

# Dr. Me: A pilot education programme for schools to raise awareness of self-care and use of NHS resources

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## Aim

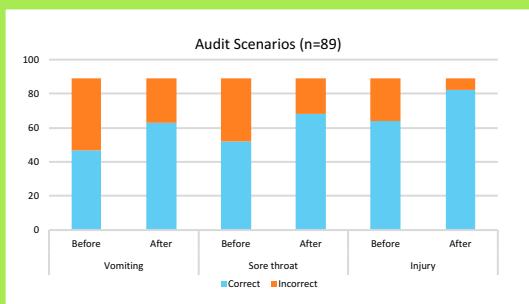
Dr. Me encourages children to engage with self-care in the community and to promote responsible use of healthcare resources, aiming to address the increasing demands on the NHS.

The project can also widen participation into medicine in areas with traditionally low rates of application into medical school.

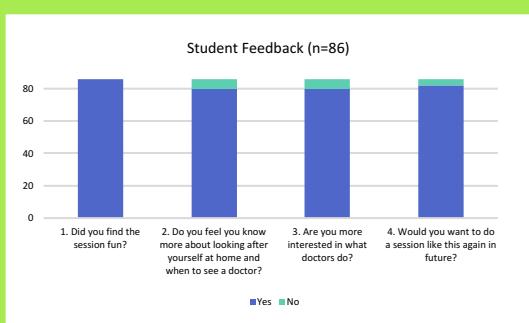
## Results

Correct responses after teaching improved by an average 18.7%.

The vomiting scenario improved from 53% to 71%, sore throat from 58% to 76% and injuries from 72% to 92%.



Feedback showed 100% of children enjoyed the sessions, 93% felt more confident in self-care and 93% were more interested in what doctors do.



## Methods

One hour lessons were delivered to four Year 5 classes (n=89), each incorporating short workshops on vomiting, sore throat and minor injuries.

Three audit scenarios were asked before and after teaching, and the children decided whether to stay home, visit the GP or attend A&E.

Correct responses before and after were compared.

A feedback questionnaire was performed to gauge enjoyment, confidence in self-care and interest in the role of doctors.

### Audit Scenarios

1. You have a bit of a tummy ache and have vomited twice today, you have been drinking lots of water but have only managed to eat a little bit of food.
2. You've had a really sore throat for 7 days, and you have been getting a high temperature, and you can only drink a little bit of water.
3. You were jumping on the trampoline and feel off, landing on your arm, there is a big bump, and it really hurts to move it.

### Feedback questions

1. Did you find the session fun?
2. Do you feel that you know more about looking after yourself at home?
3. Do you now feel more interested in becoming a doctor?
4. Would you want to do a session like this again in future?

## Conclusion

Initial results suggest scope to teach children self-care and appropriate use of services, and feedback showed an increased interest in the role of doctors.

Further sessions are planned to refine teaching and gather more data, with plans to recruit more medical volunteers to join the project. We also aim to incorporate Dr. Me into medical school curricula as an optional module, with a programme tailored to train medical students to teach Dr. Me in the community.

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