

# Supporting self care – a training package for healthcare professionals

## What are the aims of the training package?

- To support the development of self care awareness and skills that can be used to encourage patients to self care more effectively.
- To explain the policy context of self care within the NHS.
- To develop a local strategy that supports self care within the practice.
- To help reduce consultations rates by improving self care behaviours in patients.
- To promote a coordinated approach utilising the wide range of skills within the primary care team.

## Who will the training benefit?

Everyone who wants to encourage self care behaviour in their patients.

## What does the training offer?

An opportunity for the primary care team to work together to develop a self-care culture specifically tailored to the needs of their practice and their patients.

## What format does the training take?

Three training workshops, which will last about 2–3 hours each, held over 6–12 months.

- Workshop 1 – developing a vision for self care and identifying how to implement it in your practice.
- Workshop 2 – choosing interventions and promoting self care as a practice.
- Workshop 3 – reviewing progression on establishing a culture that supports self care.

## What materials are available?

The resources available as part of the training package include:

- 'Supporting Self Care in Primary Care' by Ruth Chambers, Gill Wakely, Alison Blenkinsopp (Radcliffe Publishing)
- slide kit on self-care policy
- educational tools and resources.



Working in Partnership  
Programme

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