Working together to
Embrace Self Care for Life

Dr Pete Smith OBE MBChB
Co-Chair, Self Care Forum
Hon Senior Research Officer, Imperial College, Self Care Academic Research Unit
What is self Care?
What is Self Care?

•The actions that individuals take for themselves and on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing or wellness.
Taking care of your mind & thoughts

Self-Care

Increasing your own well-being through self-care behaviors

Taking care of your emotions

Taking care of your physical health & body

Self-care is an act of self-love.

be good to yourself
The range of self care

The Self Care Continuum

Pure Self Care
- Individual in full control
- Daily choices
- Lifestyle
- Illness prevention
- Minor ailments

The Self Care Continuum

Pure Medical Care
- Increasing professional assistance
- Acute conditions
- Compulsory psychiatric care
- Major trauma

Wellbeing, Healthy living, Short-term conditions, Long-term conditions, In-hospital care
Self Care is nothing less than the actions to lead a happier, healthier, more fulfilling life.
What’s happening in Self Care?
Embracing Self Care for Life

- Health literacy
- SCARU
- Technology
- Social prescribing
- Community Pharmacy
- Self care Week
- Community self care programmes
- Care navigation and active signposting
- Self care in STPs
- Self care in General practice
- Long term conditions

Social movements as a catalyst for change – putting theory into practice
10 BRISK MINUTES

A brisk 10 minute walk every day can make a difference to your health. Each 10 minute burst of exercise is known as an “Active 10”.

Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more.

It’s the easy way to improve your health and wellbeing. No gym memberships, no Lycra. Just 10 minutes and you’re done!

DO IT FOR YOU!

GET STARTED WITH THE APP

Our free Active 10 app takes away the guesswork. It shows how much brisk walking you’re doing and how you can do more. It’s easy to use and helps you set your goals for the day.

CHOOSE YOUR GOAL

SEE HOW YOU’RE DOING

TRACK YOUR PROGRESS
# Cardiovascular Disease Prevention: Risk Detection and Management in Primary Care

## The Interventions

<table>
<thead>
<tr>
<th>Cross Cutting</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. NHS Health Check - systematic detection of high BP, AF, NDH, T2DM, CKD, high cholesterol, CVD risk</td>
<td></td>
</tr>
<tr>
<td>2. System level action to support guideline implementation by clinicians</td>
<td></td>
</tr>
<tr>
<td>3. Support for patient activation, individual behaviour change and self management</td>
<td></td>
</tr>
</tbody>
</table>

### High BP detection and treatment
- 5 million un-diagnosed, 40% poorly controlled

### AF detection & anticoagulation
- 30% undiagnosed. Over half untreated or poorly controlled

### Detection, CVD risk assessment, treatment
- 85% of FH undiagnosed. Most people at high CVD risk don’t receive statins

### Type 2 Diabetes preventive intervention
- 5 million with NDH. Most do not receive intervention

### Diabetes detection and treatment
- 940k undiagnosed. 40% do not receive all 8 care processes

### CKD detection and management
- 1.2m undiagnosed. Many have poor BP & proteinuria control

## The Opportunities

- BP lowering prevents strokes and heart attacks
- Anticoagulation prevents 2/3 of strokes in AF
- Behaviour change and statins reduce lifetime risk of CVD
- Intensive behaviour change (eg NHS DPP) reduces T2DM risk 30-60%
- Control of BP, HbA1c and lipids improves CVD outcomes
- Control of BP, CVD risk and proteinuria improves outcomes

## The Evidence

- Blood Pressure
- Atrial Fibrillation
- High CVD risk & Familial H/cholesterol
- Non Diabetic Hyperglycemia (pre-diabetes)
- Type 1 and 2 Diabetes
- Chronic Kidney Disease

## The Risk Condition

## Detection and 2°/3° Prevention

### The Outcomes

- 50% of all strokes & heart attacks, plus CKD & dementia
- 5-fold increase in strokes, often of greater severity
- Marked increase in premature death and disability from CVD
- Marked increase in Type 2 DM and CVD at an earlier age
- Marked increase in heart attack, stroke, kidney, eye, nerve damage
- Increase in CVD, acute kidney injury & renal replacement
**News**

NHS launches new drive to save thousands of people from heart attacks and strokes

12 September 2017

Duncan Selbie, Chief Executive of Public Health England, will say today: “High blood pressure is the invisible killer. We want people to be as familiar with their blood pressure numbers as they are with their credit card PIN or their height.

“Too many people are still living in poor health and dying from a largely preventable disease. The good news is that we know how most heart attacks and strokes can be avoided. Scaling up CVD prevention locally is a major part of reducing the overall burden on individuals, families and the NHS, and will help to ensure a person’s health is not defined by where they live.”

Ten new 'healthy' towns to be built in England

Townes, designed to address problems such as obesity and dementia, will have 76,000 new homes and 170,000 residents

The programme, launched last year, puts “good health at the heart of urban design and planning” and aims to “reduce pressure on the NHS by rethinking our lifestyles and the way health services are delivered”, NHS England said.

NHS England chief executive Simon Stevens said the plans “point the way” for the communities of the future.
Our home computer Symptoms Checker

Our new home computer Symptoms Checker takes just seconds - it asks your age and goes through your symptoms, giving you tailored advice at the end and a print-out to take with you if it recommends that you see your GP. The Checker is evidence-based and should provide reassurance to most people that their symptoms are not indicative of bowel cancer. There is helpful advice on what to do next - and also advice on how to treat other bowel problems. If you would like to let us know what you think of the Symptoms Checker, look for the Contact Us box. To access the Checker, go to www.haveigotbowelcancer.com
Why are we interested in Self Care?
Self Care is nothing less than the actions to lead a happier, healthier, more fulfilling life.
Joining up Self Care

Collaboration with Imperial and International Self Care Foundation to set up Self Care Academic Research Unit

Collaborating with other organisations and citizens to produce the authoritative guide to self care for short term conditions

Hope to collaborate with Right Care and NHS England on promoting evidence based programmes

Join us as a member to collaborate with like minded individuals and organisations

Join us as a Self Care Tinder
We are nearly there!

We need to work together to reach our goal.
The Self Care Forum

Join us to work together on Self Care for Life