

Keeping Yourself (and the NHS) Healthy

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The Introduction

- Current state of the NHS & Primary care
- Self-care; keeping yourself healthy

Is the NHS struggling?

- Primary care and secondary care
- Rushcliffe CCG
 - Deficit
 - ‘MCP’ pressure
- NUH
 - ED beyond capacity
 - No beds left in the hospital
 - Elective surgery cancelled

Why?

- Growing population
- Ageing population
- Increasing medical illnesses
- Medical progress
- Heightened awareness/health anxiety
- Real world cuts
- Primary care getting less of the pot



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Primary Care Staffing Problems

- 41985 GPs in 7613 English practices
- 15% increase in appt's every 3 years
- 8% GP posts unfilled (extra 5000 GPs?)
- 40% GPs aged over 50
- 34% plan to retire within 5 years and another 17% plan to reduce clinical time
- 12% GP training places are unfilled nationally
- 21% emigrate after training

Costs

- Cost for a year's Primary Care = **£136**
(includes premises, computers, electric, receptionists, nurses, doctors, home visits – everything)
- Cost of walking into ED = **£124**
- Cost of being taken to ED by 999 = **£351**

The solution

- Improved self care
- Improved primary care
- Improved secondary care
- Improved continuity between these three
- Improved funding

Let's focus on 'self care'

1. Minor Illness
2. Prevention
3. Control (or cure)

Minor illness

Minor Ailment	Total consultations (millions)
Back pain	8.4
Dermatitis	6.8
Heartburn and indigestion	6.8
Nasal congestion	5.3
Constipation	4.3
Migraine	2.7
Cough	2.6
Acne	2.4
Sprains and strains	2.2
Headache	1.8

(Source: IMS Health Dec. 2007 study, commissioned by PAGB; Base: 500,000 patient records from IMS database 'Data Analyser')

Aspects of 'Self Care'

- Looking after you body and mind
 - Family & Personal history awareness
 - Exercise
 - Diet
 - Emotional wellbeing/Stress management
 - Quality sleep
 - Drugs (tobacco, alcohol, street, OTC etc)
 - Screening and vaccinations



Family/Personal History

- Ask your family
- Are you at increased risk of a condition?
 - Think about how to prevent it
 - And be aware of the symptoms

Maintain a Healthy Weight

- A balance of healthy diet & exercise
- Benefits of a normal weight
- Far easier to maintain a normal weight than lose it
- Is diet more important than exercise?



Some Maths

- Average cal need = 2,500cal/day
- 30mins cycling 15mph = 300cal
 - So most used in normal metabolism
- 1stone of body fat = 50,000cal
 - Cycling for 3 hours a week for a year
 - Eating 140cal a day less for a year
- Both are important

A Balanced Diet

- “Moderation in all things”
- Drink enough fluids
- Fill up with fruits, vegetables and whole grains.
- Choose healthy proteins like lean meats, poultry, fish, beans and nuts.
- Eat few processed foods and avoid excess salt or added sugars.

Exercise

- Get into an exercise routine
- Look good and feel better!
- Health benefits!!
- How can you do it?



Emotional Wellbeing/Stress Management

- Self-refer counselling 'Let's Talk'
- Apps – 'Headspace'
- Books – 'Mind over Mood'
- Mindfulness – 'NHS Choices' 'Youtube'
- NLP – 'NLPCanada'

- Open with friends, hobbies, relaxation, sleep, work-life balance, relationships...

Quality Sleep

- Sleep hygiene:
 - Avoid caffeine/alcohol/nicotine in the evenings
 - Avoid heavy, spicy or fatty meals before bed
 - Avoid napping in the day
 - Exercise
 - Natural light during the day
 - Set patterns; pre-bed routine
 - Bedroom is quiet, comfy and relaxing

“The drugs don’t work”

- They are all around us
- Avoid the illegal ones
- Alcohol in moderation
- Avoid tobacco too
- Try to avoid prescription medications?



Vaccinations

- Make sure you get them when offered
- We have a comprehensive recall system

Screening

- Cervical cancer
- Breast cancer
- Bowel cancer
- Aortic aneurysm screening
- NHS Heart Health check
- Pregnancy and baby screening
- Eye checks (retinopathy, glaucoma)
- East Bridgford checks (diabetes risk)

Know your body!

- Is your body a temple?
- Get to know your body
- If something seems out of the norm, alert your doctor to it.

Any questions?

Summary

- Know your family history
- Know your body
- Don't smoke
- Be physically active
- Eat a healthy diet
- Keep a healthy weight
- Drink alcohol only in moderation
- Manage your stress
- Sleep well
- Understand your medical history