

Proposal: Develop a series of fast-tracked covid19/coronavirus Self Care Aware Factsheets

OVERVIEW

The Self Care Forum is offering to develop a series of fast-tracked self care aware Factsheets to help people understand how to avoid contracting coronavirus and what to do should they or their family members show signs or symptoms of the virus.

Uncertainty around COVID-19 has created an immediate need to equip the population and health professionals with reliable knowledge and awareness about this new virus.

The Self Care Forum is looking to develop ten self care aware Factsheets that can be used across the health and care system.

The Factsheets will be evidence-based and peer-reviewed in line with our current suite of [Factsheets](#) which are a popular and valuable resource for health and care professionals to support the practice. They are also used independently for self care by the general public. They are succinct (no more than two sides) and easily accessible.

THE OBJECTIVE

The health and care system is under unprecedented pressure to manage demand as a result of the coronavirus pandemic. Alongside the number of calls and queries from people worried about the virus, there is a high level of anxiety, and concern. This is often as a result of inaccurate information and myths circulating via social media and other forums. To help mitigate this, the Self Care Forum is proposing to develop resources to help ensure that the public has evidence based and factual information about coronavirus and what to do.

THE SOLUTION

The Self Care Forum's current array of Factsheets has already proved to be a valuable and highly trusted resource for those working in the health and care system and the public to support and promote self care. There are Factsheets across 16 symptom areas. The Factsheets are all evidence based and support national health and care policy. They are however, seen as separate to the NHS or government agencies which further helps with their wider public credibility. A series of fast-tracked coronavirus Factsheets will provide clinicians with a much-needed resource to reassure people about the signs, symptoms and what to do.

PROPOSAL

The Self Care Forum will produce ten evidence-based peer reviewed Factsheets that will be available free of charge to be downloaded from the Self Care Forum's website. The first Factsheets from the series will be available in two weeks. The Self Care Forum will arrange promotion of the resources.

BUDGET AND COSTS

The fee for Self Care Forum Factsheets includes:

- Development of ten evidence based and research-led material by experienced clinicians.



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- Information is checked against current recognised NHS and public health information standards.
- Peer-reviewed in an expedient manner by the Self Care Forum.
- Administration costs and promotion of resources.
- Production and maintenance/reviews for a minimum of 12 months.

This would ordinarily be in the region of £20k - £30k however, given the urgency we are able to negotiate on costs. We are expecting this amount to be met via a series of smaller donations from multiple funders.

If you would like to help fund these Factsheets please contact the Self Care Forum manager, Libby Whittaker, via email (libby.whittaker@selfcareforum.org) or call 07896 987979.

ABOUT THE SELF CARE FORUM

The Self Care Forum is a charity supporting people-facing organisations to help their populations take better care of their own health and their family's physical health and mental wellbeing. For more information on what we do, including [testimonials](#) from local, national and international organisations please go to the [website](#), [email](#) or call Libby Whittaker on 07896 987979.

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