

# Bringing *Self Care* to Life

## Self Medication & the GP's Role in Self Care

# What the NPHCS has to say about Self Care?

- ▣ Element 2: Primary health care reform in Australia: Patient-centred & supportive of health literacy, self-management & individual preference.

# What is health literacy?

- ▣ The ability of individuals to gain access to, understand and use information in ways which promote and maintain good health.
- ▣ 4 levels: Access to information  
Knowledge, education, empowerment  
Self-management  
Command

# How well do we do as a nation?

- ▣ Health Literacy Australia report 59% of the population aged 15-74 did not achieve a level of 3( out of 5) or above

# Does self-management improve health outcomes?

- ▣ APHCRI systematic review in 2006: 145 Australian & international studies of chronic disease management found self-management support to be the most effective intervention
- ▣ Within this support framework educational sessions for patients & patient motivational interviewing were the most effective interventions.

# Strategies to improve health literacy

- ▣ Australian Charter of Healthcare rights-2008:  
ACSQHC
- ▣ Education
- ▣ National Call Centre
- ▣ Healthinsite

# What can General Practice do to improve self-management?

- ▣ Self-management education
- ▣ Mentoring & telephone support
- ▣ Use of patient-centred decision support tools
- ▣ Linking with community organisations
- ▣ Patient registers with recall/reminder systems
- ▣ Critical friends groups
- ▣ Multidisciplinary teams

# What about other PC Providers?

- ▣ What role for Pharmacy in self care?

# Bringing *Self Care* to Life

## PHARMACIST CONSULTATION FOR MINOR AILMENTS

Only a minority of GPs (29%) believed it would be better if patients with minor ailments such as coughs and colds were encouraged to visit a pharmacist as a first port of call for such ailments.

