



PAGB digital self care audit

Suggested social media messages for PAGB members and stakeholders

Follow us on Twitter, like and share our posts, and please include **@PAGBselfcare** in your tweets.

Recommended hashtags:

#DigitalHealth #HealthInfo #symptoms #SelfCare #SelfCareWeek #NHS #HealthPolicy

Please also consider tagging @selfcareforum

Recommended links: <http://www.pagb.co.uk/policy/digital-self-care-audit/>

Twitter card images available to download here: <https://www.pagb.co.uk/policy/digital-self-care-audit>

General – launch of audit

New digital self care audit urges improvement to NHS online resources to support self care.

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<http://www.pagb.co.uk/policy/digital-self-care-audit/>

Signposting people to trusted and reliable self care information is key to changing attitudes and behaviour around self care.

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Combined #winter and #COVID-19 pressures make it ever more important to promote and embed self care behaviour, helping to reduce unnecessary demand from self-treatable conditions in NHS primary and urgent care settings.

#SelfCare #SelfCareWeek @PAGBselfcare <http://www.pagb.co.uk/policy/digital-self-care-audit/>

Results from @PAGBselfcare survey reveal that the pandemic has shifted people's attitudes to how they access information online.

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Recommendation 1 (a central self care hub on NHS.uk)

A new audit of online self care information across NHS platforms highlights the need for a central hub for self care, signposted from all #NHS providers and #NHS111 online.

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New digital self care audit from @PAGBselfcare highlights good examples of online self care support from local providers but calls for consistent signposting and a central self care hub.

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Recommendation 2 (review and roll out of self care apps)

NHS Apps library should review and roll out #selfcare apps. @PAGBselfcare digital audit identified a need for apps on self-treatable conditions and minor ailments.

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The NHS should review and roll out more self care apps through the apps library to widen access to #selfcare information.

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Recommendation 3 (online triage referral to self care when appropriate)

The COVID-19 pandemic has shown that digitisation of healthcare services can happen at pace and scale when required. #NHS systems should ensure they effectively support people to self care.

#digitalhealth #SelfCare #SelfCareWeek/ <http://www.pagb.co.uk/policy/digital-self-care-audit>

Digital self care audit from @PAGBselfcare found a lack of consistency in digital referral to pharmacies and self care where this is the appropriate care pathway.

#digitalhealth #NHS #SelfCareWeek Read more <http://www.pagb.co.uk/policy/digital-self-care-audit>

Self care aware online symptom checkers and online referral to pharmacy could help support more people to self care for self-treatable conditions, reducing pressure on #NHS this winter

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#NHS should provide clear, accessible online support for self care including referral to #pharmacy where appropriate.

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