



Working together to Embrace Self Care for Life

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What is self Care?

What is Self Care?

- The actions that individuals take for themselves and on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing or wellness



Taking care
of your mind &
thoughts

Taking care of
your physical
health & body

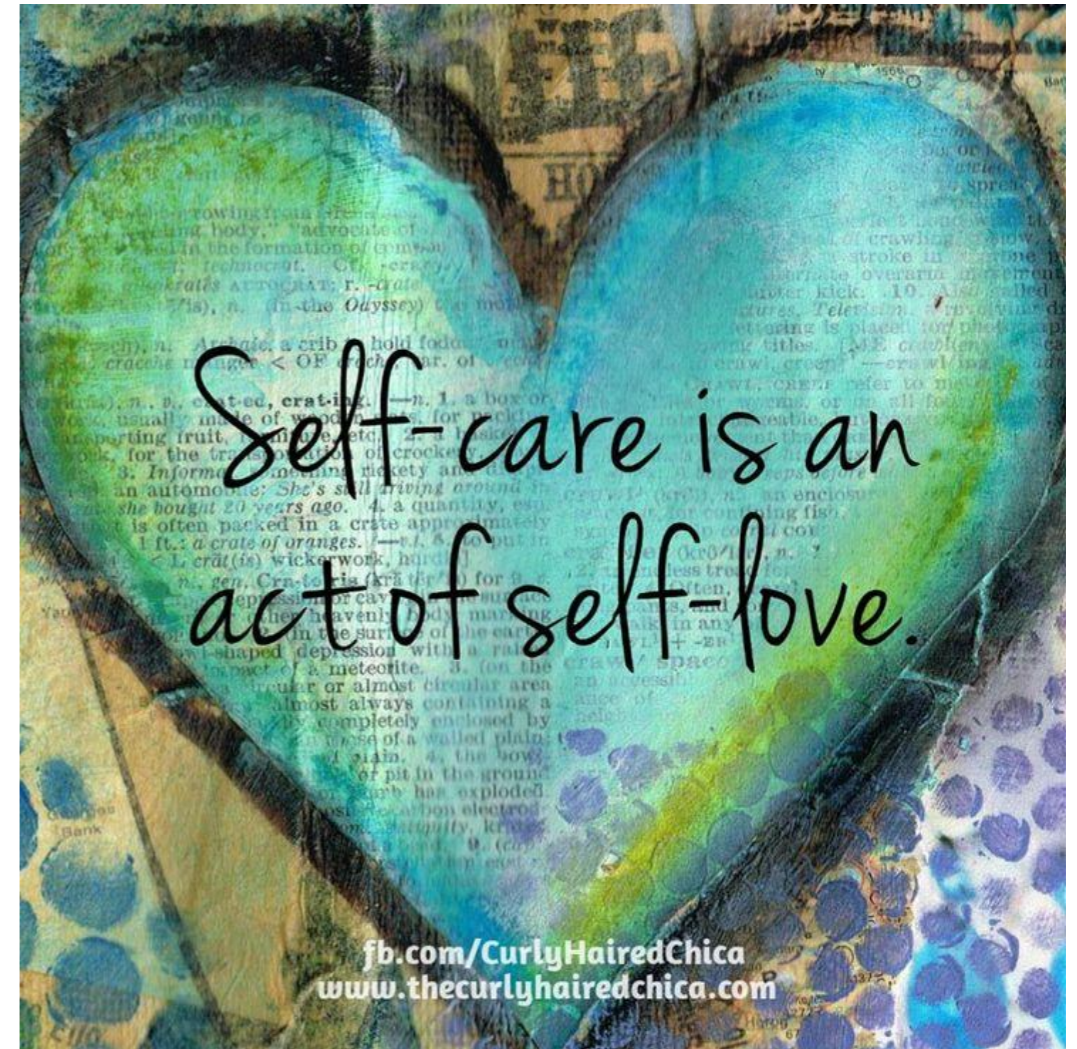
Self-Care

Increasing your
own well-being through self-
care behaviors

Taking care
of your spiritual
health

Taking care of
your emotions

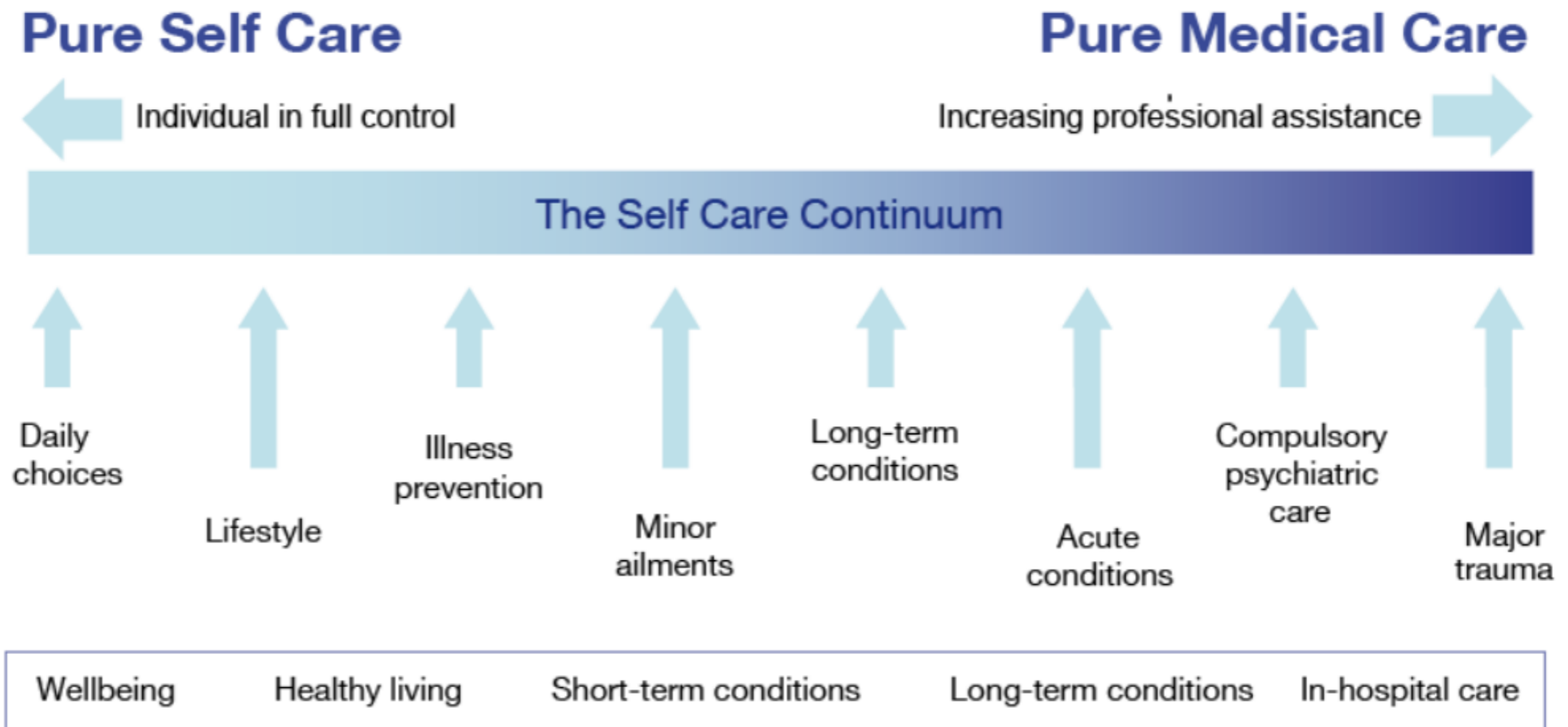
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be
good to
yourself

The range of self care

The Self Care Continuum





Self Care is nothing less than the actions to lead a happier,
healthier, more fulfilling life

What's happening in Self Care?



Health literacy

SCARU

long term conditions

Technology

Self care in General practice

Social prescribing

Self care in STPs

Community Pharmacy

Community self care programmes

Self care Week

care navigation and active signposting

Social movements as a catalyst for change – putting theory into practice

SCARU, ESC, Active 10



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Ok, let's go!

ACTIVE **10**

BECAUSE THERE'S ONLY **ONE YOU**



10 BRISK MINUTES

A brisk 10 minute walk every day can make a difference to your health. Each 10 minute burst of exercise is known as an "Active 10".

Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more.

It's the easy way to improve your health and wellbeing. No gym memberships, no Lycra. Just 10 minutes and you!

DO IT FOR YOU!

GET STARTED WITH THE APP

Our free Active 10 app takes away the guesswork. It shows how much brisk walking you're doing and how you can do more. It's easy to use and helps you set your goals for the day.

CHOOSE YOUR GOAL



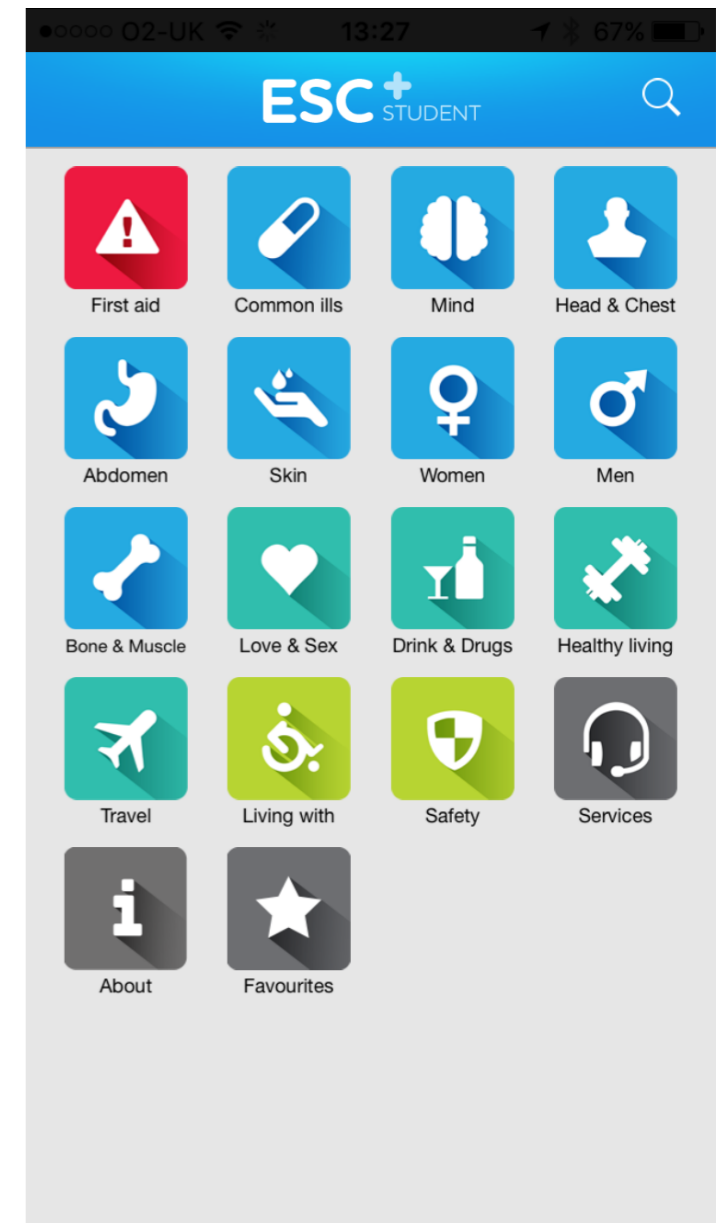
SEE HOW YOU'RE DOING




TRACK YOUR PROGRESS



Helping people take care of themselves



Cardiovascular Disease Prevention: Risk Detection and Management in Primary Care

| | | | | | | |
|---|---|---|---|--|--|---|
| The Interventions | Cross Cutting: <ol style="list-style-type: none"> 1. NHS Health Check - systematic detection of high BP, AF, NDH, T2DM, CKD, high cholesterol, CVD risk 2. System level action to support guideline implementation by clinicians 3. Support for patient activation, individual behaviour change and self management | | | | | |
| | <u>High BP detection and treatment</u> | <u>AF detection & anticoagulation</u> | <u>Detection, CVD risk assessment, treatment</u> | <u>Type 2 Diabetes preventive intervention</u> | <u>Diabetes detection and treatment</u> | <u>CKD detection and management</u> |
| The Opportunities | 5 million un-diagnosed. 40% poorly controlled | 30% undiagnosed. Over half untreated or poorly controlled | 85% of FH undiagnosed. Most people at high CVD risk don't receive statins | 5 million with NDH. Most do not receive intervention | 940k undiagnosed. 40% do not receive all 8 care processes | 1.2m undiagnosed. Many have poor BP & proteinuria control |
| The Evidence | BP lowering prevents strokes and heart attacks | Anticoagulation prevents 2/3 of strokes in AF | Behaviour change and statins reduce lifetime risk of CVD | Intensive behaviour change (eg NHS DPP) reduces T2DM risk 30-60% | Control of BP, HbA1c and lipids improves CVD outcomes | Control of BP, CVD risk and proteinuria improves outcomes |
| The Risk Condition | <u>Blood Pressure</u> | <u>Atrial Fibrillation</u> | <u>High CVD risk & Familial H/cholesterol</u> | <u>Non Diabetic Hyperglycemia ('pre-diabetes')</u> | <u>Type 1 and 2 Diabetes</u> | <u>Chronic Kidney Disease</u> |
| Detection and 2°/3° Prevention  | | | | | | |
| The Outcomes | 50% of all strokes & heart attacks, plus CKD & dementia | 5-fold increase in strokes, often of greater severity | Marked increase in premature death and disability from CVD | Marked increase in Type 2 DM and CVD at an earlier age | Marked increase in heart attack, stroke, kidney, eye, nerve damage | Increase in CVD, acute kidney injury & renal replacement |

News

NHS launches new drive to save thousands of people from heart attacks and strokes

12 September 2017

Expo Heart disease NHS RightCare Sustainability and transformation partnerships

Duncan Selbie, Chief Executive of Public Health England, will say today: "High blood pressure is the invisible killer. We want people to be as familiar with their blood pressure numbers as they are with their credit card PIN or their height.

"Too many people are still living in poor health and dying from a largely preventable disease. The good news is that we know how most heart attacks and strokes can be avoided. Scaling up CVD prevention locally is a major part of reducing the overall burden on individuals, families and the NHS, and will help to ensure a person's health is not defined by where they live".

02-UK 13:10 69%

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LIFESTYLE

NHS 'Health Campuses' Unite Spas And Surgeries In New Approach To Healthcare

'A new preventative frontline for the NHS.'

4 days ago



Natasha Hinde Lifestyle writer at HuffPost UK

Ten new 'healthy' towns to be built in England

Towns, designed to address problems such as obesity and dementia, will have 76,000 new homes and 170,000 residents



The towns are likely to feature easy access to public transport and safer cycling and pedestrian networks. The programme, launched last year, puts "good health at the heart of urban design and planning" and aims to "reduce pressure on the NHS by rethinking our lifestyles and the way health services are delivered", NHS England said.

NHS England chief executive Simon Stevens said the plans "point the way" for the communities of the future.





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Our home computer Symptoms Checker

Our new home computer **Symptoms Checker** takes just seconds - it asks your age and goes through your symptoms, giving you tailored advice at the end and a print-out to take with you if it recommends that you see your GP. The Checker is evidence-based and should provide reassurance to most people that their symptoms are not indicative of bowel cancer. There is helpful advice on what to do next - and also advice on how to treat other bowel problems. If you would like to let us know what you think of the Symptoms Checker, look for the Contact Us box. To access the Checker, go to www.haveigotbowelcancer.com



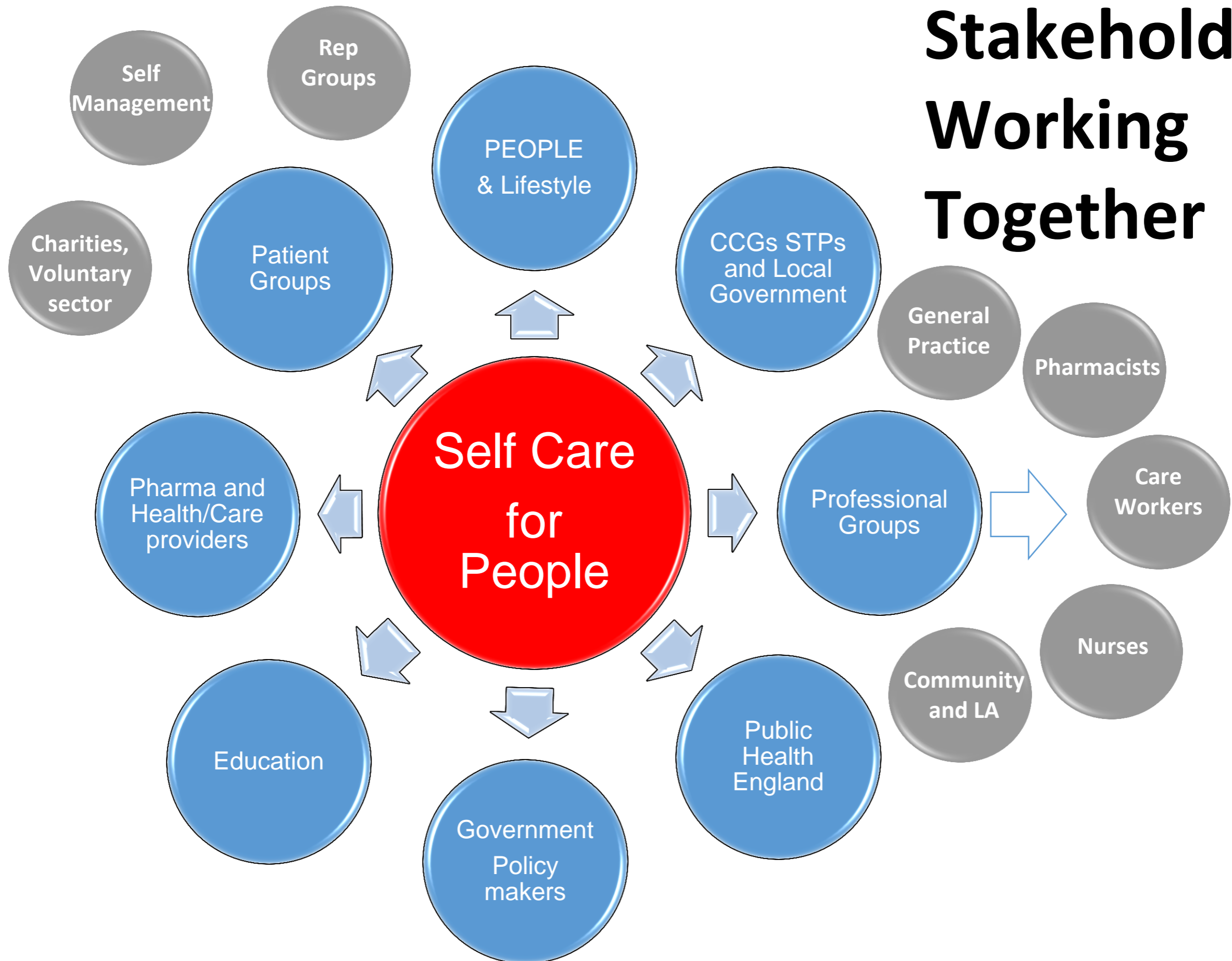
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Why are we interested in Self Care?

Stakeholders Working Together





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healthier, more fulfilling life

Joining up Self Care

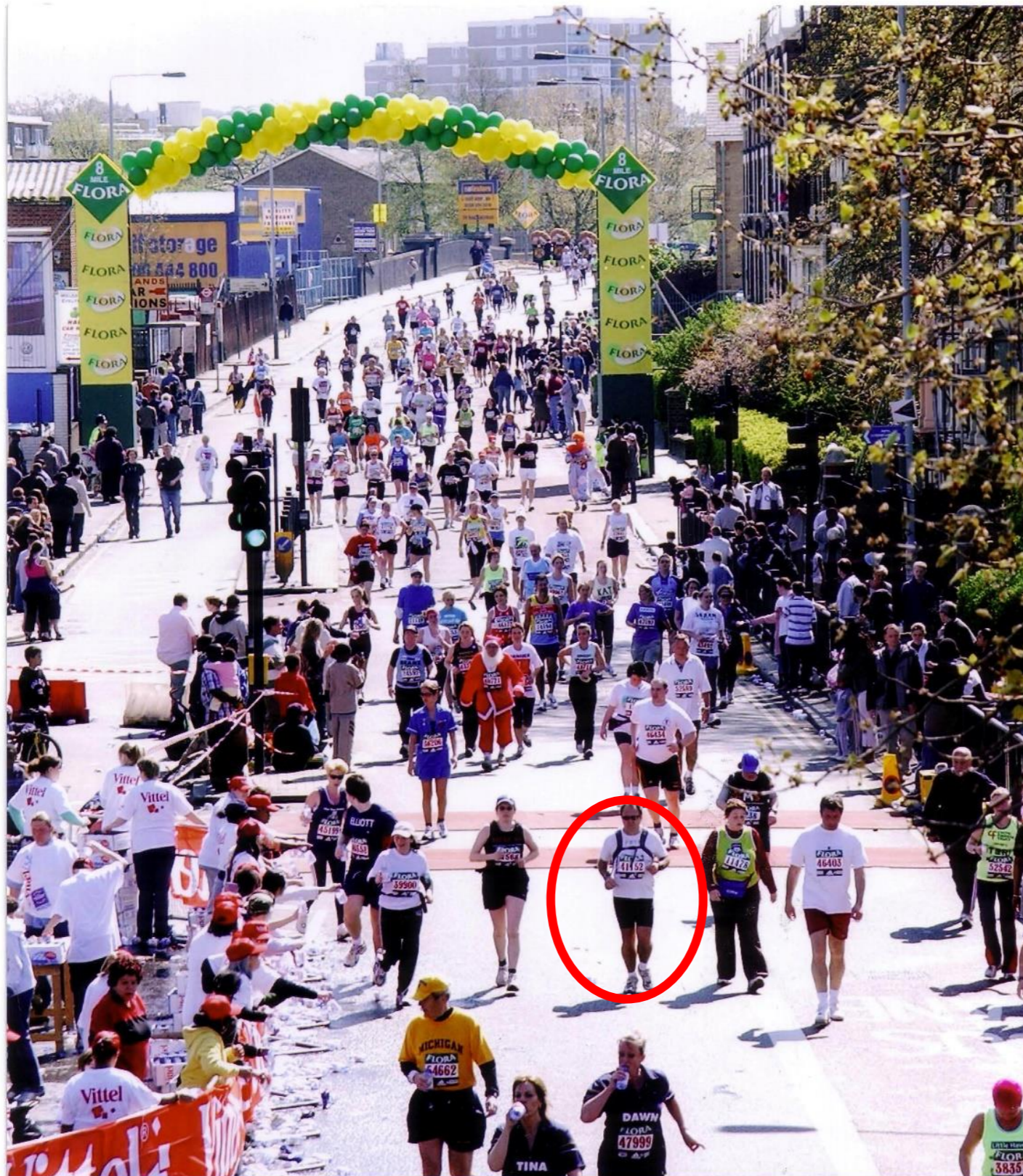
Collaboration with Imperial and International Self Care Foundation to set up Self Care Academic Research Unit

Collaborating with other organisations and citizens to produce the authoritative guide to self care for short term conditions

Hope to collaborate with Right Care and NHS England on promoting evidence based programmes

Join us as a member to collaborate with like minded individuals and organisations

Join us as a Self Care Tinder



**We are
nearly
there!**

**We need
to work
together
to reach
our goal**

8 MILE



FLORA LONDON MARATHON
25th ANNIVERSARY 2005





The Self Care Forum

**Join us to
work together
on Self Care for Life**