

# Saving time, reducing demand

Demand and pressure on our NHS services have reached unprecedented levels<sup>1</sup>.

A significant proportion of pressure is coming from people going to their GP for self-treatable conditions<sup>2</sup>.

For the individual, this means long waits for appointments and delays in getting the care they need, when they need it. For the GP, it means running an overstretched service and operating under increasingly tight financial pressure.

If they are confident in self-treating common conditions, an individual can choose to self care at home by looking in their medicine cabinet to see if they have the appropriate treatment to self care before choosing to interact with the health service – visiting their local pharmacy, calling NHS 111 or booking an appointment with their GP as appropriate.

## Some common self-treatable conditions seen by GPs:

**5.2 million**

GP visits every year<sup>3</sup> for blocked noses

**over 1 million**

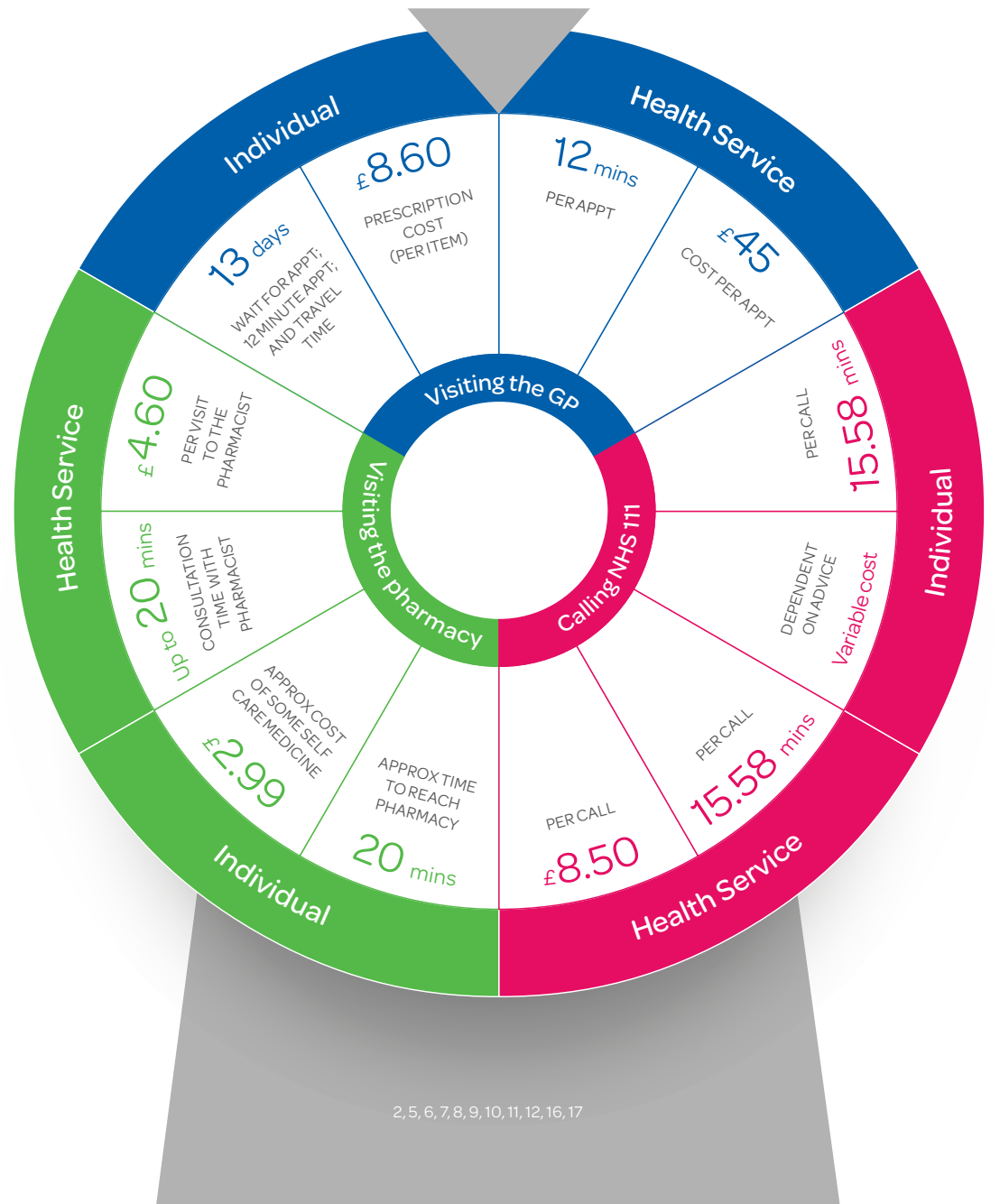
GP appointments each year<sup>4</sup> for backache

**40,000**

GP appointments per year<sup>3</sup> for dandruff

**20,000**

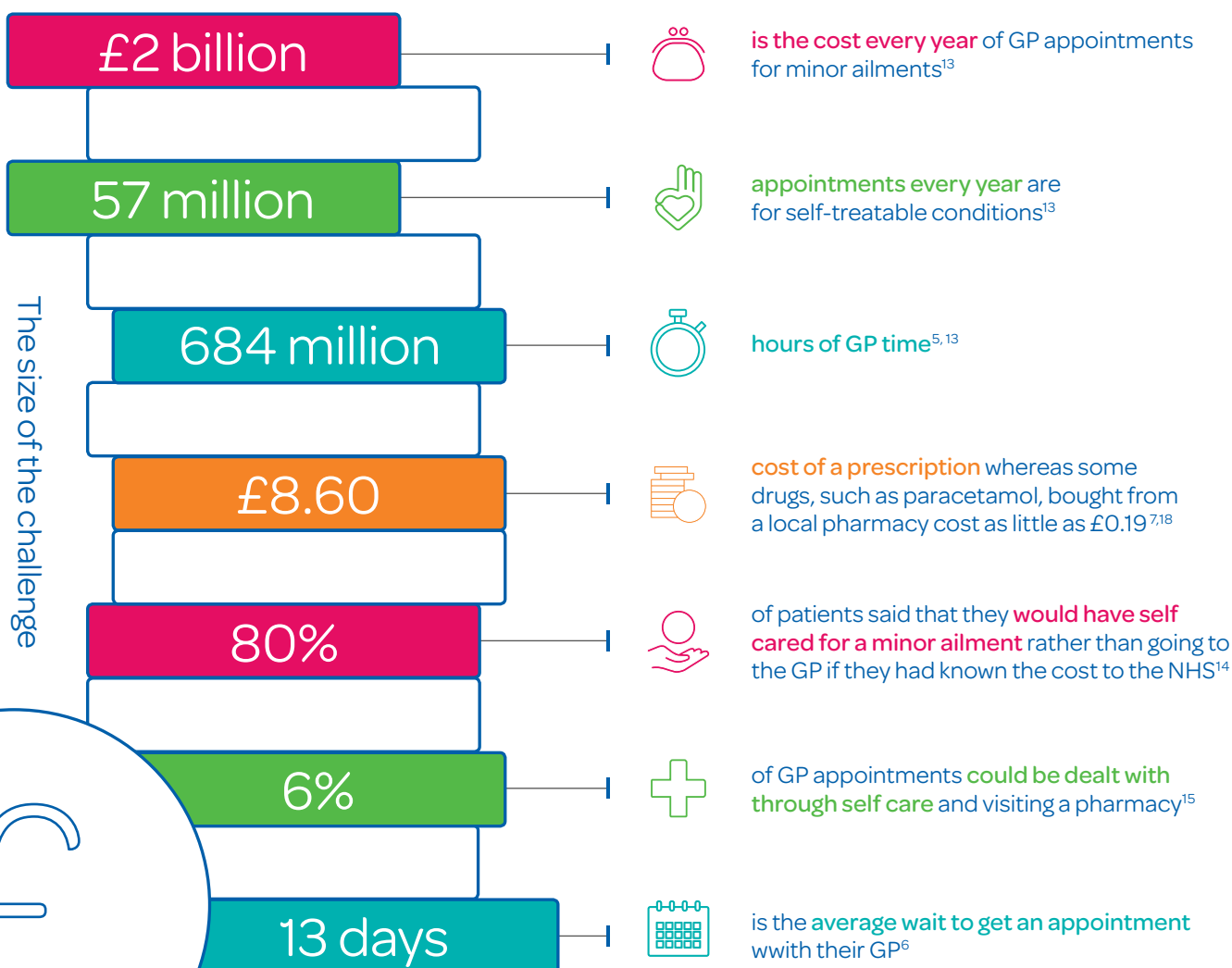
appointments annually<sup>3</sup> for travel sickness



2, 5, 6, 7, 8, 9, 10, 11, 12, 16, 17

Now, more than ever, people need to be empowered with the confidence and support to know which NHS services to use when, and how and where to access them.

The Government should develop a **national strategy for self care, led by a National Director for self care** to ease the pressure on primary care and empower people across the UK with the knowledge and tools to change their behaviour, taking greater ownership of their own health and wellbeing.



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