

SAVE OUR NHS – TIME FOR ACTION ON SELF CARE

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65 years of the NHS



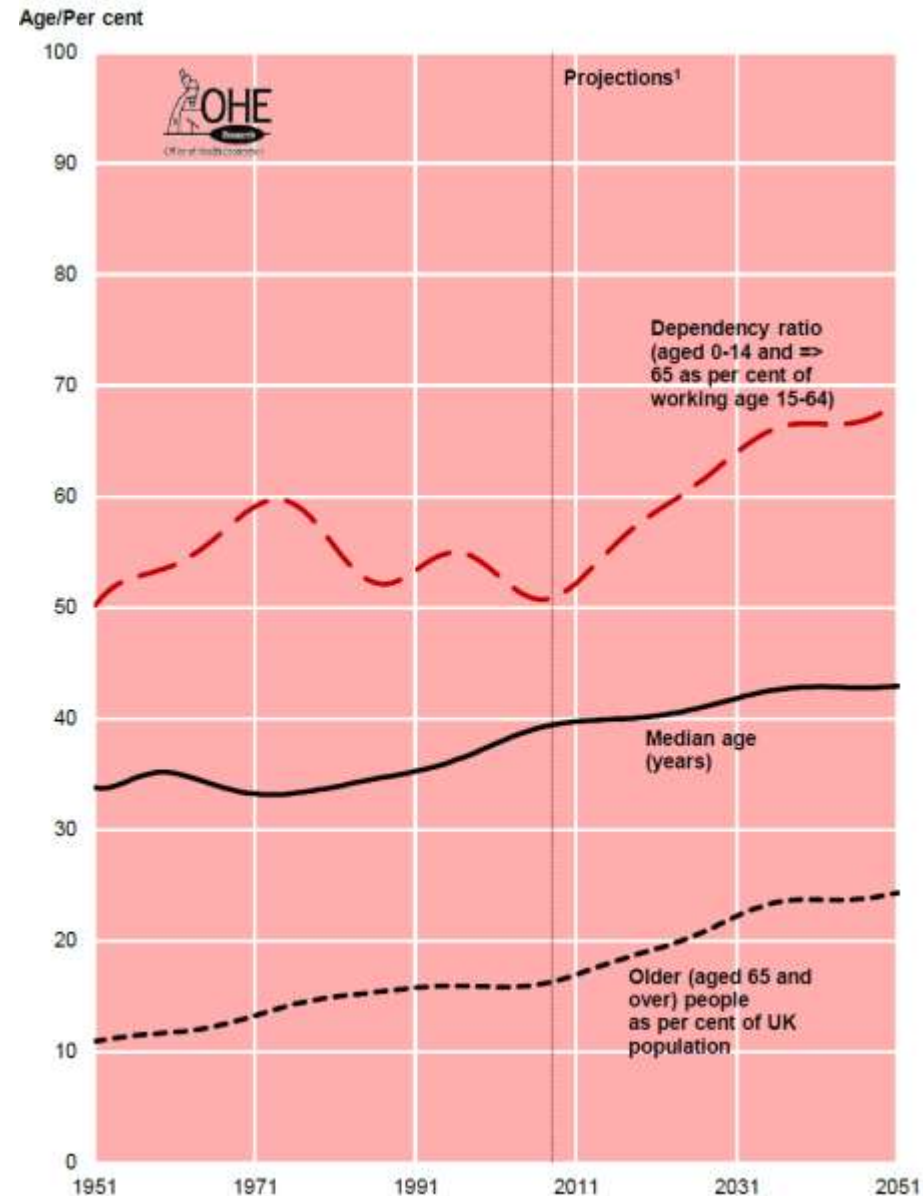
Changes since 1948

	Then	Now
Male life expectancy	65.9 years ¹	85 years ²
Female life expectancy	70.3 years ¹	89 years ²
Infant mortality	35.5 ¹	4.5 ¹
% of population 65+	5.5 ³	16% ⁴
Number of Rxs written (England)	426,000 ⁵	1000.5 million ⁶

1. Office for National Statistics. Social trends Health ST 41. 2. Office for National Statistics. Mortality in England and Wales. Average life span. December 2012. 3. Office of Health Economics Guide to UK Health and Healthcare Statistics. July 2011. 4. Office for National Statistics. 2011 Census: Population Estimates for the United Kingdom, 27 March 2011. 2013. 5. Royal Pharmaceutical Society. Health Histories. Did the establishment of the National Health Service change pharmacy in Britain? 6. Health and Social Care Information Centre.

Population figures¹

- The ageing population brings increased co-morbidities:
 - 95% growth in consultation rate for people aged 85-89 in ten years up to 2008/09²
 - Number of people with multiple long term conditions set to grow from 1.9 in 2008 to 2.9 million in 2018²
 - 79% of people aged 65+ report limiting long-standing illness¹



1. Office of Health Economics Guide to UK Health and Healthcare Statistics. July 2011. 2. NHS England. Improving general practice. A call to action. August 2013.

The GP coalface

➤ Prevention

- 75% of premature deaths in England are due to four diseases – cancer, liver disease, lung disease and heart disease¹
- Smoking remains the primary cause of preventable illness and premature death in the UK, leading to 100,000 deaths per annum²
- But obesity and alcohol are our new foes

➤ Long-term conditions

- Long-term conditions account for 70% of all the health and social care budget in England³

➤ Minor ailments

- Account for 1 in 5 consultations, at a cost of £2bn per annum⁴

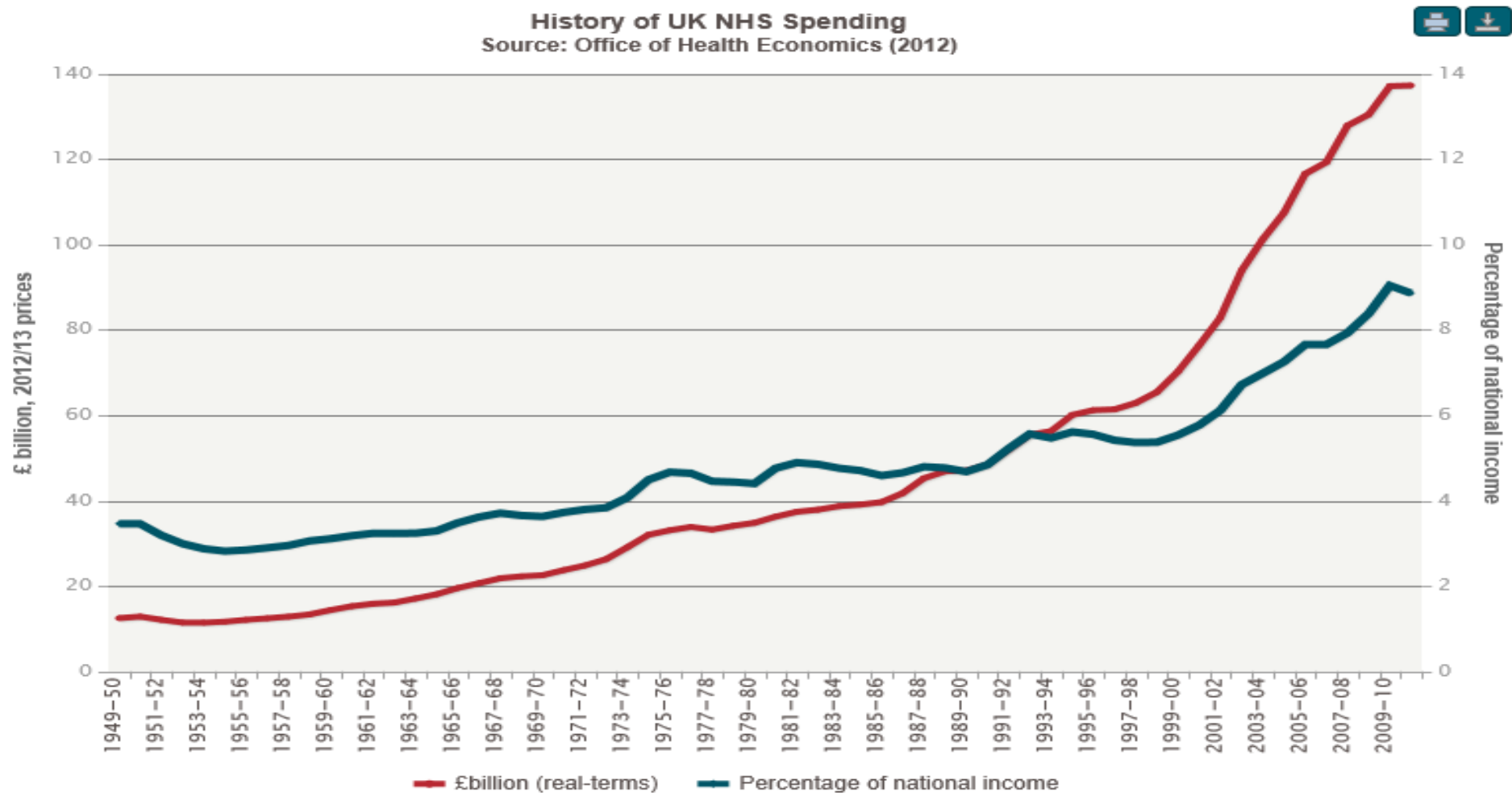
1. Public Health England. Longer lives: A new way to connect with community health. June 2013.

2. Action on Smoking and Health. ASH Factsheet. Smoking statistics: Illness and death. April 2013.

3. Department of Health. Policy: Improving quality of life for people with long term conditions. March 2013.

4. NHS England. 4. Pillay N, Tisman A, Kent T, Gregson J. *SelfCare*. 2010;1:105–116.

NHS spending



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**To save the NHS –
things need to change**

SELF CARE FORUM

SAVE OUR NHS:
TIME FOR ACTION
ON SELF CARE



**Our
mandate
to save
the NHS**

A six-point action plan

Recognise that supporting self care can create capacity in general practice for longer consultations, enabling better management of patients with co-morbidities, referrals and quality of care

Enable and implement the ability for all healthcare professionals to support self care behaviour at every contact, to build people's confidence in caring for themselves and their families at home, acting as an effective strategy for demand management

Adopt a self care aware conversation in all consultations, whether on the phone or face-to-face, that encourages and supports patients and the public to consider what they can do to help themselves

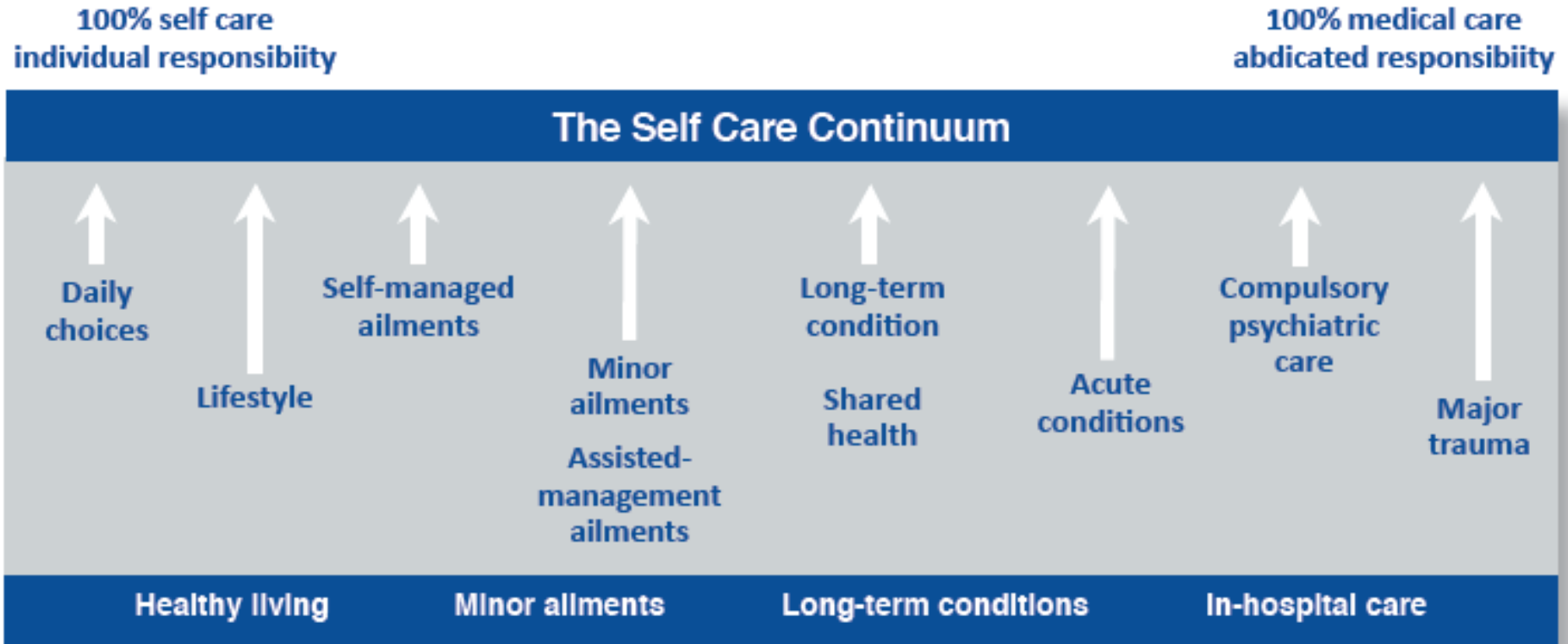
A six-point action plan

Implement the NHS Constitution at practice level to underpin support for self care so people can take greater responsibility for their own and their families' health and wellbeing

Support Patient Participation Groups to implement the National Association of Patient Participation programme supporting self care for the practice population

Encourage healthcare professionals to enable patients to self care by developing national and local incentive schemes

The self care continuum



Benefits of self care for patients



Saves time and money as time off work or childcare to see a healthcare professional is not required



Creates a feeling of control and self reliance



Reduces anxiety due to confidence in self diagnosis, appropriate self care advice and knowing when to seek professional help



Improves quality of life and feelings of self-worth



Improves disease outcomes: people with long-term conditions who are able to recognise when their health issue is worsening and what action to take have fewer risks of serious complications



Frees up healthcare professional time to see patients who are unable to self care or who need additional support

Self care: the evidence



Stopping smoking at age 30, 40, 50 or 60 years old means a gain of 10, 9, 6, or 3 years life expectancy¹

A 10 kg weight reduction can reduce overall deaths by 20%, diabetes-related death by 30% and cancer-related death by 40%, whilst also reducing blood pressure and back pain and improving lung function²



1. Action on Smoking and Health. Factsheet. Stopping smoking: the benefits and aids to quitting. June 2013. 2. Healthy weight, healthy lives: A toolkit for developing local strategies. October 2008.

Self care: the evidence



Self care can reduce primary and secondary care visits for long-term conditions by up to 80% - with benefits sustained.¹ For minor ailments it means faster treatment and saves around an hour of GP time per day²

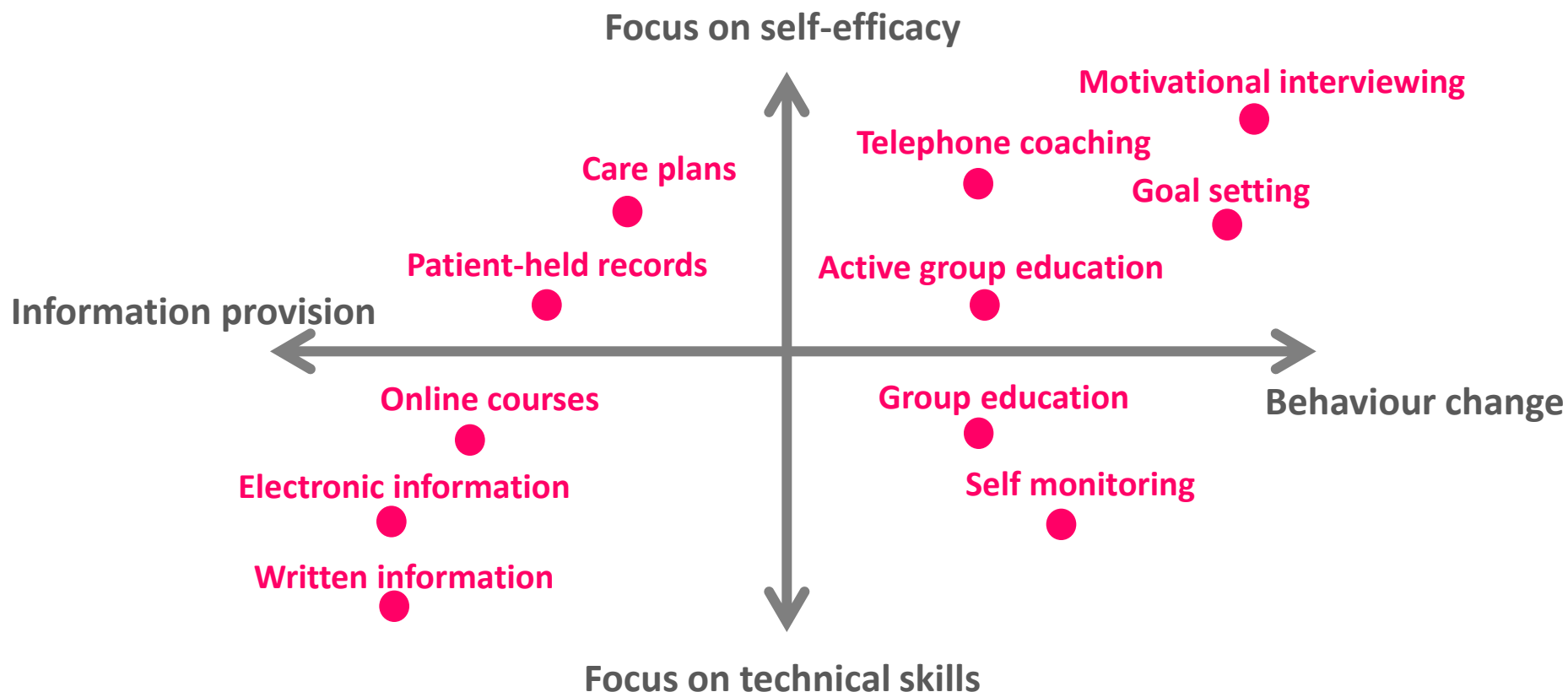
Improved ability for patients to cope with their condition, resulting in improved clinical outcomes¹



On average, each patient completing an Expert Patients Programme reduces their burden on the NHS by £1800 per annum³

1. The Health Foundation. Evidence: helping people help themselves. A review of the evidence considering whether it is worthwhile to support self-management. 2. Pillay N, Tisman A, Kent T, Gregson J. *SelfCare*. 2010;1:105–116. 3. Expert Patients Programme Community Interest Company. Self care reduces costs and improves health – the evidence. February 2010.

Ways to support self care¹



1. The Health Foundation. Helping people help themselves. A review of the evidence considering whether it is worthwhile to support self-management. May 2011.

A consistent approach



The 'How to' guide

- The Self Care Forum has created a 'How-to' guide to help GP practices become Self Care Aware
- Includes tips and links to tools and resources:
 - Training
 - RCGP e-learning module
 - For practice
 - Practice posters
 - CQUIN self care plan
 - Outcomes Star
 - Health Needs Assessment tool
 - For patients
 - Factsheets
 - Patient website content



Patient factsheets

- A recent survey of almost 1000 doctors and NHS managers found 78% agreed that doctors need to give clear and explicit advice to their patients about when to self care and when to come to the surgery¹
- Factsheets cover:
 - Useful facts
 - What patients can expect to happen (the natural history)
 - What people can do to help themselves – now and in the future
 - When to seek medical help (the ‘red flags’)
 - Where to find out more

Patient factsheets

Low back
pain

Eczema

Heartburn,
indigestion

Acne

Cough

Common
cold

Sinusitis

Otitis
media

Constipation

Sprains
and strains

Fever in
children

Headache/
migraine

Sore throat

Be a Self Care Aware practice

- Change needs to start in primary care
- The first step is for GPs to become a Self Care Aware practice
- Self Care Week can be the start of saving the NHS

