Self Care Forum

Prof Mike Pringle
8th November 2011
What this presentation will cover:

• What do we mean by self-care?
• What are the benefits of self-care
• What is the role of the Self Care Forum?
• What has the Self Care Forum achieved so far?
The Self-care Continuum

- Pure Self Care
  - Individual responsibility

- Continuum of self care
  - Daily choices
  - Lifestyle And prevention
  - Self-managed ailments
  - Minor ailments
  - Assisted management
  - Chronic conditions
  - Shared care
  - Acute conditions
  - Compulsory Psychiatric Care
  - Major Trauma

- Pure Medical Care
  - ‘abdicated responsibility’
<table>
<thead>
<tr>
<th>Information</th>
<th>Skills &amp; knowledge Training</th>
<th>Tools and self monitoring devices</th>
<th>Support networks</th>
<th>Healthy lifestyle choices</th>
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</thead>
<tbody>
<tr>
<td>• About services</td>
<td>• Health promotion, self management, and rehabilitation courses such as:</td>
<td>• Medical devices eg home oxygen units</td>
<td>• Local support groups</td>
<td>• Screening</td>
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<tr>
<td>• About conditions and treatments</td>
<td>➢ Self Care for You</td>
<td>• Telehealth / Telecare</td>
<td>• Patient support groups</td>
<td>• Immunisation</td>
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<td>• Health literacy services</td>
<td>➢ EPP</td>
<td>• Early warning systems, eg weather watch</td>
<td>• Voluntary services</td>
<td>• Smoking Cessation</td>
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<td>• Access to IT services for ‘finding out about’ and support eg through libraries / community centres</td>
<td>➢ Cardiac Rehab</td>
<td></td>
<td>• National support groups</td>
<td>• Weight management</td>
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<td>• Information prescription</td>
<td>➢ Pulmonary Rehab</td>
<td></td>
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<td>• Exercise on prescription</td>
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<tr>
<td>• Care plans</td>
<td>➢ DESMOND / DAPHNE</td>
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<td></td>
<td>• Healthy eating</td>
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<td>• Shared Decision Making</td>
<td>• Health Trainers</td>
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<td>• Drinking safely</td>
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<td>• Access to GP electronic health record</td>
<td>• Medicines Review</td>
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<td>[alcohol]</td>
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<td>• Social marketing</td>
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Benefits of supporting self care - the evidence....

- **Health and other outcomes:**
  - Increase in life expectancy
  - Better control of symptoms
  - Reduction in pain, anxiety and depression levels
  - Improvement in quality of life with greater independence
  - Days off work can reduce by 50%
  - SROI – a saving ratio of 3:1 has been demonstrated*
  - The Wanless report for the Treasury in 2001 reported a saving on investment of £150 for every £100 spent on self-care

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* Expert Patients Programme Community Interest Company Report, Self Care Reduces Costs and Improves Health – The Evidence; February 2010
Making the case for the self care of minor ailments

August 2009

Major study of England and Wales:
- Quantification of attitudes and behaviour
- Quantification of cost to NHS of minor ailment consultations
- Demand management programme needed
Self Care Forum
Helping people take care of themselves

The purpose of the Self Care Forum is to further the reach of self care and embed it into everyday life

Paul Burstow, minister for Care Services ratifies Self Care Forum at inaugural meeting, 10th May 2011
Champions and advocates
# Terms of Reference of Self Care Forum

<table>
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<tr>
<th>Aim</th>
<th>Benefit</th>
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<td>1. Gather case study examples of self care in practice</td>
<td>Demonstrating benefit to practices who haven’t yet got involved with self care can help them come on board</td>
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<td>2. Ensure wide communications of case studies to NHS and Directors of Public Health</td>
<td>The benefits of self care in practice will be important when developing local health strategies</td>
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<td>3. Develop criteria to measure impact of self care for minor ailments</td>
<td>There will be an understanding of why practices should support self care in practice</td>
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<tr>
<td>4. Promote and support professional education on self care aware consultations</td>
<td>The RCGP eLearning module will help to break cycle of dependency on NHS/GPs</td>
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<td>5. Produce a practice guide of the top ten tips for setting up support for self care in practice.</td>
<td>Important for consistency in messages for patients across practices</td>
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<td>6. Get health education about self care into the national curriculum in schools</td>
<td>Vital for future generations</td>
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<td>7. Get SCF messages into mass media</td>
<td>Need to reach general public</td>
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<td>8. Develop information about when safe to self care and when not</td>
<td>This will fill vital gap in appropriate consulting patterns</td>
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<td>9. Promote and support Self Care Week 2011 and beyond</td>
<td>This will provide a focal point for activities relating to self care</td>
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<td>9. Promote and support Self Care Week 2011 and beyond</td>
<td>This will provide further evidence to support activity relating to self care</td>
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- Amir Hannan
- Gopa Mitra
- Simon Fradd
- Prof. Nigel Sparrow/Susan Summers
- Mike Pringle
- John Chisholm
- Paul Stillman
- Knut Schroeder
- Angela Hawley
Welcome
Welcome to the online home of the Self Care Forum. The purpose of the Self Care Forum is to further the reach of self-care and embed it into everyday life. On this website you will find information and resources on self-care.

Click here for more information

Everyday Healthcare
Everyday healthcare starts with the choices people make from waking up in the morning that will affect their health and wellbeing then and throughout their lives. Self Care Forum member, Dr Pete Smith, defined this behaviour in 2004 as the continuum of self-care.

Search

About us
Learn about the Self Care Forum here.

More

Case studies
Read our self-care case studies or submit your own.

More

News
The latest news from the Self Care Forum and its member organisations.
Putting Self Care into practice -
Top tips

- Practical ideas on putting self-care into practice
- Top tip No 1:
  - Recognise that self-care is one of the few effective strategies for demand management in general practice
- Engender a culture of support for self-care
- Working as a team, be consistent in the advice given in support of self-care
• 7 Case studies on website
• A few examples:
  ▫ **Thornley House** Medical Centre, Hyde – innovative website developed by Dr. Amir Hannan, as a first port of call for patients to self care. [www.htmc.co.uk](http://www.htmc.co.uk)
  ▫ **Green Bank Surgery**, Warrington – work closely with the community to find out what services they need to stay well and self care.
  ▫ **Bracknell and Ascot GP Commissioning Consortium** - The GP commissioners at Bracknell and Ascot are committed to self-care and trial self-care initiatives as pilots before rolling them out consortium-wide.
Clinical benefits of self-care

RCGP Online Course
Embed self-care into primary care culture
Tasked by Minister, Paul Burstow, MP, to organise
Launched by Minister today.
Publicity to extend the reach and keep self care on the agenda
If you are a champion for self-care sign up and join the movement

www.selfcareforum.org

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