



A PARTNERSHIP OF EXPERTS

Breaking the Cycle of Dependency

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The Course Objectives

We should:

- Recognise the benefits of Self Care
- Decide where the greatest potential lies
- Know how to support patients to become experts in their own healthcare
- Understand the nature of a “self care aware consultation”
- Identify and understand the barriers



The Real Course Objective!

- You should feel able to share your understanding with others
- Materials:
 - PowerPoint presentation
 - Aide Memoire Card
 - “Self Care – A Real Choice”
 - Continuing advice



An introduction to Self Care Awareness

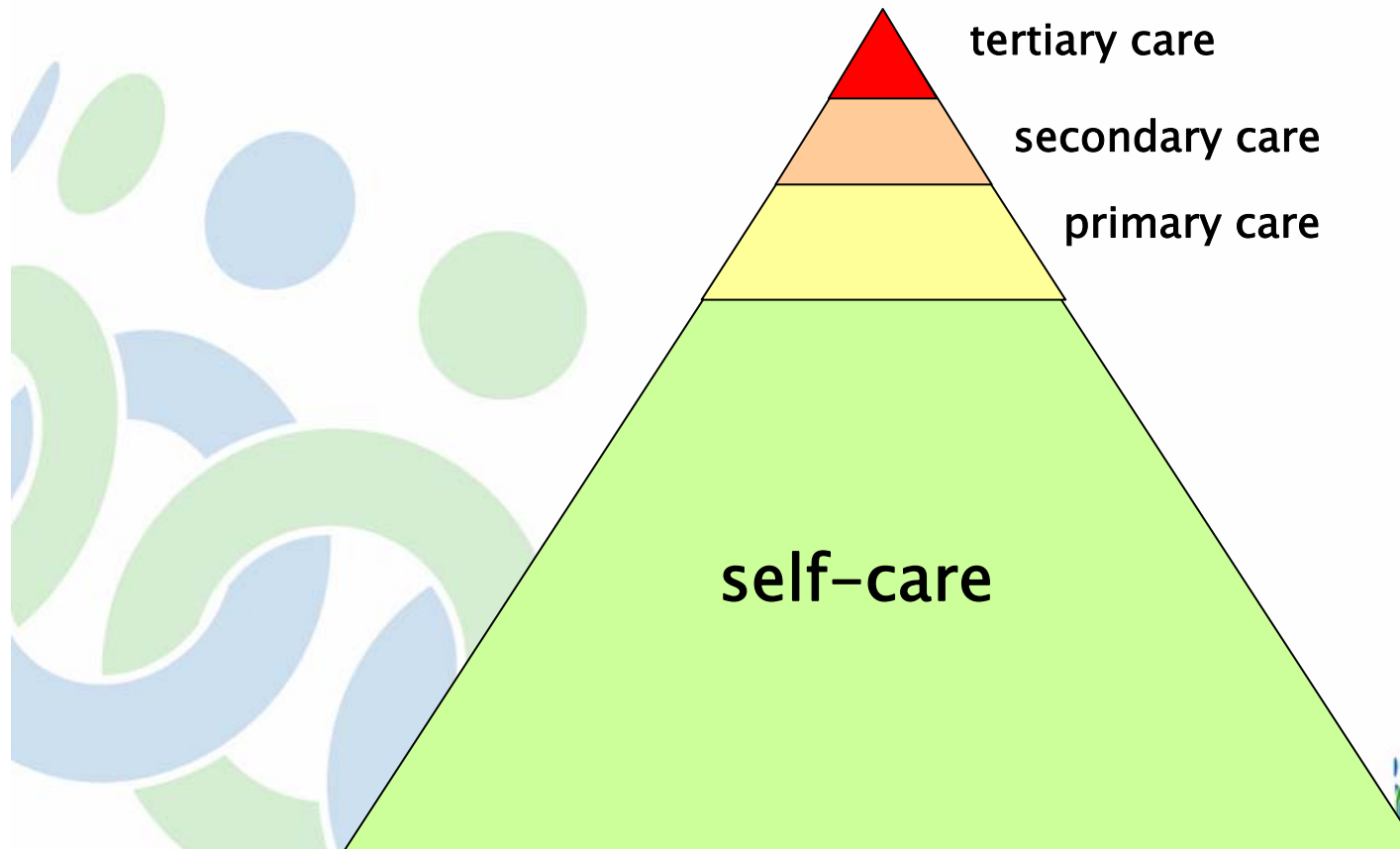
What do we mean by self care?

- Self care is a part of daily living
- It is the care taken by individuals towards their own health and well being
- It includes the care extended to their children, family, friends and others in neighbourhoods and local communities
- Most care in life is self care

What do we mean by self care?

- **Self care includes**
 - maintaining good physical and mental health
 - meeting social and psychological needs
 - preventing illness or accidents
 - caring for minor ailments and long-term conditions
 - maintaining health and wellbeing after an acute illness or discharge from hospital

The Health Care Pyramid



Around 80% of all care episodes are self-care

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The Human Context

- In UK, over 17 million people have a long term condition
- 60% of adults report some long-term health problem
- 80% of GP consultations for long-term conditions
- By 2030, incidence of long-term conditions in over 65s will double

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The Human Context

- Minor illnesses account for 75% of A&E visits
- 40% of GP time spent dealing with self-treatable illness
- Many consultations end in a prescription when OTC or no prescription would be as appropriate

The Self-care continuum

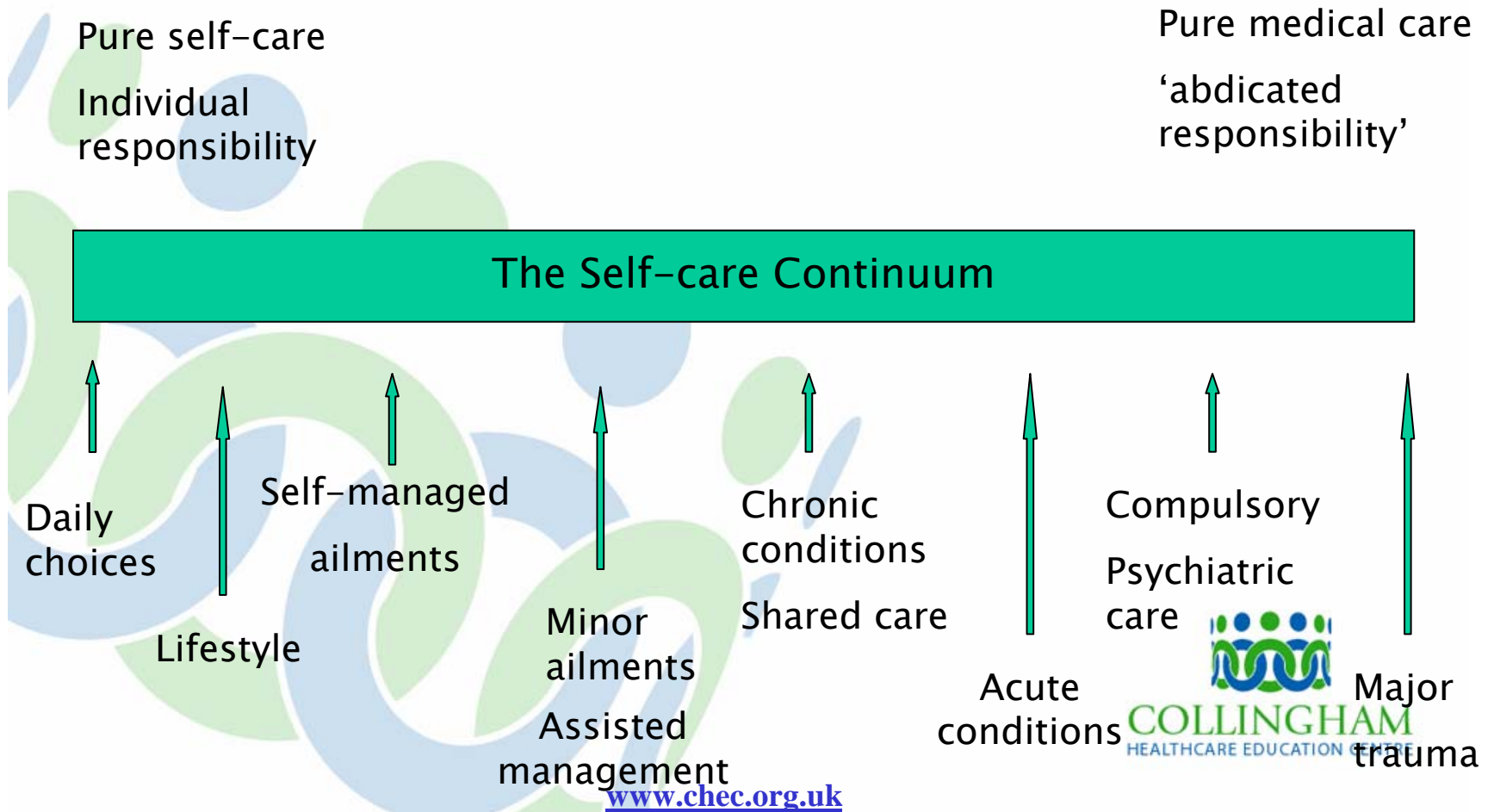


Table 3.1: Summary of scenarios

	Solid progress	Slow uptake	Fully engaged
Changes in demand for care¹¹:			
UK life expectancy at birth by 2022	Men: 80.0 Women: 83.8	Men: 78.7 Women: 83.0	Men: 81.6 Women: 85.5
Long-term ill health among the elderly	No change in rates of ill health	Increase in long-term ill health	Healthy life expectancy increases broadly in line with life expectancy
Acute ill health among the elderly	5 per cent reduction by 2022	10 per cent increase by 2022	10 per cent reduction by 2022
Health promotion (smoking, exercise, diet, etc.)	Meet current public health targets leading to reductions in hospital admissions and GP visits	No change	Go beyond current public health targets leading to greater reductions in hospital admissions and GP visits, combined with higher spending on health promotion
Health seeking behaviour among over 65s	'Old old' match use of hospital and GP care per head of 'young old' by 2022	No change	'Old old' match use of hospital and GP care per head of 'young old' by 2012
Health seeking behaviour among under 65s	One additional GP visit per year on average by 2022	No change	One additional GP visit per year on average by 2022
Self-care	Switch of 1 per cent of GP activity to pharmacists; reduction of 17 per cent in outpatient attendances among 225,000 people using self-care	Switch of 1 per cent of GP activity to pharmacists; reduction of 17 per cent in outpatient attendances among 225,000 people using self-care	Switch of 2 per cent of GP activity to pharmacists; reduction of 17 per cent in outpatient attendances among 450,000 people using self-care

Wanless

The Policy Context

- NHS Plan: “The NHS will become a resource which people use everyday to help look after themselves”
- NSFs and Care of Long-term Conditions
- The public health WP: “Choosing Health”
- The Expert Patient Programme
- The new GMS contract

The Impact on Patients

- Better symptom management, such as reduction in pain, anxiety, depression and tiredness
- Improved feeling of well being
- Increase in life expectancy
- Improvement in quality of life with greater independence

The Impact on General Practice

- A start into “demand management”
- Visits to GPs can decrease
- Increase in patient satisfaction
- Use of the wider primary care team
- Use of community and voluntary support
- Increased involvement of patients and carers in decision making

The Wider Impact

- Outpatient visits can reduce
- A&E visits can be reduced
- Hospital admissions and hospital length of stay can be reduced
- Medicines intake is regulated or reduced
- Days off work can drop



For the research evidence:


www.dh.gov.uk/selfcare

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The Self Care Vision

- Individuals and carers have self care as a real choice
- Choice includes a range of self-care options – available, accessible, convenient
- The right support is provided for that choice



What can you do to promote self care?

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Four Key Actions

- Understand the person's motives and experiences
- Give information that is consistent, relevant, timely and appropriate
- Give education and skills training to use that information
- Give continuing support and encouragement

Understanding the Patient

- The self care aware consultation
- Understanding preparedness to change
- Responding when the patient is ready to change
- Tailoring the message to the patient

Giving Information

- Appropriate, consistent and accessible advice and information
- Individual care plans for adults and children
- Multi-media and multi-lingual materials
- Campaigns
- Use of community leaders and peers including “lay trainers”

Education and Skills

- Self diagnostic tools, self monitoring devices and self care equipment
 - How to use them
 - How to react to changes
- First aid training in schools
- Health education
- Skills development e.g. Expert Patients Programme

Continuing Support

- The self care aware consultation
- Valuing efforts at self-care
- Consistency of messages
- Rapid and effective response to crises

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The Self-Care Aware Consultation

What is a 'self-care aware consultation'?

It involves:

- All contacts with the wide primary care team members
- Using the person's own potential for independent action
- Building a set of skills and attitudes for future use
- Providing support where necessary

What is a 'self-care aware consultation'?

The outcome is:

- A coherence across the primary care team
- Patients and carers building on their existing skills
- More patient centred consultations in general practice

The Keys to a 'self-care aware consultation'

- Understanding the patient's Self-Care journey
- Supporting the patient's self-care decisions

Types of 'self-care aware consultations'

- One example: Self care for self-limiting illness
- Other examples: Chronic disease, support for carers, lifestyle choices, risk awareness

Understanding the Patient's Self-care Journey

- Taking a history that includes self care
 - How long have the symptom/s presented?
 - What has the patient already tried?
 - hot water bottle, resting, taking OTC medicines, complementary products or food supplements, seeing an allied health professional or alternative practitioner?
 - And for how long?

Understanding the Patient's Self-care Journey

- What have you already tried?
- How long have you tried this?
- What were you trying to achieve by doing/taking this?
- Has it worked and how?
- Have you stopped doing what you tried – and why?
- What could you do next time?

Understanding the Patient's Self-care Journey

Answers will reveal:

- how willing the patient is to think about their health options
- the potential for change now and in the future
- the patient's reasons for consulting
- the possibility of coming back to advise on self-care at the end of the consultation

Supporting the Patient's Self-care Decisions

- Endorse current self-care practice and encourage it for the future
- Ensure understanding of the right time period for self-care before the need for professional help to be sought
- Endorse consultation with other professionals in the primary care team
- Use written information where possible to support advice and enforcement of self-care

Aide Memoire

- What have you already tried?
- How long have you tried this?
- What were you trying to achieve by doing/taking this?
- Has it worked and how?
- Have you stopped doing what you tried – and why?
- What could you do next time?



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