**MINOR ILLNESS AND HEALTHY LIFESTYLE SURVEY**

**September 2016**

**This survey gathered information on two topics:**

 **1. Minor Illnesses**

 **2. Healthy Lifestyles.**

**METHODOLGY**

The survey was piloted at the Watts Almshouses Garden Fete on Saturday 18th June 2016. At the Fete 26 individuals completed the survey as self-responses (ie completing the survey themselves). Of these 12 were from patients registered at TMC.

A further 39 surveys were completed in ‘interview style’. PPG members sat with patients in the waiting room asking them the questions and recording their answer. This was undertaken in the first week of August and included 6 returns from the Delce.

A total of 65 surveys have been completed.

**CAVEATS:**

A survey of this size conducted under these circumstances is neither scientific nor representative. The results and comments can be viewed as food for thought and initiating further debate. They should not be used to draw conclusions.

**1. MINOR ILLNESSES SURVEY**

**Minor ailments** includes those conditions that do not last long, require little or no medical intervention, and can be treated with medicines bought over the counter from pharmacies or supermarkets. Some **examples of minor ailments** include: allergies, athlete’s foot, bites and stings, cold and flu like symptoms, conjunctivitis, constipation, cystitis, diarrhoea, head lice, indigestion/heartburn, mouth ulcers, adult vaginal thrush and warts and verrucae.

1. Do you feel confident to manage your own minor illnesses (self care)?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Fete** | **Waiting Room** | **Total** | **%age** |
| YES | 24 | 34 | 58 | 89 |
| NO | 2 | 5 | 7 | 11 |

**Comment: Very high level of confidence (89%) in self care for minor illnesses.**

2. Where do you go to get treatments for minor ailments? (more than one answer allowed)

* Supermarket 23
* Pharmacy 53
* GP surgery 13
* MEDOCC 3
* A&E NIL
* Other Acupuncture 1

**Comment: Pharmacy is overwhelming the most likely source of treatments for minor ailments.**

3. Where do you get self care advice from? (more than one answer allowed)

* Friends 7
* Family 25
* Media 4 (eg magazines / television)
* Supermarket NIL
* Pharmacy 29
* GP surgery 18
* A&E NIL
* Internet 16 (eg google / NHS.gov.uk)

**Comment: A more even spread. Pharmacy and Family are most likely, followed by GP and Internet. Family, given that few members of the family are likely to be medically qualified is not necessarily the most reliable source.**

4. Has self care been discussed with you through visiting the surgery?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Fete** | **Waiting Room** | **Total** | **%age** |
| YES | 11 | 13 | 24 | 38 |
| NO | 15 | 24 | 39 | 62 |

**Comment: A fairly convincing majority haven’t had any discussion with their GP surgery.**

5. How many days would you continue with self treatment if a condition persisted?

* Never 3 5% (I would always seek an appointment)
* 1-3 14 23%
* 4-7 26 42%
* 8-14 13 21%
* 15-28 4 6%
* 29-52 NIL
* 53+ 2 3%

**Comment: 28% are prepared to wait for less than 3 days. 70% are prepared to wait for less that 7 days with 30% prepared to wait for more than 8 days.**

**2. HEALTHY LIFESTYLES SURVEY**

There is lots of information on **NHS Choices** about how to use self care to stay healthy and adopt healthy behaviours. On these sites you can read about how to: – lose weight – get fit – stop smoking – cut down on alcohol – eat more healthily

1. Do you need support/help in **quitting smoking?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Fete | Waiting Room | Total | %age |
| YES | 4 | 1 | 5 | 8 |
| NO | 22 | 38 | 60 | 92 |

2. Do you need support/help in **reducing your alcohol intake?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Fete | Waiting Room | Total | %age |
| YES | 2 | 0 | 2 | 3 |
| NO | 24 | 39 | 63 | 97 |

3. Do you need support/help in **losing weight?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Fete | Waiting Room | Total | %age |
| YES | 4 | 8 | 12 | 18 |
| NO | 18 | 31 | 49 | 82 |

4. Do you need support/help in **increasing your level of physical activity?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Fete | Waiting Room | Total | %age |
| YES | 7 | 6 | 13 | 20 |
| NO | 19 | 33 | 52 | 80 |

5. Do you need support/help in **eating a healthy diet?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Fete | Waiting Room | Total | %age |
| YES | 5 | 6 | 11 | 17 |
| NO | 21 | 33 | 54 | 83 |

**Comment: Support and help was requested more frequently for the three linked lifestyles of physical activity, losing weight and healthy diet. Few people were requesting support with stopping smoking and reducing alcohol consumption.**

**If these responses are anything like reflective of the whole patient group of TMC then 20% of patients wanting help with physical activity translates into around 3,000 patients.**

**The names and contact details of people who requested contact have been passed to TMC.**

**It appears as if those who self completed the survey at the fete were more likely to request help than those people who were asked the questions by a member of the PPG.**

6. Have you heard about **Health Help Now** (an app to help you know how to treat minor illness and find a health professional to help you)?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Fete | Waiting Room | Total | %age |
| YES | 3 | 3 | 6 | 9 |
| NO | 23 | 36 | 59 | 91 |

**Comment: Very few people have heard of Health Help Now.**