The self care mission

Beth McCarron-Nash
What do we need?

"No more policies
We need implementation"
What can you do today?

“Accept the Self Care Mission”
Top tips for supporting self care

And tomorrow?
Ask patients and staff to do a medicine cabinet makeover
Start with the basics
Have a self care conversation

What will you do in Self Care Week?
“Take the RCGP eLearning course: Supporting Self Care for Minor Ailments

“Work with Patient Participation Group on supporting self care

And by end 2012

Becoming Self Care Aware
Self Care Aware Practice

Self Care Aware Consultations

From 2013

Using Fact Sheets

PPGs support self care with patients
- See your own evidence

- Increase in patients self managing long term conditions

- Reduction in LTC exacerbations resulting in A+E attendances

- Cost efficiencies

- Increase in time spent with patients across practice

- Reductions in minor ailment consultations and re-consultations
All conversations will have a self-care component.
No matter the setting from primary care, A+E, pharmacy to community.
what will you do today?
Self Care – Mission: Possible
Self Care Champions