CONFUSED ABOUT SELF CARE?

Understanding when is the right time to practice self care

There are an estimated 57 million GP consultations and 3.7 million visits to A&E every year for self-treatable conditions, costing the NHS an estimated £2.3 billion^{1,2}.

WHAT IS SELF CARE?

PAGB defines self care as the actions people take for themselves and their health and wellbeing and to take care of their self-treatable conditions.

PHARMACY A&E **SELF CARE GP**

PAGB Representing

PAGB research revealed people are still visiting a GP and A&E for self-treatable conditions that could be managed effectively by a pharmacist - which could save people time and free up NHS services for those who really need to use them

are frustrated about how long it takes to

see a GP for a consultation, with nearly 10% waiting around three weeks³



are driven to exaggerate symptoms in order to get a same-day emergency appointment, which they may not actually need3

a third of people have seen a GP in the past year for conditions like a cold, which a pharmacist would be better placed to treat and be more

Worry that misuse of GP and A&E services for self-treatable conditions means the NHS will be harder to access when they really need it³

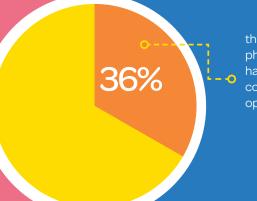
The research identified ways which could encourage more people to visit their pharmacist first for advice on self-treatable conditions

would be more likely to seek instead of a GP for a

believe better education about how to treat common conditions would make them more likely to visit a pharmacist instead of the GP3

about pharmacy training would help people feel more confident asking them

Promoting the benefits of community pharmacies could help encourage more people to use the services they offer



think community pharmacies have more convenient opening times³

believe pharmacists have more time available to discuss health concerns³

When is the right time to self care?

Knowing where to turn for help for common conditions like a cold, sore throat or headache can be confusing and for many the GP is the first place they turn.

of people who have previously visited a GP for a self-treatable condition went for expert healthcare advice, which a pharmacist can also offer³

JANUARY

FEBRUAR

Did you know?

Community pharmacies provide easy access to trained healthcare professionals without the need for an appointment, they are ideally placed to support people with their health and wellbeing.



20 MINS TRAVEL TIME

Community pharmacies offer a range of services

Advice on common conditions and minor injuries



Help with using medicines safely Repeat prescriptions



Reviewing your medicines

Disposing of old medicines

Advice on how to keep healthy



Health checks and flu jabs

Advise you if you need to

Common conditions your community pharmacist can help you to manage⁶









Colds

Earache



Coughs



Sore throats

