

# Welcome to the Future

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# Welcome to the Future



# A 5lb piece of equipment that can:

## **Diagnose:**

Anemia, Atrial Fibrillation (AFib), Chronic Obstructive Pulmonary Disease (COPD), Diabetes, Hepatitis A, Leukocytosis, Pneumonia, Otitis Media, Sleep Apnea, Stroke, Tuberculosis, Urinary Tract Infection, Absence of condition.

## **And 3 of these**

Allergens (airborne), Cholesterol Screen, Food-borne Illness, HIV Screen, Hypertension, Hypothyroidism/Hyperthyroidism, Melanoma, Mononucleosis, Osteoporosis, Pertussis (Whooping Cough), Shingles, Strep Throat.

## **And monitor all these**

Blood Pressure, Heart Rate, Oxygen Saturation, Respiratory Rate, Temperature.

**All without the help of a health professional?**



Imagine a portable, wireless device in the palm of your hand that monitors and diagnoses your health conditions. That's the technology envisioned by this competition, and it will allow unprecedented access to personal health metrics. The end result: Radical innovation in healthcare that will give individuals far greater choices in when, where, and how they receive care.

LEARN MORE ABOUT THE COMPETITION >



MEDICATION ADMINISTERED  
10 ML (2 TBS) ACETOMENOPHEN



# The heart of Patient Empowerment

**Self Care**

**PAGB**

**Self Care Forum**

**Where Next?**



# The NHS Plan 2000



## The NHS Plan

A plan for investment  
A plan for reform



# Self Care in the NHS Plan

## Self care

**1.9 The frontline in healthcare is the home. Most healthcare starts with people looking after themselves and their families at home. The NHS will become a resource which people routinely use every day to help look after themselves.**

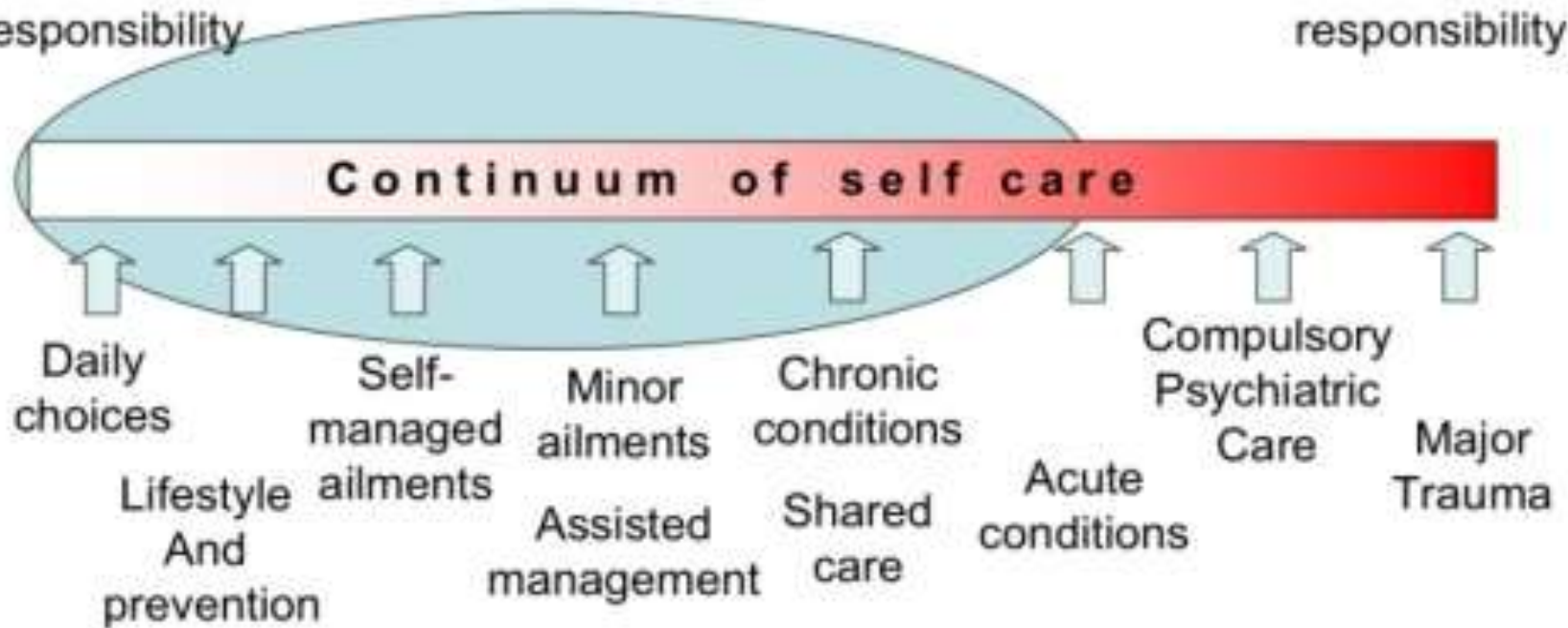
0845 46 47 will become one of the best used phone numbers as millions of people every year contact NHS Direct to get advice about health problems. Each week will see millions of hits on the NHS Direct internet site. As well as providing fast and reliable information on a wide range of conditions, it will also be valued as an easy way to contact patient and self-help groups.

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# The Self-care Continuum

Pure Self Care  
Individual  
responsibility

Pure Medical Care  
'abdicated  
responsibility'





# Wanless 2002

Fully engaged to survive...

Securing our Future Health: Taking a Long-Term View

Final Report

Derek Wanless

*Securing our Future Health:  
Taking a Long-Term View*

*Final Report*

Derek Wanless

April 2002



**Self Care Forum**  
Helping people take care of themselves

# 2005 DH self care strategy

Improving Care  
Improving Lives



## Self Care – A Real Choice Self Care Support – A Practical Option

Self care was highlighted in the NHS Plan as one of the key building blocks for a patient-centred health service. More recently self care featured as a key component of the model for Supporting People with Long Term Conditions. Research shows that supporting self care can improve health outcomes, increase patient satisfaction and help in deploying the biggest collaborative resource available to the NHS and social care – patients and the public. Helping people self care represents an exciting opportunity and challenge for the NHS and social care services to empower patients to take more control over their lives.

This communication sets out the current position and is aimed at PCT, NHS Trust, SHA and social care management teams as well as health and social care professionals and practitioners.

Its purpose is to:

- provide information on the developing policy on support for self care and the reasons why it is important (the why);
- suggest what practical action can be taken by those delivering health and social care (the what);
- provide some ideas on how to support self care (the how).

This document has benefited from consultation with a wide range of stakeholders.

### *What do we mean by self care?*

Self care is a part of daily living. It is the care taken by individuals towards their own health and well being, and includes the care extended to their children, family, friends and others in neighbourhoods and local communities.

Self care includes the actions people take for themselves, their children and their families to stay fit and maintain good physical and mental health; meet social and psychological needs; prevent illness or accidents; care for minor ailments and long-term conditions; and

maintain health and wellbeing after an acute illness or discharge from hospital.

### *The spectrum of care*

Any particular example of care lies on a spectrum (see Fig 1) ranging from 100% self care (e.g. brushing teeth regularly) to 100% professional care (eg neurosurgery). In between these is shared care where individuals or families partner with practitioners in the care of the individual; practitioners include allied health professionals (AHPs), nurses, doctors, social workers and pharmacists. Supporting self care has always been

<sup>1</sup> 'Self care – A real choice, Self care support – a practical option', published by Department of Health, 2005

# 2014 Five year forward view



# Five year forward view

Of course the NHS is far from perfect. Some of the fundamental challenges facing us are common to all industrialised countries' health systems:

- Changes in patients' health needs and personal preferences. Long term health conditions - rather than illnesses susceptible to a one-off cure - now take 70% of the health service budget. At the same time many (but not all) people wish to be more informed and involved with their own care, challenging the traditional divide between patients and professionals, and offering opportunities for better health through increased prevention and supported self-care.

“...challenging the traditional divide between patients and professionals... opportunities for better health care through increased prevention and supported self-care.”

# PAGB Research

Research 1987, 1997, 2005, 2011, 2015

- 2010 18 % of GP attendances are for self-treatable conditions
- 2014 19% of A & E attendances are for self treatable conditions

**And**

**16 PAGB Self Care Conferences**  
**4 self care weeks**



**The Self Care Forum** was set up in May 2011 to further the reach of self care and embed it into everyday life.

**Self Care Forum Manifesto**

# My Health, My Life

## Achieving Engagement

### The Self Care Forum Manifesto

Personal engagement is a key aspect of the Five Year Forward View, and achieving engagement is the focus of the Self Care Manifesto which highlights four pillars of engagement.



**Self Care for Life**  
30/03/2015

To help surgeries, Clinical Commissioning Groups, ...



**Self Care Forum Manifesto**  
30/03/2015

The Self Care Forum believes that maximum engage...



**'Self Care Aware' poster**  
30/03/2015

Posters designed to prompt patients to ask health ...



**What do we mean by self care and why is it good for people?**



**Top tips for GP practices**



**RCGP e-learning course**



**Minor ailment factsheets**



**Case studies**



## Self Care Week Resources

# Self Care Week 2015 Resources – Self care for life

Self Care Week is an annual national awareness week that focuses on embedding support for self care across communities, families and generations.

This year our theme is 'Self Care for Life'.

The following materials are available to download below:

[Self Care Forum](#)

National Self Care Week  
Communications Information



## Communications Information

Find out more about how to support the week, including materials and message ideas:

[Download the communications information pack](#)

### Related posts

[Self Care for Life](#)

[Self Care Forum Manifesto](#)

['Self Care Aware' poster](#)

[Healthy people have a duty to self care](#)

[Review of Self Care Week 2014](#)





# What's it got?

- Vast amount of practical information
- Fact sheets by Knut Schroeder
- Hosting The RCGP free e-learning
- Examples of good practice
- The 2014 NICE award winning antibiotic programme using self care my own practice devised won the
- Everything you need to know about Self Care Week

# Self Care Foundation

- The Home of Self Care
- Membership Organisation
- An independent not for profit Charitable Organisation
- Carry on the work of Self Care Week and conference throughout the year
- Everyone is welcome

# To Boldly Go...

- **Please join us at the Self Care Foundation**
- **Welcome to Self Care 2015**

