

Self Care – Crunch Time

15th Self Care Conference

12 November 2013

Professor Ian Banks



1st Self Care Conference - 1989

One of the most important moves in reaching these solutions is the increasing recognition of personal responsibility for our own health.. People are increasingly demanding the right to control their lives and be able to choose high quality services.



Virginia Bottomley – Health Minister 1989

1st Self Care Conference - 1989

I believe in the patient as an equal partner in primary care



Professor Mike Pringle – RCGP President 2013

24 Years – What's changed?

Sept 2013 - *there should be greater emphasis on shared care and shared responsibility, prevention, lifestyle management and consumer involvement.*

GP Workload Increases in 1989

“patients suffering from long term conditions make up over half of the visits or reasons for which GP consultations are sought.

whilst we may be living to a riper old age, we are only doing so largely through the help of continued effective medication and care in the elderly, often GP initiated.”

Grasping the Nettle



Why Aren't We Further On?

There's been years of policy in favour of Self Care:

the frontline to healthcare is the home. Most healthcare starts with people looking after themselves and their families in the home – and professional training will have much more emphasis on self care, particularly for chronic conditions.

NHS Plan - 2000



Fully Engaged Scenario

2001 – Securing our future health – taking a long term view (A 20 Year Vision)

2012 - *we are still a long way off Sir Derek's fully engaged scenario.* Dr Anita Charlesworth, Nuffield Trust

2021 – 7 years to go



Consumers Want to Self Care!

- People feel responsible for their health and their family's health. **2005**, NOP
- Consumers believe they *are* self caring! **2009** TNS
- 300,000 GP consultations involving minor ailments **2007**, King's Fund
- Consumers are willing to self care. **2013**, EPPOSI



Monitor 2013

- Oct 2013, Monitor Report: *a 21st century NHS will need to focus more on preventing illness and supporting individuals in maintaining active and healthy lifestyles*
- *for universal access free at the point of use – NHS staff, politicians and the public will need to work together to develop new care models for the NHS and new ways of workings.*
- *it's up to all of us to make this happen.*



Crunch Time

- *there is not yet the perception that there is a problem. But we must use the NHS responsibly or we will lose it, and we must have this conversation with the public.* Dr Anita Charlesworth, April **2013**
- *Government, politicians and Royal Colleges must begin a debate with the public, the media, patients and professionals to bring about an understanding of how to make better use of finite NHS resources in-keeping with fiscal constraints.* All Party Parliamentary Group on Primary Care and Public Health, July **2013**



Self Care Movement

it's up to all of us to make this happen



Rally in support of Nagorno Karabakh's secession from Azerbaijani SSR, 1988



Mike Pringle



Nigel Sparrow



Amanda Cheesley



Jeremy Taylor



Michael Dixon



Susan Summers



Martin McShane



John Chisholm



Simon Fradd



Sam Everington



Peter Smith



Amir Hannan



Knut Schroeder



Mike Farrar



Gopa Mitra

