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SELF CARE/LOOK AFTER YOURSELF

Forget the H/SC Bill.

*Only total
transformation will save
the day - maybe.....*



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TRANSFORMATION

*Forget Transforming
Community Services, we
must transform the
character and essence
of health care*



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HAVE WE OVER PROVIDED?

*Are we less resilient,
capable, confident and
more dependent ? Are
we more informed,
intelligent ?*



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BACK TO TCS

*Mobilise self care
practitioners and leaders
through a social
movement. How are we
doing so far?*



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THE SOCIAL MOVEMENT MUST

*Create a shared story,
relational commitment,
structure, strategy,
measurable action.
Quote DH TCS guide*

OUR FRIENDLY NURSES

- u Help patients to manage LTCs
- u Educate people about managing coughs, colds and minor illness
- u Explain to people on what is normal about their conditions and why they need to take their medicines

MORE FRIENDLY NURSES

- u Tell people where to get further advice
- u Direct people to www.patient.co.uk
- u Remind people of their local pharmacy
- u Direct people to local schemes equipped to deal with minor ailments.
- u Sue Cross. PHCJ September 2011

BENEFITS OF SELF CARE

- u Improved symptom management, reduced pain, anxiety, depression, tiredness, well being, medicines compliance, work attendance
- u Increased life and quality of life
- u Fewer hospital admissions. Sue Cross

WOULDN'T IT BE WONDERFUL IF

- u 500,000 nurses, midwives and health visitors understood the psychology of behavioural change and were equipped with basic social marketing skills?
- u Time spent on self care is time saved further down the line.....

SO, LETS TRANSFORM EDUCATION

- u New relationships and partnerships between friendly nurses and the public
- u Nurses need to be first and foremost teachers of health and independence.
Quote Dear Florence Nightingale
- u Bring on 500,000 health promoters

REMEMBER PROCHASKA

- u Acknowledge what needs to change
- u Gather plans to implement change
- u Prepare to carry out the change
- u Take action
- u Maintain the change
- u Celebrate



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TRANSFORMATION MOVEMENT

*Here lies the solution.
The only good reform is
the one which provokes
self care and LAY.*