

# CONFUSED ABOUT SELF CARE?

Understanding when is the right time to practice self care

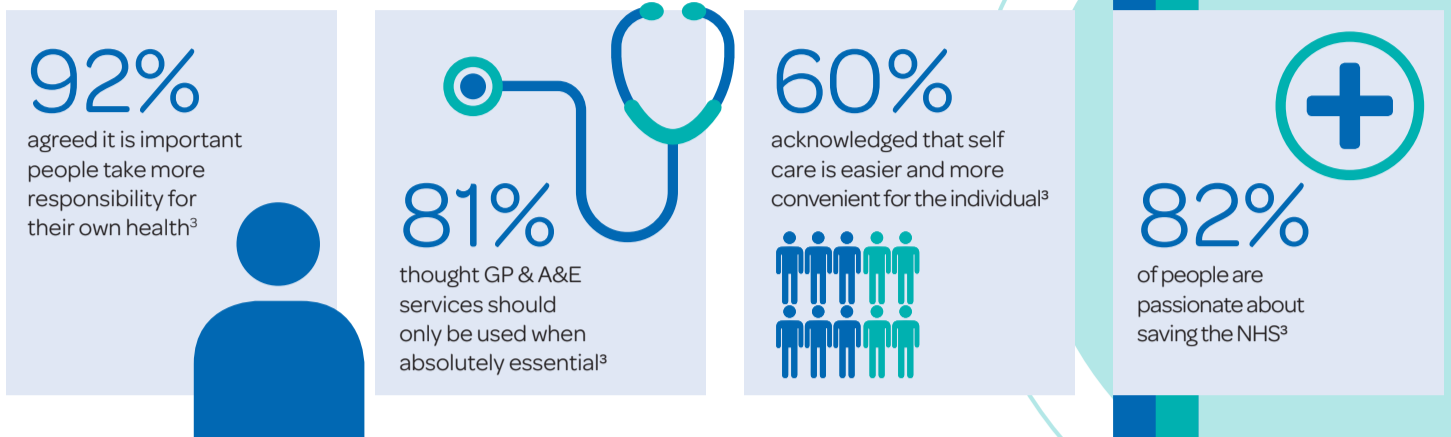
There are an estimated 57 million GP consultations and 3.7 million visits to A&E every year for self-treatable conditions, costing the NHS an estimated £2.3 billion<sup>1,2</sup>.

## WHAT IS SELF CARE?

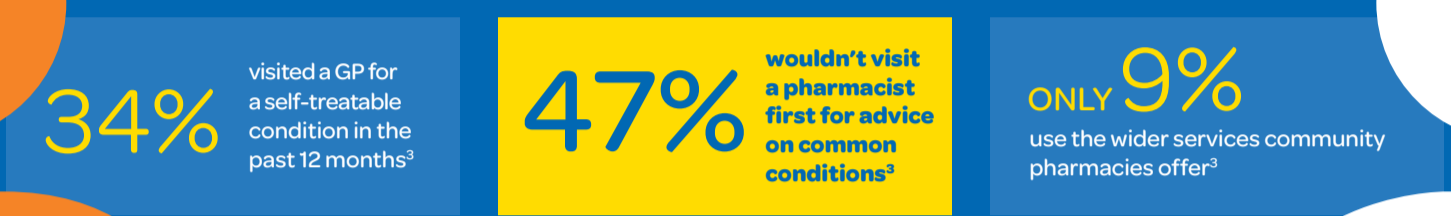
PAGB defines self care as the actions people take for themselves and their families to promote and maintain good health and wellbeing and to take care of their self-treatable conditions.

PAGB Representing the Consumer Healthcare Industry since 1919

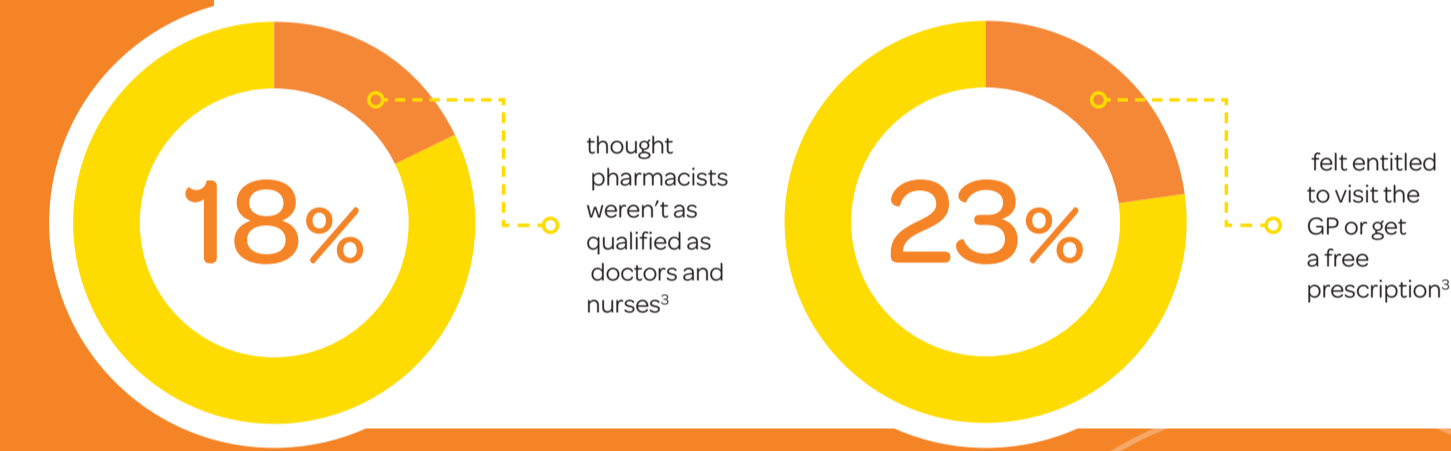
The self care nation research explored the attitudes and behaviours towards self care to explore the barriers and how they could be overcome.



## The research identified a disconnect between people's willingness to self care and their actions



Of the 47% of people who wouldn't visit their pharmacist first for advice or medication for a self-treatable condition<sup>3</sup>



## 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.

87%<sup>3</sup>

said they had suffered from a self-treatable condition over the past 12 months

## 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.

11,674<sup>4</sup>

community pharmacies in England

99%<sup>5</sup>

of the population live within 20 MINS TRAVEL TIME of a community pharmacy

## 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 visit a GP

## The most common self-treatable conditions in the past 12 months<sup>3</sup>



1. IMS Health, Minor ailment workload in general practice, 2007.  
 2. IMS Health study of self treatable conditions presenting in A&E units 2014. Data source: HES data. Health Episode Statistics. Re-used with the permission of the Health and Social Care Information Centre. All rights reserved.  
 3. Survey with 5,011 UK adults, carried out by Pureprofile on behalf of the Proprietary Association of Great Britain. Sept 2016  
 4. <http://content.digital.nhs.uk/searchcatalogue?productid=19328&q=title%3a%22general-pharmaceutical-services%22&sort=Relevance&size=10&page=1#top> [last accessed November 2016]  
 5. <https://www.england.nhs.uk/wp-content/uploads/2013/12/comm-pharm-res-pack.pdf> [last accessed November 2016]