Self Care – Crunch Time

15th Self Care Conference
12 November 2013
Professor Ian Banks
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
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.”

Dorothy Knightley, IMS
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