

## Self Care Forum's Self Care Aware Fact Sheets – Development Process

### What are the fact sheets for?

The Self Care Forum self care aware fact sheets aim to help clinicians and service-users discuss issues around self care within the practice/pharmacy setting and especially how to handle the symptoms in the future. They provide patients and service users with evidence based, easy to read information covering:

- Useful facts
- What people 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

### Why this format?

When used online, the factsheets are interactive, but our experience has demonstrated that limiting the information delivered to two sides of A4 provides around 1,000 – 1,300 words - a digestible amount of information. For professionals, the 2 x A4 can be easily printed off during a consultation to provide patients and clients with an authoritative aide-memoire.

### How were the Fact Sheets developed?

The fact sheets are produced collaboratively by the Self Care Forum Trustees, partners, health and public health experts and advisors, Self Care Champions, lay people using the most up to date knowledge, evidence base and guidance from resources and reference groups such as:

- Clinical Knowledge Summaries from the National Institute for Health and Clinical Excellence (NICE)
- Guidelines from the Scottish Intercollegiate Guidelines Network (SIGN)
- Publications produced by the UK Royal Colleges and major charities
- Selected major peer reviewed scientific articles
- NHS Websites (including those in England, Scotland, Ireland and Wales)
- Patient UK
- Moorfields Eye Hospital Website
- NHS National Menopause Clinical Reference Group

## Peer Reviewed and Assessed

The fact sheets are developed in two stages. At the draft, stage information is collated by members of the Self Care Forum Board and advisors, many of whom are health professionals. Relevant experts are also invited to be involved in development or to peer review particular fact sheets. Although there is user input at the draft stage, lay members of The Self Care Forum's Self Care Champions team take part in a rigorous second stage reviewing the fact sheets and checking them for readability and understanding.

## Review Process

Our fact sheets are reviewed every 2 years by the Self Care Forum Board although if new clinical information is released, the resource will be reviewed and updated sooner. A guidance for the review process is available on the Self Care Forum website or on request.

## Independently Verified

The fact sheets are produced and independently verified by the Self Care Forum, which is responsible for the content overall.

## How can the Fact Sheets be used?

The fact sheets are free to download from the Self Care Forum website and may be printed and distributed without further permission. If however, the content is altered permission would need to be sought (email [selfcare@selfcareforum.org](mailto:selfcare@selfcareforum.org)).

## Sponsorship Opportunities

The Self Care Forum develops resources with the help from sponsors and funders and if you would like to support the production of a new resource please contact [selfcare@selfcareforum.org](mailto:selfcare@selfcareforum.org) for more details. Prices vary depending on the amount of work that is needed to produce the fact sheet.

## Contact details

For further information please contact [selfcare@selfcareforum.org](mailto:selfcare@selfcareforum.org) or telephone 020 7421 9318.