

# Supporting self care in primary care – a training package for health and social care professionals

## Workshop 3 notes

### Practice

#### Workshop overview

#### Purpose of the workshop

- To review progress made on the implementation of the action plan developed to establish a culture to support self care
- To review progress on implementing the selected self care support interventions, including the self care support pathways
- To reinforce the coordinated approach to self care needed across the practice, ie community nursing staff, AHPs, pharmacists etc, or any other care agency
- To review the model for consultations that support self care

#### Learning outcomes

- By the time participants have completed workshop 3 they should:
  - have an understanding of the role of individuals in self care, and the role of the practice team in supporting self care in relation to specified conditions that are an agreed priority for the practice
  - know what knowledge, skills and attitudes are required to fulfil their own role and responsibilities in relation to supporting and promoting self care individually and as part of the practice
- be motivated to fulfil their own role and responsibilities in relation to supporting and promoting self care in general, and in the specified priority areas in particular, and in working as a member of the practice.

Participants can gain formal accreditation of their Continuous Professional Development (CPD) in supporting self care. Staffordshire University offer accreditation for CPD activity and the option for undertaking a 15 credit module at Undergraduate level 3 and Masters level. Further details of the CPD programme and the facilitators role in supporting the accreditation are found in the documents below and by contacting Sharon Graham at: [s.r.graham@staffs.ac.uk](mailto:s.r.graham@staffs.ac.uk)

- Facilitator handbook: Supporting self care
- Participant handbook: Supporting self care
- Certificate of Credit in supporting self care (level 3)/Certificate of Credit in supporting self care (level M)
- Programme Specification



Working in Partnership  
Programme

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self care • •  
...because health matters •

## Workshop delivery

### Example workshop timetable

This timetable is a guide only so you will need to adapt timings and content to suit your participants' availability and requirements. A more detailed breakdown of each of the items in this timetable is provided on the subsequent pages.

| Item   | Suggested timing            | Suggested tools   | Category   |
|--|-----------------------------|---|--|
| Introduction and overview of workshop objectives                         | 10 minutes                  |   |   |
| Review of work completed in the interim period between workshops 2 and 3 | 20 minutes (or as required) | – Roles and responsibilities checklist  |   |
| Signposting to increase awareness of support for self care               | 20 minutes                  | <p>How to support patients to self care using:</p> <ul style="list-style-type: none"> <li>– Promoting Optimal Self Care</li> <li>– Self Care – A Real Choice: Self Care Support – A Practical Option</li> <li>– Erewash – model of consultation that increases awareness of self care support</li> <li>– Aide Memoir</li> <li>– Assess your consultation skills and style</li> <li>– Determine your consultations style</li> <li>– Encouraging and guiding a patient to adopt self care using consultation styles that support self care</li> </ul> | <br> |

| Item                       | Suggested timing          | Suggested tools  | Category  |
|----------------------------|---------------------------|--|---|
| Evaluation                 | 40 minutes                | <ul style="list-style-type: none"> <li>– Facilitator-led group discussion on evaluating the self care support work</li> <li>– link back to the frequent user patients identified in the workload assessment tool in workshop 2 (where appropriate)</li> <li>– Undertaking an audit</li> <li>– Chapter 9 – Completing the cycle: evaluation from the 'Supporting self care in primary care' book. Use as a worked example or blank as a tool to fill in with the group</li> </ul> |    |
| Summary of the 3 workshops | 15 minutes                | <ul style="list-style-type: none"> <li>– Open discussion about the key learning from the training</li> <li>– Agree how the actions and learning from the workshops will be carried forward, eg implementation and sustainability</li> </ul>  |   |
| Workshop outcomes          | 10 minutes                | <ul style="list-style-type: none"> <li>– Evaluation questionnaire</li> </ul>   |  |
| <b>Total time</b>          | <b>2 hours 15 minutes</b> |  |   |

There is a [Blank timetable](#) for you to plan your workshop



### Introduction and overview of workshop objectives

- Brief introduction and review the objectives of the training programme and then focus on the objectives for workshop 3. Explain the purpose of the workshop
  - The objectives need to be kept short and be delivered with clarity and enthusiasm

Some of the attendees may still be feeling the training is taking away valuable time from other things





### Review of work completed in the interim period between workshops 2 and 3

- Review the **Roles and responsibilities checklist**, asking the team to feed back on the outcomes and findings – what have they done to begin thinking about supporting and promoting self care as a team?
- Review the completed care pathways
- Review **Tool 10 – Training needs analysis**



### Signposting to increase awareness of support for self care

- Use the **Erewash presentation** as a prompt to start the discussion with the group. Spend up to 10 minutes going through the presentation
- Hand out copies of the **Aide memoir** and ask the group to discuss how they see the self care elements being built into their consultations. Do any of them do it already? If so, ask them to describe how they work
- Hand out **Tool 20 – Determine your consultation style** and **Tool 21 – Encouraging a patient to adopt self care** as follow-up and evaluation to this exercise (as ongoing work)
- Signposting:
  - If care professionals would like further support on consultations that support self care, recommend:
    - » **Promoting Optimal Self Care**
    - » **Self Care – A Real Choice: Self Care Support – A Practical Option**



### Evaluation

- Facilitate a discussion on monitoring the ongoing development of a culture to support self care within the practice or other care agency
  - Link back to the frequent attendees identified in the workload assessment tool in workshop 2
  - Focus on the care pathways that the team has written
    - » get the team to agree how these pathways will be implemented
    - » when will they be audited/reviewed and by whom? Suggest they undertake an audit 6 months after implementation and hand out **Tool 9 – Undertaking an audit** to highlight a way in which they may wish to carry this out
    - » Gain agreement on the design and nature of evaluation of the self care support strategy. Use **Chapter 9 – Completing the cycle: evaluation** from the 'Supporting self care in primary care' book as an example of how they may wish to carry out their evaluation. **Evaluation section**
  - Agree which practice/care agency team member will lead the evaluation.





### Summary of the 3 workshops

- In your own words, summarise the workshop. Pick a couple of key points that have arisen throughout the workshop to highlight how the group has moved forward
- Tie in what has happened over the 3 training workshops and summarise what has been achieved
- Reiterate the importance of maintaining the momentum and sustainability of the implementation of a self care support strategy. Make some suggestions as to how they may do this, for example regular team meetings to reflect on developments in supporting self care and any changes that are needed.



### Workshop outcomes

- Ask each of the participants to fill in an **evaluation questionnaire** before they leave. This will help you to gauge whether the training and workplan was 'pitched' at the right level
- Thank the participants for attending – link back to the purpose of the training and emphasise that what you all set out to achieve has been completed
- Make the summary very encouraging and motivational
- Agree to send the delegates electronic copies of any tools or documents that have been requested throughout the training plus a summary of the comments and actions from the meeting.

