



# **Evidence for Change**

## **New Solutions from a New College**

Launch | Cabinet War Rooms, London | 28 October 2010

Sponsored by:



# Faculties & Services:

## Self Care

**Mr Simon Mills**  
and  
**Professor David Peters**

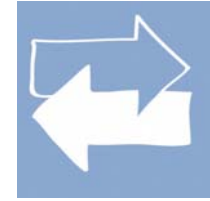
# Why Self Care?

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# Why self care?

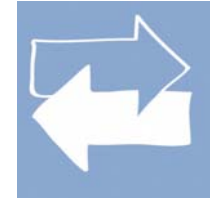
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- On average we make 5 visits a year to our GP, consultant, or nurse
- 1 hour or so per year when we share our health care with a professional.
- For the other 8,759 hours our health is our own business.
- Self care is health care we do when there's no professional there.
- Most of our lives we are not anyone's patient, we are just us.

# Why self care?

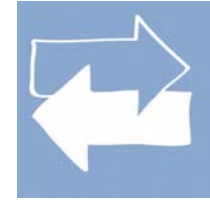
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- 60% of adults in England report a chronic health problem and a quarter of this group have three or more problems (British Household Panel Survey 2001)
- 80% of GP consultations are taken up by them
- These individuals tend to become heavy users of secondary care
- People with LTCs receive more prescriptions, more diverse drugs from therapeutics groups and have more medical procedures (Heywood et al. 1998)
- Depression is a very common co-morbidity
- Interventions that help address the complex biopsychosocial needs of people with LTC would be highly cost-effective

# Self Care

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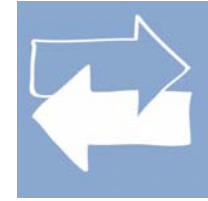


Self care is the care taken by **individuals** towards their **own health and well being**, and includes the care extended to their children, family, friends and others in neighbourhoods and **local communities**.

It includes the actions people take for themselves, their children and their families to **stay fit** and maintain good **physical and mental health**; meet social and psychological needs; **prevent** illness or accidents; care for **minor ailments** and **long-term conditions**; and **maintain** health and wellbeing after an acute illness or discharge from hospital.

**Department of Health**

# NHS Self Care Week



**15–21 November 2010**

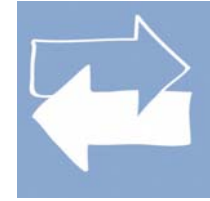
to get people *Learning to live well*:

- by taking control of their own health and wellbeing
- by finding out about the information and support that already exists to help them self care
- an opportunity for health and social care organisations to **launch or promote initiatives** to support people to self care



# Self Care at the College

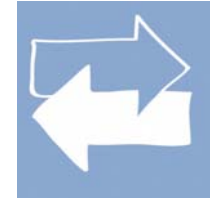
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- So what initiatives will we launch?

# The Faculty of Self Care: aims

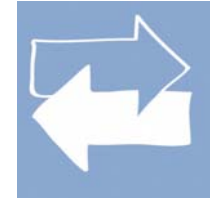
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- to educate colleagues & public about self-care
- to provide ways of boosting people's ability to cope well with long-term conditions and deal better with symptoms where medical interventions are not necessary
- to create networks of support for better self-care
- to co-found a web-based network of self-care innovators
- to embed public and professional self-care into mainstream healthcare

# The Faculty of Self Care: deliverables

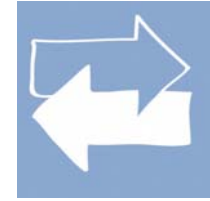
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- information for the public: enhancing resilience, self-care, and coping with long term conditions
- learning materials for health professionals to use with their patients
- online programmes for promoting healthcare professionals' compassion, self-care and better communication
- public and professional self-care networks
- a national conference
- a flagship College research project
- a trail-blazing programme to embed self care in long-term condition pathways

# The Faculty of Self Care: plans

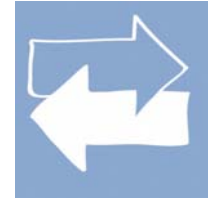
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- establish with other partners, a social enterprise company to develop and deliver materials
- develop in partnership with others, a suite of core self-care materials
- grow the college's self-care network and pilot ways of supporting professional and public self-care
- be part of a research consortium to trial and evaluate a self-care toolkit in two or more commissioning consortia
- launch a national project embedding self-care into NHS care pathways for key long-term conditions

# The Faculty of Self Care: assets

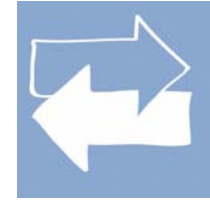
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- Information materials from a 2-year DH project:  
**Integrated Self Care in Family Practice**
- 4 centre project:
  - Culm Valley Integrated Centre for Health
  - Bromley by Bow Centre
  - University of Westminster
  - Peninsula College of Medicine and Dentistry

# The Faculty of Self Care: assets

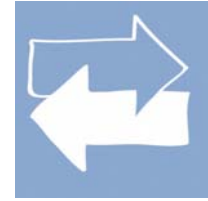
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- Information materials from a 2-year DH project:  
**Integrated Self Care in Family Practice**
- 12 conditions:
  - Back and neck pain
  - Tiredness
  - Stress and anxiety
  - Mild to moderate depression
  - Difficulty in sleeping
  - Headache
  - Irritable bowel syndrome
  - Recurrent infections (urinary, respiratory, thrush, herpes)
  - Osteoarthritis
  - Hayfever and allergies
  - Eczema and skin problems
  - Menopausal and menstrual problems
  - Non-specific muscle and joint pains

# The Faculty of Self Care: assets

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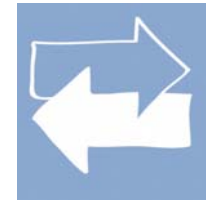
- Information materials from a 2-year DH project:  
**Integrated Self Care in Family Practice**
  
- 12 conditions:
  - Things to try
  - Things to buy
  - Things to do yourself

# Consultations

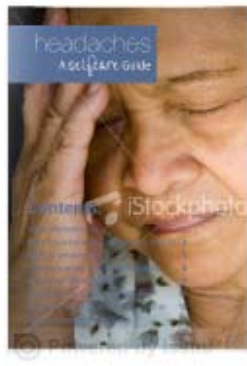
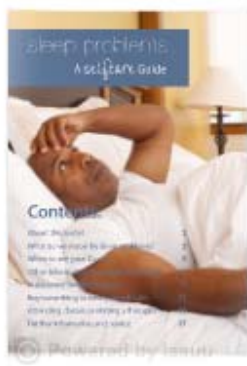
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# Consultations



## GP Selfcare Library



# Consultations

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## The Integrated Self Care in Family Practice Project

- better information about common health problems
- supporting informed choices
- presenting evidence for non-drug treatments
- developing new ways for supporting self care
- collecting and understanding patient experience
- building an interactive information hub

## Who is the consultation for?

- anyone with something to say about the new self care information we are producing
- all healthcare workers
- expert patients
- health educators and teachers

## What sort of problems?

We are ready to consult about:

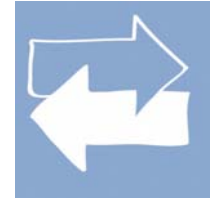
- Back pain
- Sore muscles / fibromyalgia
- Tiredness and chronic fatigue syndrome
- Sleep problems
- Feeling low and depression
- Headaches
- Migraine
- Stress and tension

*Download the leaflets  
or view them online at:*

[www.gpscl.info](http://www.gpscl.info)

# The Faculty of Self Care: assets

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- Information materials from a 2-year DH project:  
**Integrated Self Care in Family Practice**
- Proposals to develop assets being developed

