



Self Care Forum

Helping people take care of themselves

WHAT IS SELF CARE?

Self care is about looking after yourself in a healthy way. It can be anything from brushing your teeth, doing some exercise, managing common conditions (like headaches, colds and flu) or living with a long-term health problem, such as asthma or diabetes.



Figures published ahead of Self Care Week (13-19 November 2017) showed that nearly half of UK adults (47.7%) felt they needed help to self care for self-treatable conditions.

DID YOU KNOW

One in five GP visits are for common conditions, such as backache, headache or cough? There are 57 million appointments every year for self-treatable conditions.

Much of the information people need to self care these conditions is readily available from their local community pharmacy.



Information is also available from Self Care Forum Factsheets

SELF CARE FORUM FACT SHEETS

These fact sheets provide patients with information for common ailments including:

- Useful facts
- What patients can expect to happen (the natural history)
- What people can do to help themselves – now and in the future
- When to seek medical help (the 'red flags')
- Where to find out more

SELF CARE FORUM WEBSITE

Visit the Self Care forum website: www.selfcareforum.org/resources/patient-portal/

Fact sheets are available for the following conditions:

1. Low Back Pain	7. Coughs
2. Eczema	8. Acne
3. Heartburn and indigestion	9. Sprains and strains
4. Fever in children	10. Sore throat
5. Constipation	11. Otitis media
6. Headache and migraine	12. Common cold



More general information is also available on the self care forum website on how you can self care at home, go to:

www.selfcareforum.org/resources/patientportal and click on the links:

- Self care for healthy living
- Self care for common conditions
- Self care for long-term conditions
- NHS Choices symptom checker

