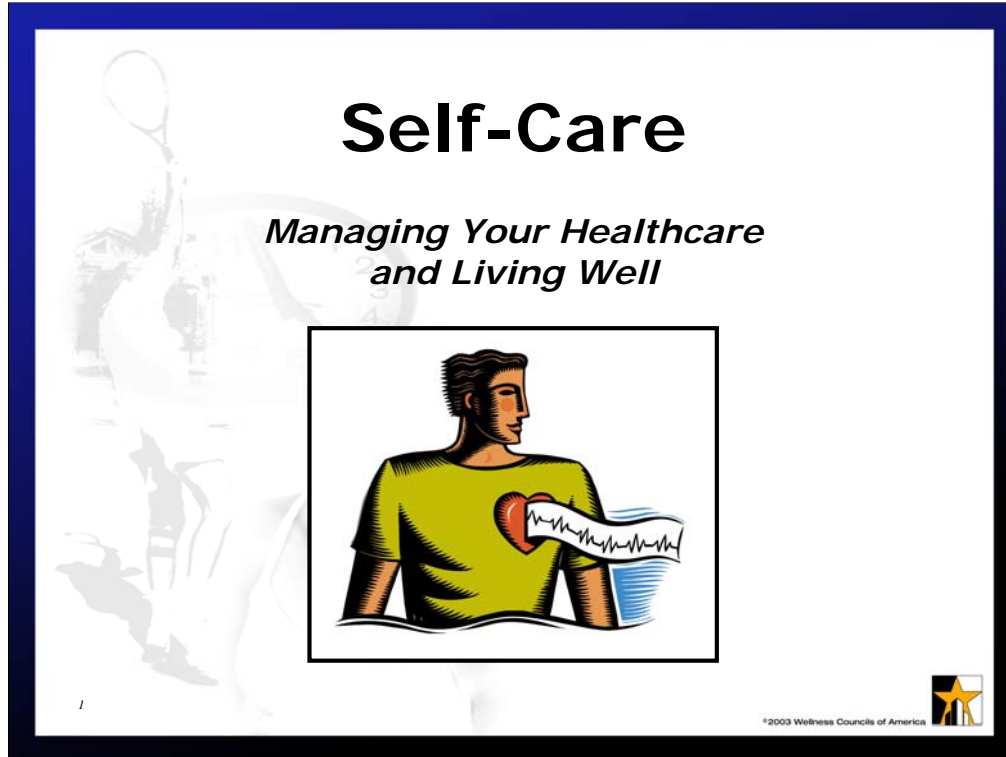


# Self-Care

## Managing Your Healthcare and Living Well



## Self-Care: Managing Your Healthcare and Living Well

Welcome to *Self-Care: Managing Your Healthcare and Living Well*. This presentation has been designed to teach you about using self-care as a strategy in managing your health and well-being and living well in the years to come.

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **What You'll Learn**

- The current state of healthcare in America today.
- The definition of self-care.
- Why self care is important.
- The 3 C's of developing a treatment plan.
- How to get the most from your doctor's visit.
- Strategies for interacting with your pharmacist.

2

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### **What We'll Learn**

In this presentation, you'll learn about becoming an informed consumer when it comes your healthcare. This presentation will outline a model you can use to decide if you need to see a doctor, or if caring for yourself is the appropriate decision. Additional topics covered include how to choose a doctor, getting the most from your medical appointments, and maximizing your conversations with your pharmacist.

# Self-Care

## Managing Your Healthcare and Living Well

### Healthcare in America Today

- Americans made more than 820 million visits to their physicians in 2000.
- Of these visits, nearly 70% were made for clinically inappropriate reasons.
- 1998, the typical American family spent nearly \$6,000 on healthcare costs.



3 Source: CDC & NCHC

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### Healthcare in America Today

There's no doubt that healthcare in America has become a complicated issue. The following statistics will give you an idea of the state of healthcare in America today.

- **Americans made more than 820 million visits to their physicians in 2000.** That's about 3 visits for every man, woman, and child in America.
- **Of these visits, nearly 70% were made for clinically inappropriate reasons.** That means that 7 out of 10 visits to the doctor didn't need to happen. Individuals could have treated their conditions with self-care.
- **In 1998, the typical American family spent nearly \$6,000 on healthcare costs.** Any way you slice it, that's a significant portion of annual income—much of which never needed to be spent.

Source: CDC and NCHC & Dr. Larry Chapman

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **What Self-Care Isn't**

Self-care...

- Doesn't involve memorizing Webster's Medical Dictionary or diving head-first into gross anatomy.
- Doesn't mean using strange home remedies or practicing alternative healing.
- Is not intended to replace the advice of your physician or healthcare provider!

4

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### **What Self-Care Isn't**

Many people are absolutely terrified by the thought of treating themselves or making their own healthcare decisions. Understandably, our healthcare is serious business. At the same time, self-care doesn't involve performing major surgery—or surgery at all, for that matter.

Self-care doesn't involve memorizing complex medical terms or conditions, and it doesn't involve strange home remedies, séances, or chants.

Finally, self-care isn't intended to replace the advice of your physician or healthcare provider. These individuals play an integral role on our healthcare team—and for good reason.

# **Self-Care**

## **Managing Your Healthcare and Living Well**



**So, What is Self-Care?**

Self-care is exactly that...caring for yourself.

Self-care means...

- Taking charge of your health and making quick and accurate healthcare choices.
- Following a healthy lifestyle to help prevent illness and injuries.

5

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### **So, What is Self-Care?**

So if self-care isn't crystal healing and strange home remedies, what exactly is it? Self-care simply means caring for yourself.

Self-care is about becoming an informed healthcare consumer. It's about asking, "Do I really need to see a doctor, or are there things I can do to take care of my condition, myself?" It's also about prevention—taking care of yourself and your family to prevent illnesses in the first place.

At first, self-care may seem like a scary of a proposition. However, the following slides will help you understand a little bit more about the concept of self-care and how you can use it to improve your health and the health and well-being of your loved ones.

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **Why is Self-Care Important?**

- Approximately 70% of all doctor's visits are unnecessary.
- Over 1/3 of all minor medical conditions can be treated without a trip to the doctor.
- Healthcare costs are expected to double by 2007, costing your family money.

6

Source: Dr. Larry Chapman

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### **Why is Self-Care Important?**

Self-care is important simply because the majority of our medical conditions and symptoms can be treated without professional medical assistance. That's right, more times than not, we can treat ourselves in the comfort of our own homes. Consider the following statistics. They'll shed some light on just how often we visit the doctor in situations when it's actually not necessary.

Consider this...

- Approximately 70% of all doctor's visits are unnecessary.
- Over 1/3 of all minor medical conditions can be treated without a trip to the doctor.
- Healthcare costs are expected to double by 2007, costing your family money.

Source: Dr. Larry Chapman

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **What Self-Care Teaches You**

Self-care will help you understand...

- If your health concern requires professional attention.
- How soon to seek medical attention if it's needed.
- How you can treat yourself, if medical attention isn't needed.



7

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### **What Self-Care Teaches You**

With self-care, you'll understand whether your health concern requires you to get professional intervention or medical attention. A large number of medical conditions and ailments can be treated safely at home. Self-care will help you recognize these conditions, and help you treat them without a costly trip to your doctor's office or the emergency room.

Likewise, there are situations when going to the doctor's office is the best course of action. Self-care will help you identify these situations and help you determine how soon you should seek medical attention if it's needed.

Self-care will help you address a number of common injuries and illnesses in your own home. Most self-care books contain sections on first-aid and common illnesses with step-by-step instructions that will help you take charge when a minor medical situation arises.

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **How You Can Benefit from Self-Care**

Practicing self-care can...

- Save you money in terms of unnecessary healthcare costs.
- Save you time by preventing unneeded doctor's appointments.
- Instill a sense of confidence when medical emergencies arise.
- Make you an informed health-care consumer.

8

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### **How You Can Benefit from Self-Care**

There's no denying it, healthcare costs are going up. Doctor's appointments, emergency room visits, and hospital stays aren't cheap. In fact, healthcare costs have been rising about twice as fast as people's incomes. In preventing unnecessary doctor's and emergency room visits, self-care has the potential of saving you money throughout the course of the year.

Additionally, self-care will help you save time. Considering travel time, time spent in the waiting room, the time you're with your doctor, and your commute home, a trip to the doctor's office or emergency room can be a time-consuming venture. But by practicing self-care you'll save time. First, you won't spend unnecessary hours visiting your doctor. And second, if you practice the prevention techniques self-care espouses, there will be fewer situations when you need to visit the doctor in the first place.



# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **How You Can Benefit from Self-Care**

Practicing self-care can...

- Save you money in terms of unnecessary healthcare costs.
- Save you time by preventing unneeded doctor's appointments.
- Instill a sense of confidence when medical emergencies arise.
- Make you an informed health-care consumer.

9

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### **How You Can Benefit from Self-Care *(Continued)***

And don't forget that practicing self-care can also instill in you a sense of confidence, allowing you to accurately determine if and when professional medical assistance is needed.

Finally, practicing self-care makes you an informed consumer, allowing you to take control of your health and the health of your family. This control will help you make better health decisions—whether preventive or urgent.

# Self-Care

## Managing Your Healthcare and Living Well

### Accessing Self-Care Information

Knowledge is key in effectively managing your healthcare.

Sources of self-care information include...

- Medically sound self-care books
- Healthcare providers
- Non-profit, health organizations
- Health-related websites (i.e., WebMD)
- Government publications

10

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### Accessing Self-Care Information

Knowledge is key during the decision making process. The more you know about health problems, how to take care of health problems, and the healthcare delivery system, the more confident you will be that the choices you make are going to be safe and effective.

There are a number of resources at your disposal to help you become self-care savvy. Some possible resources include...

- **Medically sound self-care books.** A variety of reputable organizations publish self-care texts that walk you through treatment options step-by-step.
- **Healthcare providers.** Don't be afraid to contact your healthcare provider to ask questions and determine a course of treatment that's appropriate.
- **Non-profit health organizations.** The American Cancer Society and the American Heart Association are excellent resources you can use to learn more about your health and well-being.

# Self-Care

## Managing Your Healthcare and Living Well

### Accessing Self-Care Information

Knowledge is key in effectively managing your healthcare.

Sources of self-care information include...

- Medically sound self-care books
- Healthcare providers
- Non-profit, health organizations
- Health-related websites (i.e., WebMD)
- Government publications

11

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### Accessing Self-Care Information *(Continued)*

- **Health related websites (i.e., WebMD).** The rapid growth of Internet technology has given us instant access to a wealth of health information—some good, some bad. Reliable websites like WebMD can be utilized to educate yourself on salient health topics.
- **Government publications.** Government organizations often publish reports on common health conditions. These reports are helpful, and can be easily accessed online.

# Self-Care

## Managing Your Healthcare and Living Well

### Using Self-Care: The Right Questions

When a medical situation arises, ask yourself...

- Is this life-threatening?
- Should I go to the doctor?
- Should I call the doctor's office?
- Should I wait and see?
- What treatments can I do at home—NOW—to help this medical condition?

12

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### Using Self-Care: The Right Questions

Doctors and other healthcare professionals play an important role in your health—especially when you're sick or hurt. But no one has as much to gain from your health as you do. With this in mind, the first thing you'll need to do to become self-care savvy is learn the top five self-care questions.

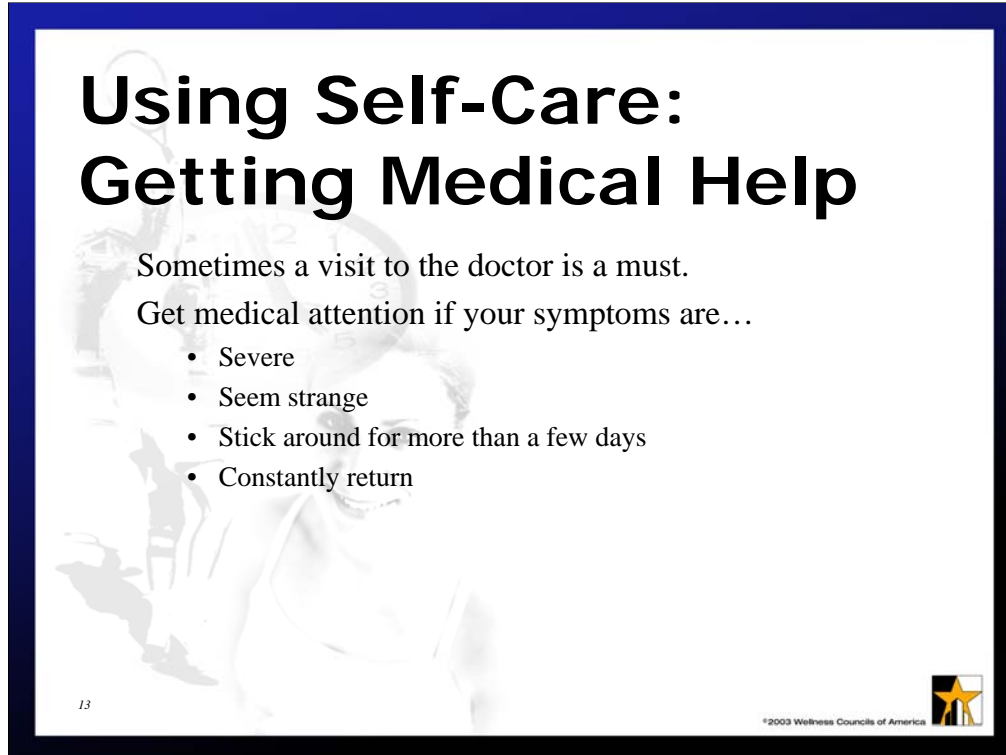
The top five self-care questions are...

- **Is this life threatening?**
- **Should I go to the doctor?**
- **Should I call the doctor's office?**
- **Should I wait and see?**
- **What treatments can I do at home—NOW—to help this medical condition?**

Obviously, the answers to these questions are more important than the questions themselves, and experience and a good self-care manual will allow you to answer them appropriately. But, when familiarizing yourself with the idea of self-care, it's important to recognize these questions as being the backbone of your decision-making process.

# **Self-Care**

## **Managing Your Healthcare and Living Well**



### **Using Self-Care: Getting Medical Help**

Home treatment is a great option for many illnesses and injuries, but sometimes a visit to the doctor is a must. Make sure to get medical attention if the symptoms you are experiencing are severe, seem strange or unusual, stick around for more than a few days, or constantly return.

Keep in mind...

If you are experiencing severe chest pain, shortness of breath, bleeding, stomach pain, vomiting, or other severe problems, you need to call for medical help. For life-threatening conditions call 911 or your local emergency access number, or go to a hospital. For all other conditions, call your doctor to find out your next step.

If you are having strange and unusual pains or problems, it is a good idea to check with your doctor. Some examples include lumps, unexplained weight loss, changes in moles or freckles, blurred vision, or unusual numbness or weakness.

Lastly, if you are having symptoms that seem to remain constant or get worse after several days of following your home treatment plan—or your symptoms seem to return several times—you should discuss these problems with your doctor.

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **Top 10 Home Treatment List**

With the help of sound self-care information, you may often safely and effectively treat these basic health concerns at home...

1. Colds and flu
2. Backache
3. Sprains and strains
4. Cuts and bruises
5. Headache

14

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### **Top 10 Home Treatment List**

With the help of sound self-care information, you may often safely and effectively treat these basic health concerns at home...

1. Colds and flu
2. Backache
3. Sprains and strains
4. Cuts and bruises
5. Headache

# Self-Care

## Managing Your Healthcare and Living Well



### Top 10 Home Treatment List


Additional concerns that can be treated at home include...

6. Constipation
7. Allergies
8. Heartburn
9. Fever
10. Cough

When it comes to these 10 conditions, your self-care book will detail treatment options and further outline how you can treat the condition quickly and effectively without seeing a doctor. Additionally, even though these conditions are most often treated at home, it doesn't mean they can't be serious. Again, your self-care text will be helpful in determining whether these "common" conditions are treatable with self-care, or if they require the attention of a medical professional.

# Self-Care

## Managing Your Healthcare and Living Well




### The 3 C's of Treatment

- Step 1: **Collect** as much information as you can.
- Step 2: **Create** a treatment plan.
- Step 3: **Comply** with the treatment plan.

16

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### The 3 C's of Treatment

Whether you ultimately choose home treatment or decide to get professional medical help, the process is the same. Use this simple three-step process to feel better fast.

- 1. Collect as much information as you can.** Collect as much information as you can about the injury or illness facing you. How long have you had the problem? How much pain are you in? How did it happen? Has it happened before? What did you do then? Did it work? Do you have any books or brochures that tell you about possible treatments? Accurate and complete information about your condition is necessary to develop a treatment plan that is safe and effective. These are the same questions your healthcare professional might ask you. It's important to know the answers. Your treatment is often based on what you can tell the doctor about your condition.



# Self-Care

## Managing Your Healthcare and Living Well

### The 3 C's of Treatment

- Step 1: **Collect** as much information as you can.
- Step 2: **Create** a treatment plan.
- Step 3: **Comply** with the treatment plan.

17

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### The 3 C's of Treatment

- 2. Create a treatment plan**—If you're using self-care, you'll be developing your own treatment plan. If you seek the advice of your doctor, he or she will develop a plan for you. Either way, your treatment plan is of paramount importance in dealing with your medical condition. If treating your condition with self-care, it may not be a bad idea to get a "second opinion" by calling your doctor, nurse, or physician's assistant on the phone and letting them know what you plan to do. If you decide to make a trip to see your doctor, make sure you take an active role in developing the treatment plan.
- 3. Comply with the treatment plan**—Comply with the treatment plan and see if the illness or injury gets better. Watching and waiting is sometimes the best medicine. Whether following a treatment plan developed with the help of a medical professional or one you've created on your own, you are responsible for sticking to the plan and monitoring your condition for improvement.



# Self-Care

## Managing Your Healthcare and Living Well

### An Emergency is an Emergency!

Call 911 if...

- The victim's condition is life threatening.
- The victim is unable to breathe.
- The victim is unconscious.



18

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### An Emergency is an Emergency!

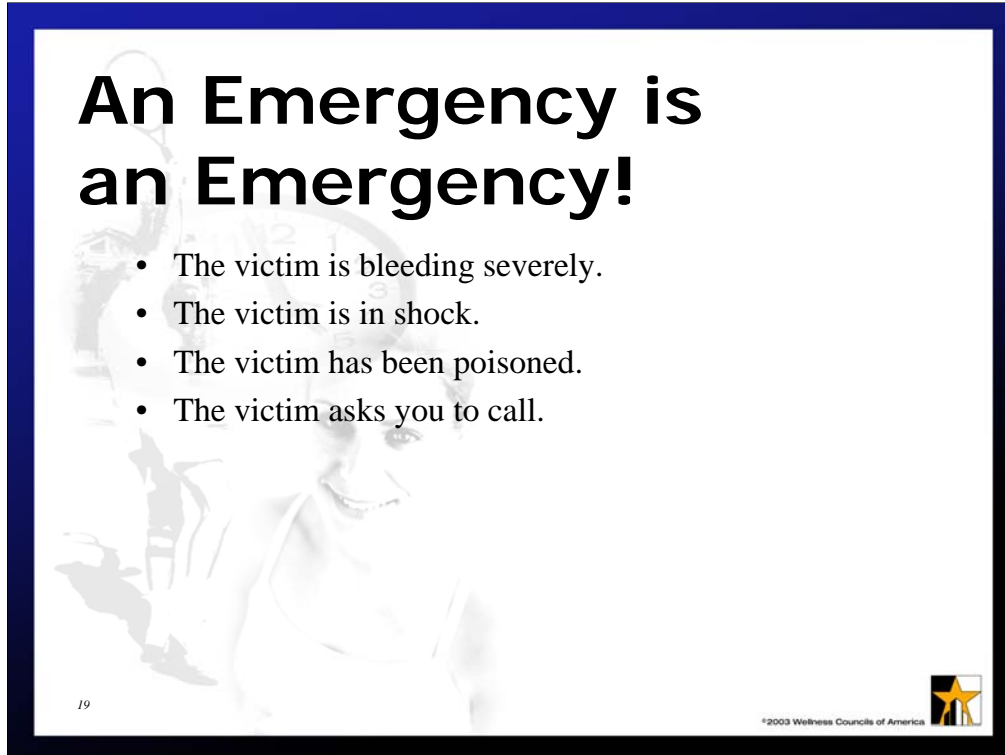
The most important rule about self-care is, “An emergency is an emergency.” Treat it as such, and if in doubt, take quick action. Seek medical help immediately. The following instances constitute an emergency situation.

Call 911 if...

- The victim's condition is life threatening.
- The victim is unable to breathe.
- The victim is unconscious.

# **Self-Care**

## **Managing Your Healthcare and Living Well**



**An Emergency is an Emergency!**

- The victim is bleeding severely.
- The victim is in shock.
- The victim has been poisoned.
- The victim asks you to call.

19

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### **An Emergency is an Emergency!**

Call 911 immediately if...

- The victim is bleeding severely.
- The victim is in shock.
- The victim has been poisoned.
- The victim asks you to call.

# Self-Care

## Managing Your Healthcare and Living Well

### Self-Care in Practice: Case Study

Jane and her mom are shopping at the mall. Jane's mom steps off a curb, accidentally twists her ankle, and feels immediate pain. Jane's mother says, "It's nothing, just help me to the car." Jane knows it's not an emergency, so she helps her mother to the car and drives home.

When they get home...

- They **collect** information from Jane's self-care book.
- They **create** a treatment plan according to Jane's self-care book.
- They **comply** with the treatment plan and watch for signs of improvement.

20

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### Self-Care in Practice: Case Study

Now that we know a little more about self-care, let's take a look at a case study to help us further understand how to best utilize our self-care knowledge. This story is a great example of self-care in action. Jane and her mother addresses a twisted ankle using the 3 C's model we just outlined.

Jane and her mom are shopping at the mall. Jane's mom steps off a curb, accidentally twists her ankle, and feels immediate pain. Jane's mother says, "It's nothing, just help me to the car." Jane knows it's not an emergency, so she helps her mother to the car and drives home.

When they got home...

- They **collected** information. Jane consulted a self-care book she was given by her employer for just such instances. She looked in the index under sprains and strains and found a checklist to consult. There were no bones sticking out, no loss of feeling in the ankle, and the ankle didn't look blue or feel cold or numb. (If so, Jane would have taken her mother immediately to get emergency care or phoned the doctor).

# Self-Care

## Managing Your Healthcare and Living Well

### Self-Care in Practice: Case Study

Jane and her mom are shopping at the mall. Jane's mom steps off a curb, accidentally twists her ankle, and feels immediate pain. Jane's mother says, "It's nothing, just help me to the car." Jane knows it's not an emergency, so she helps her mother to the car and drives home.

When they get home...

- They **collect** information from Jane's self-care book.
- They **create** a treatment plan according to Jane's self-care book.
- They **comply** with the treatment plan and watch for signs of improvement.

21

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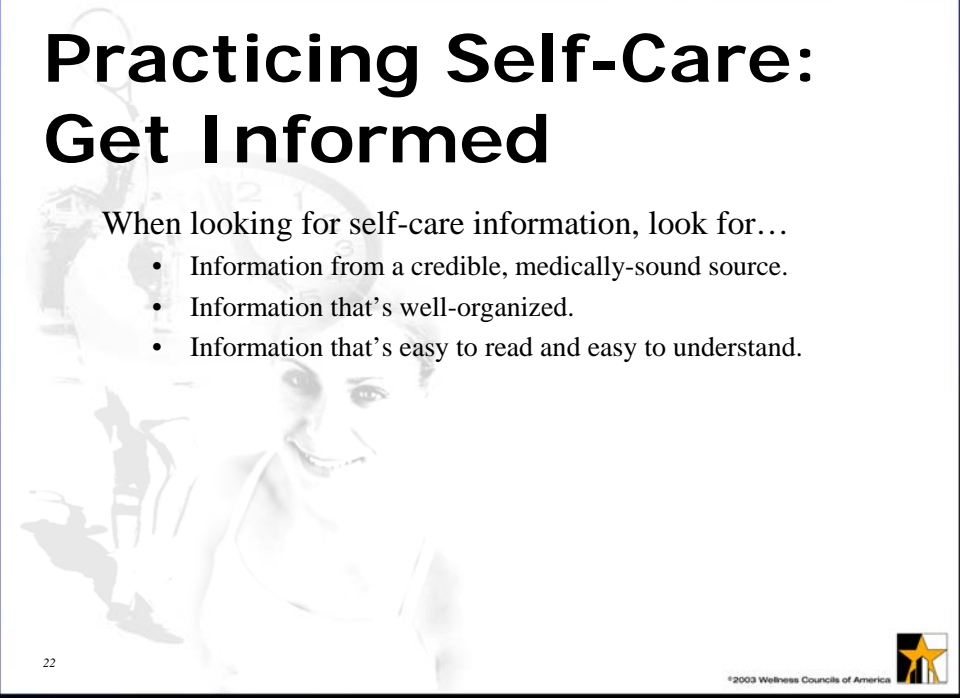
### Self-Care in Practice: Case Study *(Continued)*

- Next, Jane and her mother **created** a treatment plan. Jane's self-care book suggested using the RICE method (rest, ice, compression, elevation) as a home treatment procedure.
- Lastly, Jane and her mother **complied** with the treatment plan, watching for signs of improvement. Their self-care book suggested an over-the-counter pain reliever for pain and inflammation. Jane's mother decided that the pain wasn't that great, and she'd be fine with aspirin or other medication. By evening, the ankle swelling had begun to go away. Her mother wanted to get up but decided to stay on the couch with her ankle elevated. By the time the evening was over, Jane's mother was able to put weight on her ankle and walk carefully around the house.

If there had been no improvement, or a worsening of the swelling or other symptoms, Jane and her mother would have called the doctor or would have gone to a neighborhood walk-in clinic that evening.

# **Self-Care**

## **Managing Your Healthcare and Living Well**



**Practicing Self-Care:  
Get Informed**

When looking for self-care information, look for...

- Information from a credible, medically-sound source.
- Information that's well-organized.
- Information that's easy to read and easy to understand.

22

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### **Practicing Self-Care: Get Informed**

As can be seen in the story about Jane and her mother, knowledge is key during the decision making process. The more you know about health problems, how to take care of health problems, and the healthcare delivery system, the more confident you will be that the choices you make are going to be safe and effective.

One of the best resources you can invest in is a good self-care manual. Generally, self-care manuals are relatively inexpensive—especially when you consider the time and money that practicing self-care can save you in the long run. You can pick up a self-care manual at almost any bookstore, or maybe your employer has provided one for you. If so, be sure to familiarize yourself with its contents so you'll be better prepared to spring into action if duty calls.

# Self-Care

## Managing Your Healthcare and Living Well

### Practicing Self-Care: Get Informed

Again, the key to managing your healthcare is getting informed. A self-care manual is one of the best ways to do this.

When looking for self-care information, look for...

- Information from a credible, medically-sound source.
- Information that's well-organized.
- Information that's easy to read and easy to understand.

23

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### Practicing Self-Care: Get Informed *(Continued)*

When looking for self-care information, look for...

- **Information from a credible, medically-sound source.** Hospitals and national health organizations are a great place to start. These groups have been helping individuals practice self-care for many years.
- **Information that's well-organized.** You don't need to search long and hard for the information you need when the heat is on. A self-care text that is well-organized is a necessity.
- **Information that's easy to read and easy to understand.** If you can't read or easily understand the information presented in your self-care text, it's as good as worthless. Find a book that's written at a level you're comfortable with.

# Self-Care

## Managing Your Healthcare and Living Well

### What to Look for in a Self-Care Manual...

- Information on emergency care.
- Information on the most common conditions.
- Information on chronic conditions.
- Information on taking medication appropriately.
- A comprehensive glossary.

24

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### What to Look for in a Self-Care Manual...

- **Information on emergency care.** This section of your self-care book is important as you never know when medical emergencies will arise.
- **Information on the most common conditions.** The average American has several chronic conditions. You'll want your self-care text to cover these day-to-day realities.
- **Information on taking medication appropriately.** Medications are an important part of most treatment plans. Find a self-care book that covers the key principles of medicating properly.
- **A comprehensive glossary.** A glossary will explain important terms and allow you to further educate yourself on the topics that matter most to you.



# Self-Care

## Managing Your Healthcare and Living Well



### Getting the Most from Medical Appointments

- One week before your appointment...
  - Write down what you want to tell or ask the doctor about your symptoms.
  - Consider asking a family member or friend to come along.

25

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## Getting the Most from Medical Appointments

It's not unusual for doctors to be rushed, and their schedules are often extremely busy, yet there's no reason you can't get the most from your medical appointments. The following tips will help you get the most from your medical appointments.

### One week before your appointment....

- **Write down what you want to tell or ask the doctor about your symptoms.**

It's not unusual to forget important points you want to discuss with your doctor once you're sitting on the examination table. Writing down your questions will ensure you don't forget to ask about topics that are important to you.

- **Consider asking a family member or friend to come along.** Not only will a friend or family member put you more at ease, but having another person in the room will also be helpful if you forget any key points made by the physician.

# Self-Care

## Managing Your Healthcare and Living Well



**Getting the Most from Medical Appointments**

- One hour before you go...
  - Gather the medications you're taking.
  - Call to ask if the doctor is on schedule.

26

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## Getting the Most from Medical Appointments

### One hour before you go...

- **Gather the medications you're taking.** Bringing the medications you're currently taking may allow your physician to more accurately diagnose your condition. Additionally, if the doctor prescribes medications, she'll be able to more readily anticipate any negative drug interactions you might experience.
- **Call to ask if the doctor is on schedule.** This is a no-brainer. If the doctor is running behind schedule, you may be able to save yourself time sitting in the waiting room.

# Self-Care

## Managing Your Healthcare and Living Well

### Getting the Most from Medical Appointments

- During the appointment...
  - Tell the doctor right away that you have a list of things to discuss.
  - Ask questions.
  - Ask about options.
  - Ask the doctor to sum up the visit before he/she leaves.

27

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### Getting the Most from Medical Appointments

#### During the appointment...

- **Tell the doctor right away that you have a list of things to discuss.** Doing this will immediately make you an active partner in your healthcare decisions.
- **Ask questions.** Even though your doctor is a highly-trained medical professional, you'll still want to ask plenty of questions about what he or she is actually doing, and why they're doing it.
- **Ask about options.** Oftentimes, there may be more than one way to go about treating your condition.
- **Ask the doctor to sum up the visit before you leave.** Getting a summary from your physician about your visit gives you a chance to review main points and move ahead with confidence.

# Self-Care

## Managing Your Healthcare and Living Well



### Getting the Most from Medical Appointments

- After the Appointment
  - Write down main points.
  - Call the doctor's office if you have further questions.

28

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## Getting the Most from Medical Appointments

### After the appointment...

- **Write down main points.** Before you forget, write down the main points your physician discussed in his summary statement.
- **Call the doctor's office if you have further questions.** Just because your doctor's visit is over, it doesn't mean you can't still get more direction on how to treat your condition. Don't be afraid to call your doctor's office. They are there to serve you.

# **Self-Care**

## **Managing Your Healthcare and Living Well**



**Don't Forget the Pharmacist**

When picking up medications, ask your pharmacist...

- What kind of medication is this?
- What does it do?
- How often should I take it?
- Should I take it with food or water?
- What side effects are possible?

29

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### **Don't Forget the Pharmacist**

Don't forget, your pharmacist is part of your healthcare team. Bad drug reactions are a very real danger. If you can, stick to one pharmacy so they can look at all your prescriptions and screen for dangerous combinations.

Ask to speak to your pharmacist when you pick up a prescription, and tell him or her about any other medications you're taking. Some questions you may want to ask include:

- What kind of medication is this?
- What does it do?
- How often should I take it?
- Should I take it with food or water?
- What side effects are possible?

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **Don't Forget the Pharmacist**

When picking up any medicines, ask your pharmacist...

- Is there anything I should avoid while taking this drug?
- How long will it take to work?
- Will this medicine conflict with any others that I'm taking?
- How about vitamins?
- Can I stop taking it if I feel better, or must I take it all?
- Can I get this refilled?

30

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### **Don't Forget the Pharmacist**

Other important considerations include...

- Is there anything I should avoid while taking this drug?
- How long will it take to work?
- Will this medicine conflict with any others that I'm taking?
- How about vitamins?
- Can I stop taking it if I feel better, or must I take it all?
- Can I get this refilled?

# Self-Care

## Managing Your Healthcare and Living Well

### Self-Care Scenario #1

Your child is playing in the park and is bitten by a neighbor's dog. She comes to you crying and the bite has obviously broken the skin.

Make a tentative decision on how you should react to this situation and whether or not you need to seek medical care.

31

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### Self-Care Scenario #1

The scenarios presented here are designed to illustrate how self-care can play an important part in you and your family's overall health and well-being.

Consider the following scenario. Your child is playing in the park and is bitten by a neighbor's dog. She comes to you crying and the bite has obviously broken the skin.

Make a tentative decision on how you should react to this situation. Should you call 911, see a doctor, or treat with self-care?

- **Call 911 if:** The wound is bleeding severely and the flow of blood cannot be stopped.
- **See a doctor if:** The bite came from a domesticated animal that was acting strange, was foaming at the mouth, attacked without reason, or if the owner cannot be located, or cannot verify that the animal has been vaccinated.
- **Treat with self-care:** If none of the above conditions exist, self-care may be a good option. Clean the bite immediately with warm water and soap and apply ice to the bite if swelling occurs.

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **Self-Care Scenario #2**

You are at home and your spouse begins choking on a piece of food. Your spouse can talk, but is coughing and gasping for air. Your children tell you to deliver the Heimlich maneuver.

What should you do?

32

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### **Self-Care Scenario #2**

You are at home and your spouse begins choking on a piece of food. Your spouse can talk but is coughing and gasping for air. Your children tell you to deliver the Heimlich maneuver.

What should you do?

- In this situation, you should only wait and encourage the victim to continue coughing. Only when a victim cannot speak, cough, or breathe do you give abdominal thrusts—the Heimlich maneuver.



# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **Self-Care Scenario #3**

Your child is riding his/her bike—without a helmet. After narrowly avoiding a crash with one of the other kids, your child falls and hits his/her head on the curb. As you run over, you can see that your child has been unconscious for about 15 seconds.  
What should you do now?

33

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### **Self-Care Scenario #3**

Your child is riding his/her bike—without a helmet. After narrowly avoiding a crash with one of the other kids, your child falls and hits his/her head on the curb. As you run over, you can see that your child has been unconscious for about 15 seconds.

What should you do now?

- In this case, because the victim lost consciousness, a self-care book will recommend that you take the victim to see a doctor.
- If you suspect a spine or neck injury, the victim is bleeding/leaking clear, watery fluid from the ears and nose, or if the victim has no pulse or is not breathing, you should call 911 immediately.

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **Self-Care Scenario #4**

You've been working in the backyard for most of the day to get ready for your garden party. Your neighbor, who has been helping you, begins feeling sick. She is dizzy, nauseated, and her skin is cold and clammy.

What should you do?

34

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### **Self-Care Scenario #4**

You've been working in the backyard for most of the day to get ready for your garden party. Your neighbor, who has been helping you, begins feeling sick. She is dizzy, nauseated, and her skin is cold and clammy. What should you do?

In this situation, you could rely on self-care or you may determine that professional help is needed. In either case, here's what you should do to get started.

Begin by cooling down and re-hydrating the victim. If the victim starts to feel better in 15 to 20 minutes, professional help is probably not needed and you can continue to treat with self care. Simply continue re-hydrating the victim for the next 24 hours.

At the same time, watch for symptoms of heat stroke—rapid or weak heartbeat, shallow breathing, or absence of sweat. If the victim displays these symptoms, or doesn't feel better after 15 to 20 minutes, you should get professional help.

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **Self-Care Scenario #5**

Your 70-year-old dad has been complaining all day of a dull ache in his chest and indigestion in his stomach. Because it's Saturday, he's hesitant to do anything about it—he says he'll call for an appointment on Monday.

How would you deal with this situation?

35

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### **Self-Care Scenario #5**

Your 70-year-old dad has been complaining all day of a dull ache in his chest and indigestion in his stomach. Because it's Saturday, he's hesitant to do anything about it—he says he'll call for an appointment on Monday.

How would you deal with this situation?

In this case, it's important to remember one of the most important rules of self-care, "An emergency is an emergency." If in doubt, take quick action. Seek medical help immediately. Chest pain can be a sign of trouble ranging from minor to life threatening. If you suspect the victim may be having a heart attack, angina, or pulmonary embolism, call 911 immediately.

# **Self-Care**

## **Managing Your Healthcare and Living Well**

### **What We've Learned**

- The current state of healthcare in America today.
- The definition of self-care.
- How to treat yourself using medical self-care.
- How to get the most from your doctor's visit.
- Strategies or interacting with your pharmacist.

36

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### **What We've Learned**

Throughout the course of this presentation we've examined how you can use self-care to better care for your health and the health of your loved ones. We have addressed what self-care is and why it's important to be an active participant in your own medical care. We've taken a look at how self-care can give you power over your own health, as well as save you precious time and money.

Additionally, we have attempted to provide a number of key action steps you can take to incorporate self-care as a part of managing your health. When practicing self-care remember...

- The importance of being informed.
- The top five self-care questions.
- The 3 C's of developing a treatment plan.
- Criteria for selecting a self-care text.
- How to make the most of your doctor's visits.
- The importance of including your pharmacist in your healthcare team.