

Saving time, reducing demand

Demand and pressure on our NHS services have reached unprecedented levels¹.

A significant proportion of pressure is coming from people going to their GP for self-treatable conditions².

For the individual, this means long waits for appointments and delays in getting the care they need, when they need it. For the GP, it means running an overstretched service and operating under increasingly tight financial pressure.

If they are confident in self-treating common conditions, an individual can choose to self care at home by looking in their medicine cabinet to see if they have the appropriate treatment to self care before choosing to interact with the health service – visiting their local pharmacy, calling NHS 111 or booking an appointment with their GP as appropriate.

Some common self-treatable conditions seen by GPs:

5.2 million

GP visits every year³ for blocked noses

over 1 million

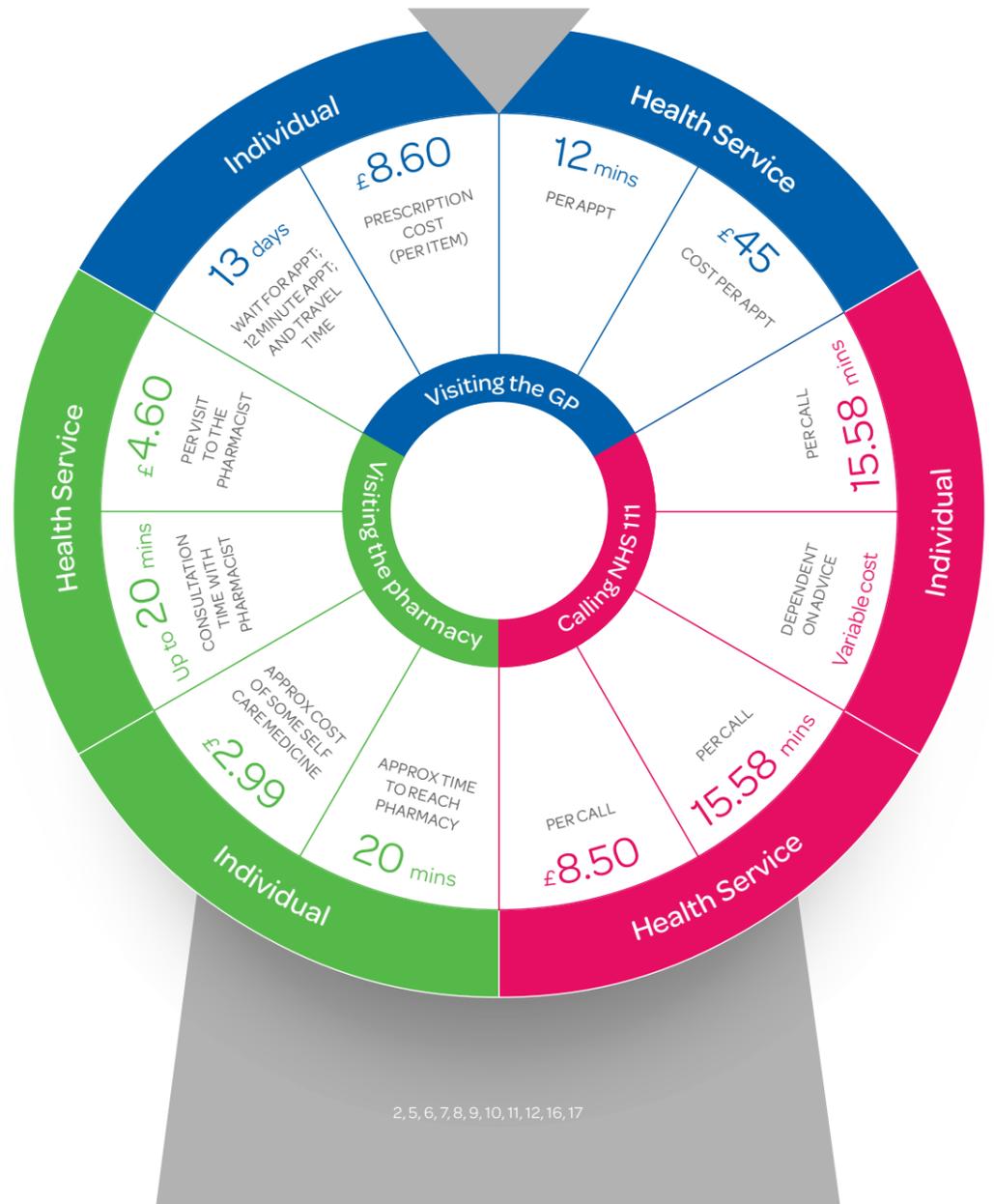
GP appointments each year⁴ for backache

40,000

GP appointments per year³ for dandruff

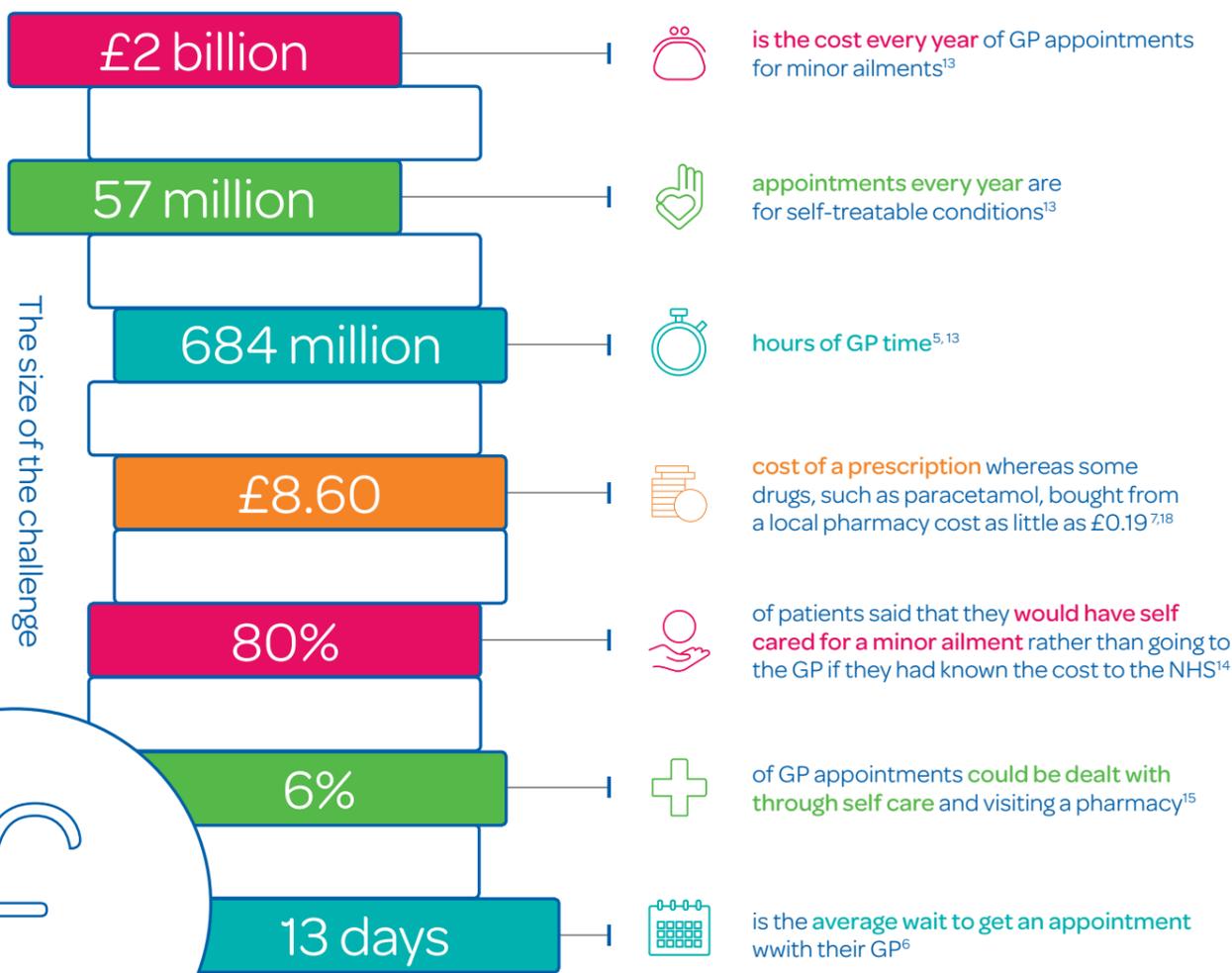
20,000

appointments annually³ for travel sickness



Now, more than ever, people need to be empowered with the confidence and support to know which NHS services to use when, and how and where to access them.

The Government should develop a national strategy for self care, led by a National Director for self care to ease the pressure on primary care and empower people across the UK with the knowledge and tools to change their behaviour, taking greater ownership of their own health and wellbeing.



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