acute tonsillitis: 1 week
- common cold: 1½ weeks
- acute rhinosinusitis: 2½ weeks
- acute cough/acute bronchitis: 3 weeks

Bite sized challenge for this winter

- Starting with cough, sore throat
- ALL pts that ring are given the same message
- ALL patients that attend are given the same message and management
- Tweet sized, bite sized or full info

SHINE

ALPHABET

ALPHABET