Fact Sheets

What are the Fact Sheets for?
The Self Care Forum Fact Sheets for common ailments aim to help clinicians and patients discuss issues around self care within the practice consultation and especially how to handle the symptoms in the future. They provide patients with information around:

- Useful facts
- What patients can expect to happen (the natural history)
- What people can do to help themselves – now and in the future
- When to seek medical help (the ‘red flags’)
- Where to find out more

How were the Fact Sheets developed?
They were produced by the Self Care Forum Board. In addition to specialist literature relevant to the topic area, we used the following key resources for developing the fact sheets:

- Guidelines from the National Institute for Health and Clinical Excellence (NICE)
- Guidelines from the Scottish Intercollegiate Guidelines Network (SIGN)
- Publications produced by the UK Royal Colleges and major charities
- Selected major peer reviewed scientific articles
- NHS Choices
- NHS Direct
- Patient UK

The Fact Sheets were assessed at draft stages by members of the Self Care Forum board, many of whom represent major national patient and professional organisations. Topic experts, patient representatives and language editors reviewed the fact sheets, checking them for readability and understanding. The final versions of the Fact Sheets were checked by independent national topic experts for accuracy.

The Fact Sheets have been produced and independently verified by the Self Care Forum, which is responsible for the content overall. There were no funds involved in their development.
**How can the Fact Sheets be used?**

The Fact Sheets are free to download from the Self Care Forum website and may be reproduced, copied, printed and distributed without further permission. If however, the content is altered permission would need to be sought.

**Key References for the SCF Fact Sheets:**

We used the following general resources for producing the Self Care Forum Fact Sheets:

2. Scottish Intercollegiate Guidelines Network (SIGN) Guidelines, [www.sign.ac.uk](http://www.sign.ac.uk)
3. NHS Choices, [www.nhs.uk](http://www.nhs.uk)
4. NHS Direct, [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
5. Clinical Knowledge Summaries,
6. PatientUK, [www.patient.co.uk](http://www.patient.co.uk)
   

In addition, every fact sheet has undergone expert peer-review.
1. Low Back Pain


2. Eczema


3. Heartburn and indigestion


4. Fever in children


5. Constipation

6. Headache and migraine


7. Coughs


8. Acne


9. Sprains and strains


10. Sore throat


11. Otitis media


12. Common cold


13. Sinusitis


**Disclaimer**

We have made every effort to ensure that the content of the Fact Sheets is correct at the time of publication, but remember that information and self care advice may change. The information provided is for general education only and does not list all the facts, management options and warning symptoms. The Fact Sheets should only be provided in the context of the GP consultation, where the GP will be able to draw attention to particularly relevant information.