Welcome to the Future

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Welcome to the Future
A 5lb piece of equipment that can:

**Diagnose:**
- Anemia, Atrial Fibrillation (AFib),
- Chronic Obstructive Pulmonary Disease (COPD), Diabetes,
- Hepatitis A, Leukocytosis,
- Pneumonia, Otitis Media, Sleep Apnea,
- Stroke, Tuberculosis, Urinary Tract Infection,
- Absence of condition.

**And 3 of these**
- Allergens (airborne), Cholesterol Screen,
- Food-borne Illness, HIV Screen,
- Hypertension, Hypothyroidism/Hyperthyroidism,
- Melanoma, Mononucleosis,
- Osteoporosis, Pertussis (Whooping Cough), Shingles,
- Strep Throat.

**And monitor all these**
- Blood Pressure, Heart Rate, Oxygen Saturation,
- Respiratory Rate, Temperature.

All without the help of a health professional?
Imagine a portable, wireless device in the palm of your hand that monitors and diagnoses your health conditions. That’s the technology envisioned by this competition, and it will allow unprecedented access to personal health metrics. The end result: Radical innovation in healthcare that will give individuals far greater choices in when, where, and how they receive care.

LEARN MORE ABOUT THE COMPETITION >
The heart of Patient Empowerment

Self Care

PAGB

Self Care Forum

Where Next?
The NHS Plan
A plan for investment
A plan for reform
1.9 The frontline in healthcare is the home. Most healthcare starts with people looking after themselves and their families at home. The NHS will become a resource which people routinely use every day to help look after themselves.

0845 46 47 will become one of the best used phone numbers as millions of people every year contact NHS Direct to get advice about health problems. Each week will see millions of hits on the NHS Direct internet site. As well as providing fast and reliable information on a wide range of conditions, it will also be valued as an easy way to contact patient and self-help groups.
The Self-care Continuum

Pure Self Care
Individual responsibility

Pure Medical Care
‘abdicated 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
Fully engaged to survive...
Self Care – A Real Choice
Self Care Support – A Practical Option

Self care was highlighted in the NHS Plan as one of the key building blocks for a patient-centred health service. More recently self care featured as a key component of the model for Supporting People with Long Term Conditions. Research shows that supporting self care can improve health outcomes, increase patient satisfaction and help in deploying the biggest collaborative resource available to the NHS and social care – patients and the public. Helping people self care represents an exciting opportunity and challenge for the NHS and social care services to empower patients to take more control over their lives.

This communication sets out the current position and is aimed at PCT, NHS Trust, SHA and social care management teams as well as health and social care professionals and practitioners.

Its purpose is to:
- provide information on the developing policy on support for self care and the reasons why it is important (the why);
- suggest what practical action can be taken by those delivering health and social care (the what);
- provide some ideas on how to support self care (the how).

This document has benefited from consultation with a wide range of stakeholders.

What do we mean by self care?
Self care is a part of daily living. It is the care taken by individuals towards their own health and well being, and includes the care extended to their children, family, friends and others in neighbourhoods and local communities. Self care includes the actions people take for themselves, their children and their families to stay fit and maintain good physical and mental health; meet social and psychological needs; prevent illness or accidents; care for minor ailments and long-term conditions; and maintain health and well-being after an acute illness or discharge from hospital.

The spectrum of care
Any particular example of care lies on a spectrum (see Fig 1) ranging from 100% self care (e.g. brushing teeth regularly) to 100% professional care (e.g. neurosurgery). In between these is shared care where individuals or families partner with practitioners in the care of the individual; practitioners include allied health professionals (AHPs), nurses, doctors, social workers and pharmacists. Supporting self care has always been

1 'Self care – A real choice, Self care support – a practical option', published by Department of Health, 2005
"...challenging the traditional divide between patients and professionals... opportunities for better health care through increased prevention and supported self-care."

• 2010 18% of GP attendances are for self-treatable conditions
• 2014 19% of A & E attendances are for self treatable conditions
16 PAGB Self Care Conferences
4 self care weeks
The Self Care Forum was set up in May 2011 to further the reach of self care and embed it into everyday life.

Self Care Forum Manifesto

My Health, My Life
Achieving Engagement
The Self Care Forum Manifesto

Personal engagement is a key aspect of the Five Year Forward View, and achieving engagement is the focus of the Self Care Manifesto which highlights four pillars of engagement.
Self Care Week Resources

Self Care Week 2015 Resources – Self care for life

Self Care Week is an annual national awareness week that focuses on embedding support for self care across communities, families and generations.

This year our theme is ‘Self Care for Life’.

The following materials are available to download below:

Communications Information

Find out more about how to support the week, including materials and message ideas:

Download the communications information pack

Related posts

- Self Care for Life
- Self Care Forum Manifesto
- ‘Self Care Aware’ poster
- Healthy people have a duty to self care
- Review of Self Care Week 2014
What’s it got?

• Vast amount of practical information
• Fact sheets by Knut Schroeder
• Hosting The RCGP free e-learning
• Examples of good practice
• The 2014 NICE award winning antibiotic programme using self care my own practice devised won the
• Everything you need to know about Self Care Week
Self Care Foundation

• The Home of Self Care
• Membership Organisation
• An independent not for profit Charitable Organisation
• Carry on the work of Self Care Week and conference throughout the year
• Everyone is welcome
To Boldly Go...

• Please join us at the Self Care Foundation

• Welcome to Self Care 2015