

AGHALEE SURGERY SELF CARE PROTOCOL

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What is Self Care?

Self-care is the action individuals take for themselves and their families to stay healthy and take care of minor and long term conditions.

Self-care for healthy physical and mental health

Staying healthy is important for everyone, even if patients are living with a long-term condition. This means:

- eating healthily, stopping smoking and drinking in moderation
- being active (aim for 30 mins daily of an activity that at least makes you a little short of breath and starting to sweat)
- connecting and socialising with others
- learn something new

<http://www.southerntrust.hscni.net/pdf/5WaysToWellbeing.pdf>

Self - Referral

Did you know you can self refer to maternity services?

Both the southern and south eastern trusts have self referral methods to maternity. If you have underlying medical conditions or are overweight you should still see your GP. Should you prefer to see a doctor you still can, but if you wish to self refer follow the links below.

You should also start a folic acid and vitamin D supplement, both of which are usually within a suitable pregnancy multivitamin. These are available in various preparations from the pharmacist.

<http://www.southerntrust.hscni.net/services/3376.htm>

<http://www.setrust.hscni.net/services/maternity%20self%20referral.htm>

Physiotherapy and Podiatry

Often patients with muscular problems do not need to see the GP, there are online resources at Versus Arthritis that are very useful to help manage various aches and pains (even if you don't have arthritis).

<https://www.versusarthritis.org/about-arthritis/managing-symptoms/exercise/exercises-to-manage-pain/>

If you live in the South Eastern trust (Lisburn bin collection) then you can self refer to physio and podiatry services by the forms below. Unfortunately at present, this service is not available to patients in the Southern trust (Craigavon bin collection).

<http://www.setrust.hscni.net/services/physioform.htm>

http://www.setrust.hscni.net/pdf/Podiatry_Services_leaflet.pdf

Alternatively a private physio assessment is often quite affordable and useful to help manage muscular problems early.

Self-care for common conditions

Did you know that one in five GP visits are for common conditions, such as backache, headache or cough?

For most people, they are not serious health problem – patients just want to know how to relieve it and want a treatment that acts fast. They also want to know how long you're going to suffer or what they should do if the symptoms change.

Find out more about self-care for common conditions

The Self Care Forum has produced Factsheets to help you take care of the most common ailments. These provide useful facts about common conditions, what patients can expect to happen, how to help themselves, when they should see your GP and where to find out more information. Research shows people using these Factsheets felt more able to manage their common condition.

Factsheets on these conditions are available at:

<http://www.selfcareforum.org/fact-sheets/>

For information on other common conditions, visit the [NHS Choices](#) or [Patient UK](#) websites.

If they need more advice or they are unsure what the right thing to do is, ask the pharmacist for advice, speak to a doctor or make an appointment to discuss your problem further.

Minor Ailments

Pharmacies can often be a useful first port of call for minor ailments and they can provide treatment on the NHS for the following conditions:-

- Vaginal thrush
- Acne
- Diarrhoea
- Haemorrhoids
- Oral thrush
- Headlice
- Cold sores
- Mouth ulcers
- Threadworms
- Athlete's foot
- Groin itch
- Diarrhoea
- Ear wax
- Scabies
- Verrucae

Self-care for long-term conditions

Did you know that patients that are living with a long-term condition will spend, on average, six hours a year with a healthcare professional and the remaining 8,754 hours managing their health for themselves?

Living with a long-term condition brings challenges and it's important to have the confidence, support and information to manage their health. Self-care can help patients make the most of living with their condition, rather than avoiding or missing out on things because of it. Self-care puts the patient in control.

Research shows that people with long-term conditions who take more control of their health feel more able to cope with their health problem, have better pain management, fewer flare ups and more energy.

We are committed to helping patients live their life with a long-term condition. That's why we run services where they can get advice on the following conditions:

- Asthma
- Diabetes
- Chronic conditions

We will also work in partnership with the patient and other Healthcare professionals to create the right care plan for the patient's needs. It's important for the patient to think about what they want from a care plan – it can help the patient if they you know what they want to discuss with GP or Practice Nurse.

Tips for living with a long-term condition

NHS Choices has created some practical tips on living with a long-term condition:

1. Accept you have a persistent health condition...and then begin to move on
2. Get involved – building a support team
3. Pacing – pacing your daily activities
4. Learn to prioritise and plan your days
5. Setting goals/action plans
6. Being patient with yourself
7. Learn relaxation skills
8. Exercise
9. Keep a diary and track your progress
10. Have a plan for set-backs
11. Team work – work with your practice team
12. Keeping it up