

Terms of Reference of Self Care Forum

Aim	Benefit
1. Gather case study examples of self care in practice	Demonstrating benefit to practices who haven't yet got involved with self care can help them come on board
2. Ensure wide communications of case studies to NHS and Directors of Public Health	The benefits of self care in practice will be important when developing local health strategies
3. Develop criteria to measure impact of self care for minor ailments	There will be an understanding of why practices should support self care in practice
4. Promote and support professional education on self care aware consultations	The RCGP eLearning module will help to break cycle of dependency on NHS/GPs
5. Produce a practice guide of the top ten tips for setting up support for self care in practice.	Important for consistency in messages for patients across practices
6. Get health education about self care into the national curriculum in schools	Vital for future generations
7. Get SCF messages into mass media	Need to reach general public
8. Develop information about when safe to self care and when not	This will fill vital gap in appropriate consulting patterns
9. Promote and support Self Care Week 2011 and beyond	This will provide a focal point for activities relating to self care