

Self-Care

Managing Your Healthcare and Living Well

Self-Care
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and Living Well*



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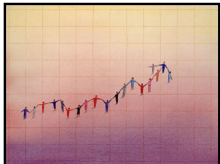
What You'll Learn

- 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.

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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.



Source: CDC & NCHC

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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!

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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.

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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.

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Source: Dr. Larry Chapman

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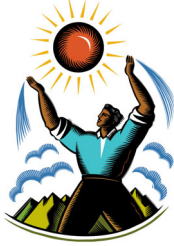
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What Self-Care Teaches You

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.



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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.

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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

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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?

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Using Self-Care: Getting Medical Help

Sometimes a visit to the doctor is a must.
Get medical attention if your symptoms are...

- Severe
- Seem strange
- Stick around for more than a few days
- Constantly return

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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

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Top 10 Home Treatment List

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

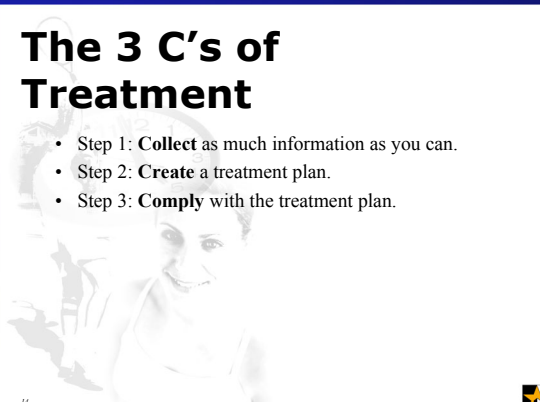


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The 3 C's of Treatment

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



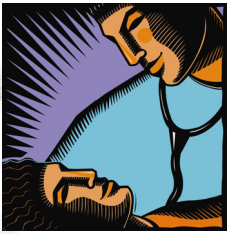
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An Emergency is an Emergency!

Call 911 if...

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



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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.

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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.

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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.

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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.

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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.

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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.

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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.



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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.
 - Ask questions.
 - Ask about options.
 - Ask the doctor to sum up the visit before he/she leaves.



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Getting the Most from Medical Appointments

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



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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?

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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?

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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.

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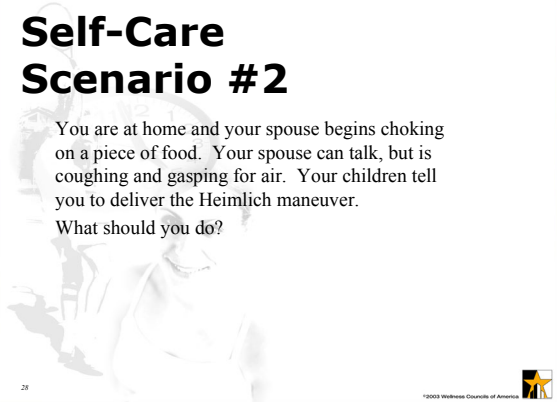
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Self-Care Scenario #2

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?

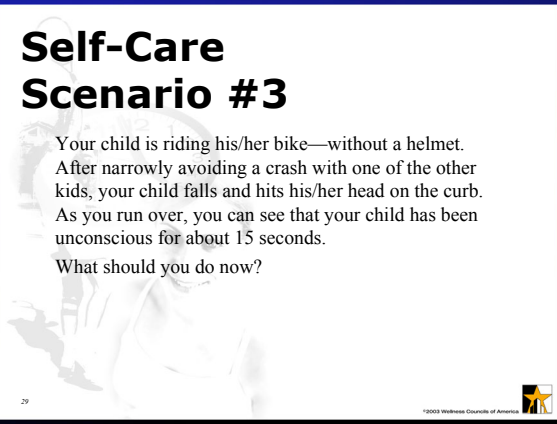


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Self-Care Scenario #3

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?

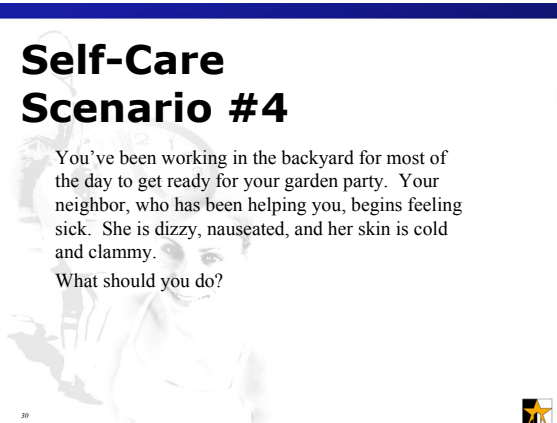


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Self-Care Scenario #4

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?



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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?

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What We've Learned

- The current state of healthcare in America today.
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- Strategies for interacting with your pharmacist.

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