

Self-Care Pharmacy PROJECT

Community Development and Health Network (CDHN) has launched a new project 'Self-Care Pharmacy'. It is funded by the Health and Social Care Board (HSCB) and aims to improve the knowledge and understanding of self-care for minor ailments through a health literacy approach.

Why is there a need for this project?

The cost of delivering health and social care services is increasing more rapidly than the money available.

By reducing spend on treating minor conditions and increasing self-care, money could potentially be used for other higher priority areas.

Why use a health literacy approach?

Improving health literacy will give people the knowledge, understanding and skills to obtain, process and use health information. It will also enable them to access care from the most appropriate care provider, for example, a person deciding to go to their local pharmacist for advice about a sore throat, cold or flu like symptoms rather than their GP.

Who should get involved?

Everyone! We will need input from people in the community, voluntary and community organisations, as well as health and social care professionals.

How do I get involved?

- Attend one of our networking events across NI
- Attend our health literacy training for communities
- Take part in one of our design thinking projects that bring communities and health and social care professionals together

FACTS

- Almost one fifth (18%) of GP workload is for minor ailments. This costs the NHS £1.9billion per year.
- In Europe, nearly 50% of people suffer from low health literacy. It contributes to health inequalities as the groups most at risk of low health literacy are those with the poorest health outcomes.