

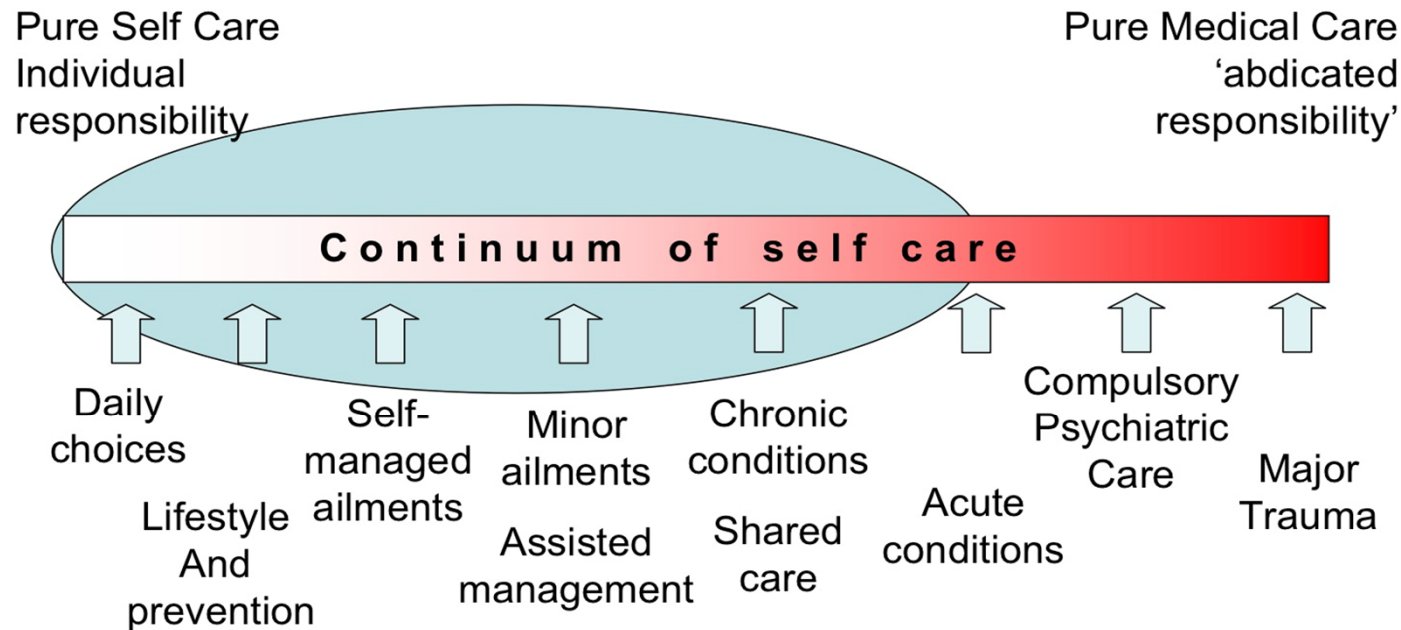
Self Care Forum

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



Information	Skills & knowledge Training	Tools and self monitoring devices	Support networks	Healthy lifestyle choices
<ul style="list-style-type: none"> • About services • About conditions and treatments • Health literacy services • Access to IT services for 'finding out about' and support eg through libraries / community centres • Information prescription • Care plans • Shared Decision Making • Access to GP electronic health record • Social marketing 	<ul style="list-style-type: none"> • Health promotion, self management, and rehabilitation courses such as: <ul style="list-style-type: none"> ➤ Self Care for You ➤ EPP ➤ Cardiac Rehab ➤ Pulmonary Rehab ➤ DESMOND / DAPHNE • Health Trainers • Medicines Review 	<ul style="list-style-type: none"> • Medical devices eg home oxygen units • Telehealth / Telecare • Early warning systems, eg weather watch 	<ul style="list-style-type: none"> • Local support groups • Patient support groups • Voluntary services • National support groups 	<ul style="list-style-type: none"> • Screening • Immunisation • Smoking Cessation • Weight management • Exercise on prescription • Healthy eating • Drinking safely [alcohol]

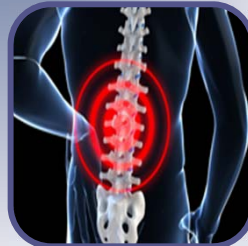
Benefits of supporting self care - the evidence....

- **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

* 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



Self Care Forum

Helping people take care of themselves



David Haslam
President
BMA



Nigel Sparrow
RCGP



Lynn Young
RCN



Jeremy Taylor
National Voices



Michael Dixon
NHS Alliance



Ian Banks
Mens Health



Mike Pringle



John Chisholm



Simon Fradd



Sam Everington



Peter Smith



Amir Hannan



Knut Schroeder



Mike Farrar



Gopa Mitra





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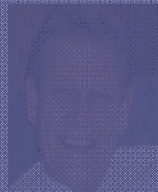
Ian Banks
Mens Health



Mike
Pringle



John
Chisholm



Simon Fradd



Sam Everington



Peter Smith



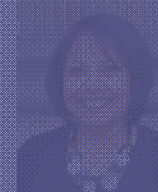
Amir Hannan



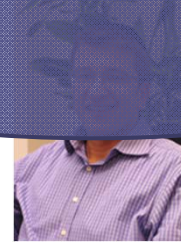
Knut Schroeder



Mike Farrar



Gopa Mitra



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

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9. Promote and support Self Care Week 2011 and beyond	This will provide a focus for self care relating to self care Angela Hawley

Self Care Forum - Internet Explorer provided by Dell
http://www.selfcareforum.org/

www.selfcareforum.org

Self Care Forum
Helping people take care of themselves

HOME ABOUT US RESOURCES NEWS EVENTS



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](#)

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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

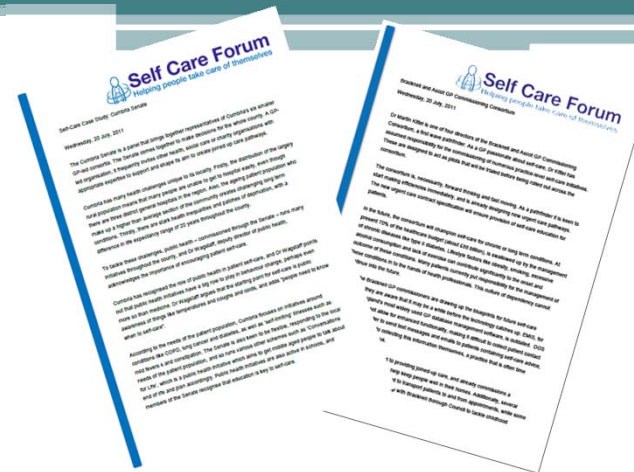
The latest news from the Self Care Forum and its member organisations.

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
 - **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.

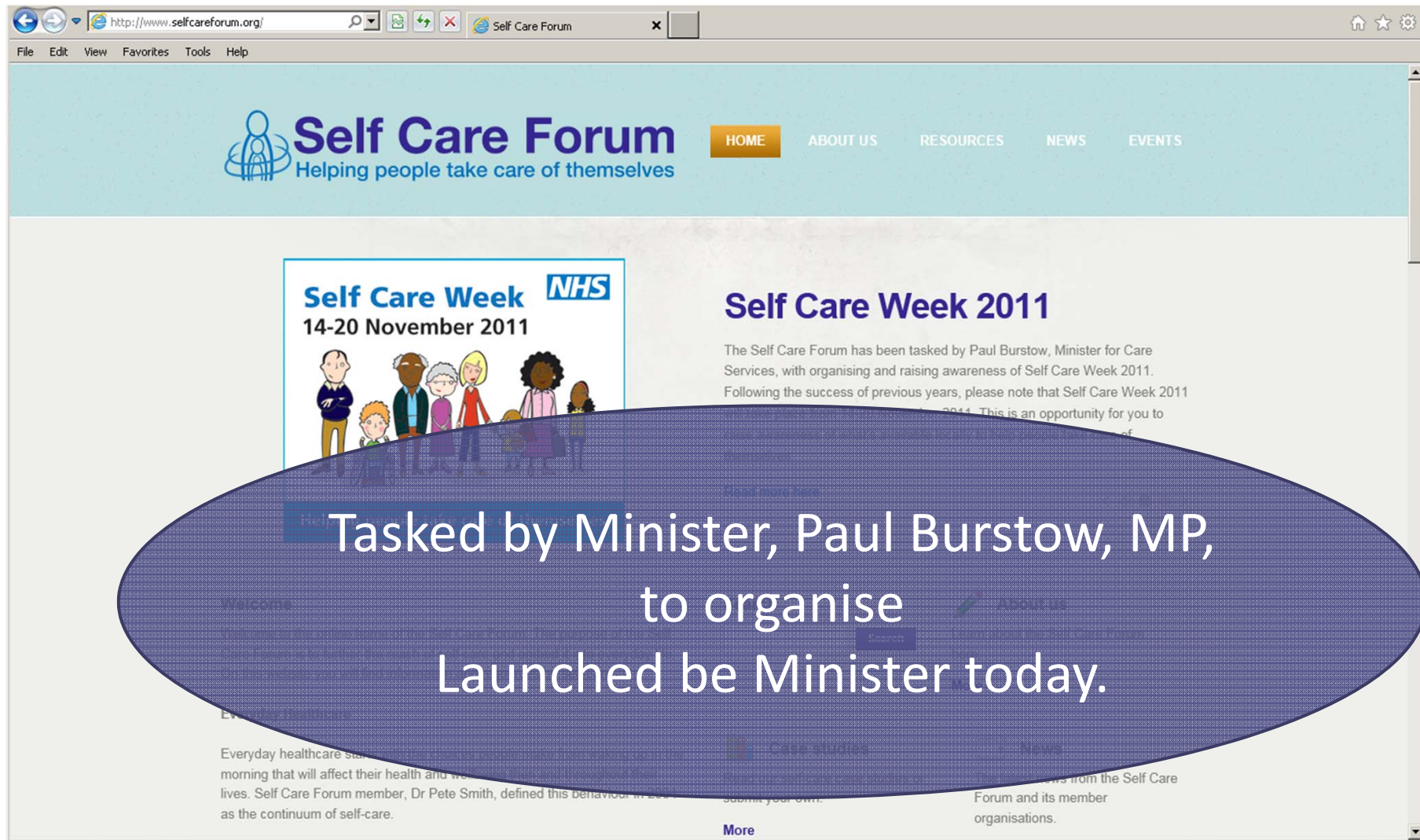




Clinical benefits of self-care

RCGP Online Course
Embed self-care into
primary care culture

RCGP Online Course Embed self-care into primary care culture



The screenshot shows the Self Care Forum website in a web browser. The browser's address bar displays <http://www.selfcareforum.org/>. The website's header features the Self Care Forum logo, which includes a stylized figure of a person with arms raised, and the tagline "Helping people take care of themselves". Navigation links for HOME, ABOUT US, RESOURCES, NEWS, and EVENTS are visible. The main content area is titled "Self Care Week 2011" and includes a sub-header "Self Care Week NHS 14-20 November 2011" with an illustration of a diverse group of people. The text below the illustration states: "The Self Care Forum has been tasked by Paul Burstow, Minister for Care Services, with organising and raising awareness of Self Care Week 2011. Following the success of previous years, please note that Self Care Week 2011 is being held from 14-20 November 2011. This is an opportunity for you to..." A large blue oval with a grid pattern is overlaid on the page, containing the text: "Tasked by Minister, Paul Burstow, MP, to organise Launched by Minister today."

Self Care Forum
Helping people take care of themselves

HOME ABOUT US RESOURCES NEWS EVENTS

Self Care Week NHS
14-20 November 2011

Self Care Week 2011

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to organise
Launched by Minister today.

WELCOME
The Self Care Forum is a national charity that works to help people take control of their own health and well-being. We provide a range of resources and support to help people understand their health and make informed choices about their care.

ABOUT US
The Self Care Forum was established in 2004 and has since become a leading national charity. We work in partnership with the NHS, local authorities, and other organisations to promote self-care and improve the health and well-being of the population.

NEWS
The Self Care Forum has been tasked by Paul Burstow, Minister for Care Services, with organising and raising awareness of Self Care Week 2011. This is an opportunity for you to...

Everyday healthcare staff are often the first to notice when a patient is not well. It is important that they are able to recognise the signs and symptoms of illness and act quickly to prevent a serious condition from developing. Self Care Forum member, Dr Pete Smith, defined this behaviour in terms of the continuum of self-care.

Submit your own...

More

News from the Self Care Forum and its member organisations.

50 years at the heart of general practice

Self care website to help GPs advise patients:

Medical News
TODAY

GPs must back self care in tough times

By Stephen Robinson
GPs must become advocates of self care in the shadow of 'stark' choices facing the NHS, the chairman of the NHS Alliance

care organisations and patient representative groups will perpetuate the embedding of self care in every aspect of general practice,' he said.

GopaMitra, director of health policy and public affairs at the PAGB, said: 'We hope that the momentum we've built will translate into an upsurge of interest in national, regional and

Publicity to extend the reach and keep self care on the agenda

Self care in practice

I hope these initiatives will serve as pilots. Once we have learnt from the outcomes, I hope to support my work for the consortium with

patients with
conditions. TI

EDITA

For patients
cond
support
conditions.

PrimaryCare Today

nhsalliance 

Inform patients via your website

Dr Amir Hannan believes a comprehensive practice website can promote and encourage self care

ent time for patient:
it. The second
e is the support
chronic conditions.

If you are a champion for self-care sign up
and join the movement

www.selfcareforum.org

Libby.whittaker@selfcareforum.org