

## 10th PAGB Self-Care Conference

*Time to Change the Culture of Dependency on the NHS*

**Tuesday 17th November 2009**

**Royal College of Physicians,  
Regent's Park, London NW1**

- **Do you think it's time to change the culture of dependency on the NHS?**
- **Do you think we should educate and encourage people to use the NHS wisely?**
- **Or do you think it correct in the 21st century that people take their coughs and colds to the GP?**

The RCGP and PAGB are holding a joint conference to examine why the time is right for everyone in health to take action against the culture of dependency on the NHS. With plenty of interaction from the audience, we will evaluate ideas from the doctor, the PCT and the consumer on how to tackle behavioural change.

The NHS will be put on trial accused of perpetuating a culture of dependency. You decide if the NHS is guilty or there are extenuating circumstances. Perhaps it's the fault of the education system, should children be taught the rudiments of self care in schools? Is Government to blame for introducing too many access points into the NHS? And doctors, should they encourage their patients to take more responsibility for their minor ill health?

By the end of the conference we will have a definitive call to action, a framework of ideas that can be introduced into the community by PCTs, or into GP practices, to take a fundamental step towards eradicating this culture of dependency.

We strongly urge anyone working in the NHS, in PCTs, in SHAs, in general practice as well as medical and nursing organisations to book your FREE place now since admittance will be on a first come first served basis. Take the first step towards change and register NOW.

**To register please email your name, job title, organisation  
and contact number to [sally.oshea@pagb.co.uk](mailto:sally.oshea@pagb.co.uk).**

**If you have any queries concerning the conference,  
please contact Libby Whittaker on 020 7421 9318**

# *“Time to change the culture of dependency on the NHS”*

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### Programme

- 09.30 **Coffee and registration**
- 10.00 **Introduction**  
Chairman, Dr Ian Banks will introduce the conference by challenging speakers, panellists & the audience to consider and develop solutions to address a culture change from doctor dependency to self care for minor ailments.
- 10.05 **Welcome address from**  
Prof. Steve Field, Chairman RCGP
- 10.20 **The culture of primary care**  
Dr Laurence Buckman, GPC
- 10.35 **Can the NHS continue to support a dependency culture?**  
Anna Dixon, King’s Fund
- 10.55 **Question time**
- 11.10 **Breaking the cycle of dependency and empowering people – a Conservative view**  
Mark Simmonds, MP, Shadow Minister for Health
- 11.25 **Coffee Break**

#### **Session 1**

Three self care concepts to address the dependency culture by moving the top ten minor ailment consultations to self care.

- 11.40 **The doctor’s self care concept**  
Beth McCarron-Nash, GPC, Maureen Baker, RCGP
- 12.00 **The PCT’s self care concept**  
Margaret Kitching, NHS Barnsley
- 12.10 **The self care concept for people**  
Dr Ade Adeagbo, National Voices
- 12.20 **Q&A with Sue Summers, NW SHA, Dr Simon Fradd, GP, Dr Pete Smith, NAPC, Anna Dixon, King’s Fund and the audience**
- 12.50 **Key pad vote**
- 1.00 **Buffet Lunch**

#### **Session 2**

The concepts in session one describe what has to be done to address the dependency culture, session two looks at what resources, structures and partnerships are needed to implement these and develop the self care toolkit.

- 1.40 **Developing the self care toolkit**  
Lee Phillips & Ian Smyth, Humana
- 1.50 **Facilitated by Dr Michael Dixon, NHS Alliance and with Helen Northall, PCC, Angela Hawley, DH and the audience**
- 2.30 **Key pad vote**
- 2.35 **Tea Break**

#### **Session 3**

The Trial – you have been summoned to give jury service. Unprecedented increases in funding have been ploughed into the NHS for 10 years and though improvements have been made these do not match perceived results. Worse than that, the NHS is now facing a £15billion shortfall in the coming years. The NHS is on trial and you have to decide whether it’s guilty of perpetuating a culture of dependency.

- 2.50 **A word from the Judge**  
Dr Howard Stoate MP
- 3.00 **Key pad vote**  
Is the NHS guilty of neglecting to encourage self care?
- 3.10 **Four defendants fight their corner**  
Dr Andrew Hobart, BMA, David Stout, NHS Confederation, Dr Steve Boorman, Royal Mail/DH, Professor Mike Pringle, RCGP + discussion
- 4.00 **The Judge’s summation**
- 4.10 **The Jury decides - key pad vote**
- 4.20 **Sheila Kelly, PAGB closes the conference and announces the action plan to change the culture of dependency for minor ailments.**
- 4.30 **Conference closes**