SAVE OUR NHS
– TIME FOR
ACTION ON
SELF CARE

Dr Beth McCarron-Nash
Self Care Forum Board member, GPC negotiator
65 years of the NHS
Changes since 1948

<table>
<thead>
<tr>
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<th>Then</th>
<th>Now</th>
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<tbody>
<tr>
<td>Male life expectancy</td>
<td>65.9 years(^1)</td>
<td>85 years(^2)</td>
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<tr>
<td>Female life expectancy</td>
<td>70.3 years(^1)</td>
<td>89 years(^2)</td>
</tr>
<tr>
<td>Infant mortality</td>
<td>35.5 (^1)</td>
<td>4.5 (^1)</td>
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<tr>
<td>% of population 65+</td>
<td>5.5 (^3)</td>
<td>16(^4)</td>
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<tr>
<td>Number of Rxs written (England)</td>
<td>426,000(^5)</td>
<td>1000.5 million(^6)</td>
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Population figures

- The ageing population brings increased co-morbidities:
  - 95% growth in consultation rate for people aged 85-89 in ten years up to 2008/09
  - Number of people with multiple long term conditions set to grow from 1.9 in 2008 to 2.9 million in 2018
  - 79% of people aged 65+ report limiting long-standing illness

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The GP coalface

- **Prevention**
  - 75% of premature deaths in England are due to four diseases – cancer, liver disease, lung disease and heart disease\(^1\)
  - Smoking remains the primary cause of preventable illness and premature death in the UK, leading to 100,000 deaths per annum\(^2\)
  - But obesity and alcohol are our new foes

- **Long-term conditions**
  - Long-term conditions account for 70% of all the health and social care budget in England\(^3\)

- **Minor ailments**
  - Account for 1 in 5 consultations, at a cost of £2bn per annum\(^4\)

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NHS spending

To save the NHS — things need to change
Our mandate to save the NHS
A six-point action plan

1. Recognise that supporting self care can create capacity in general practice for longer consultations, enabling better management of patients with co-morbidities, referrals and quality of care.

2. Enable and implement the ability for all healthcare professionals to support self care behaviour at every contact, to build people’s confidence in caring for themselves and their families at home, acting as an effective strategy for demand management.

3. Adopt a self care aware conversation in all consultations, whether on the phone or face-to-face, that encourages and supports patients and the public to consider what they can do to help themselves.
A six-point action plan

Implement the NHS Constitution at practice level to underpin support for self care so people can take greater responsibility for their own and their families’ health and wellbeing

Support Patient Participation Groups to implement the National Association of Patient Participation programme supporting self care for the practice population

Encourage healthcare professionals to enable patients to self care by developing national and local incentive schemes
The self care continuum

The Self Care Continuum

Healthy living  Minor ailments  Long-term conditions  In-hospital care

100% self care individual responsibility  100% medical care abandoned responsibility

Daily choices  Self-managed ailments  Minor ailments  Assisted-management ailments  Long-term condition  Shared health  Acute conditions  Compulsory psychiatric care  Major trauma

Self Care Forum
Helping people take care of themselves
# Benefits of Self Care for Patients

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<thead>
<tr>
<th>Benefits</th>
<th>Description</th>
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<tr>
<td>Saves time and money</td>
<td>As time off work or childcare to see a healthcare professional is not required</td>
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<td>Creates a feeling of control and self reliance</td>
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<tr>
<td>Reduces anxiety</td>
<td>Due to confidence in self diagnosis, appropriate self care advice and knowing when to seek professional help</td>
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<tr>
<td>Improves quality of life and feelings of self-worth</td>
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<td>Improves disease outcomes</td>
<td>People with long-term conditions who are able to recognise when their health issue is worsening and what action to take have fewer risks of serious complications</td>
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<tr>
<td>Frees up healthcare professional time</td>
<td>To see patients who are unable to self care or who need additional support</td>
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*Self Care Forum*

*Helping people take care of themselves*
Self care: the evidence

Stopping smoking at age 30, 40, 50 or 60 years old means a gain of 10, 9, 6, or 3 years life expectancy\(^1\)

A 10 kg weight reduction can reduce overall deaths by 20%, diabetes-related death by 30% and cancer-related death by 40%, whilst also reducing blood pressure and back pain and improving lung function\(^2\)

Self care: the evidence

Self care can reduce primary and secondary care visits for long-term conditions by up to 80% - with benefits sustained.\(^1\) For minor ailments it means faster treatment and saves around an hour of GP time per day\(^2\)

Improved ability for patients to cope with their condition, resulting in improved clinical outcomes\(^1\)

On average, each patient completing an Expert Patients Programme reduces their burden on the NHS by £1800 per annum\(^3\)

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Ways to support self care

A consistent approach
The ‘How to’ guide

The Self Care Forum has created a ‘How-to’ guide to help GP practices become Self Care Aware

Includes tips and links to tools and resources:

- Training
  - RCGP e-learning module
- For practice
  - Practice posters
  - CQUIN self care plan
  - Outcomes Star
  - Health Needs Assessment tool
- For patients
  - Factsheets
  - Patient website content
Patient factsheets

- A recent survey of almost 1000 doctors and NHS managers found 78% agreed that doctors need to give clear and explicit advice to their patients about when to self care and when to come to the surgery\(^1\)

- Factsheets cover:
  - Useful facts
  - What patients can expect to happen (the natural history)
  - What people can do to help themselves – now and in the future
  - When to seek medical help (the ‘red flags’)
  - Where to find out more

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1. Survey of 1,000 NHS managers and doctors conducted via NHSmanagers.net, completed May 24, 2013.
Patient factsheets

- Low back pain
- Eczema
- Heartburn, indigestion
- Acne
- Cough
- Common cold
- Sinusitis
- Otitis media
- Constipation
- Sprains and strains
- Fever in children
- Headache/migraine
- Sore throat
Be a Self Care Aware practice

- Change needs to start in primary care
- The first step is for GPs to become a Self Care Aware practice
- Self Care Week can be the start of saving the NHS