

Supporting Self Care

Helping healthcare professionals to understand the benefits of supporting self care



**ACADEMY OF
MEDICAL ROYAL
COLLEGES**



“The government is committed to helping everybody enjoy more years of a healthy and active life, including those people with a long-term condition (LTC). We know from research that such people are in the best position to decide what is needed in managing their own condition.” (Sir Liam Donaldson, 2001).

The promotion of good self care offers considerable benefit to the person living with a LTC, their family, to the healthcare professional and to the NHS. Supporting good self care allows healthcare professionals to maximise the quality of service offered to individuals, while ensuring the healthcare provider can run an efficient, high quality service. Successful self care supports and encourages the individual to improve the quality of their own life, regulate their illness and become an equal partner in decisions about their own health care.

The Supporting Self Care project is designed to help healthcare professionals to support individuals with long-term conditions to gain the confidence and skills to successfully assume greater control over their own health and well-being.

The curriculum for the project was developed by the Academy of Medical Royal Colleges in association with the Royal College of Physicians, with input from many other healthcare professional bodies. It has been delivered in partnership with e-Learning for Healthcare. The materials have been written by subject specialists and experts in their particular field and have been subjected to extensive peer review by a wide range of stakeholder groups. The training material assists healthcare professionals to understand the benefits of supporting self care, and to provide individuals and their families with support to self care and expert advice on how best to manage their medical circumstances.

There are 3 e-learning sessions, each around 20 minutes in length, which incorporate video clips and case studies presenting the views of the individual, the healthcare professional and the healthcare provider.

It is expected that GPs, nurses and most other healthcare professionals would benefit from the Supporting Self Care e-learning materials.



To access Supporting Self Care, go to www.e-lfh.org.uk/projects/supporting-self-care/access-the-e-learning/



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