

# Dr. Me Project: GP trainee-led teaching of self-care for self-limiting illnesses in primary schools

Dr Chee Yeen Fung

Dr. Me

## Background

With increasing demand on General Practice, patient empowerment for appropriate self-care and inspiring GP careers is vital to sustaining the NHS. The Dr. Me Projects trains GP trainees to teach self-care in primary schools.

## Aim

To demonstrate whether GP trainees can effectively teach primary school children how to self-care for common self-limiting illnesses, use NHS resources appropriately, whilst also inspiring medical careers.



## Results

Correct responses after teaching improved by 19.7%. The vomiting scenarios improved from 48% to 74%, sore throat from 68% to 86% and minor injuries from 75% to 90%.



Feedback showed 92% of children felt more confident about self-care, and 85% were more interested in becoming a doctor.



## Methods

Eleven GP trainees undertook a 1.5 hour Dr. Me training session during VTS.

Trainees delivered one hour sessions to three Year 5 classes (n=42). Teaching covered vomiting, sore throat and minor injuries. Six case scenarios were asked at the beginning and end of the sessions, and the

children decided whether to stay home, visit the GP or attend A&E.

Responses before and after were compared.

A feedback questionnaire gauged the children's confidence in self-care and interest in medical careers.

### Case 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 3 days, and you have been getting a high temperature, and you can only drink a little bit of water.
3. You were running in the playground and fell over, you have a little bruise on your knee, but you can still run around and play.
4. You have been vomiting 6 times a day for 5 days, and you are not able to drink any water.
5. You've had a sore throat for 2 days, you can still eat all your food, and you don't have a temperature.
6. You were jumping on the trampoline and fell off, landing on your arm, there is a big bump, and it really hurts to move it.

## Conclusion

The results show the session delivered by GP trainees increased the children's confidence in self-care and interest in medical careers. VTS schemes could incorporate the Dr. Me Project into training to fulfil the GP curriculum for community engagement and teaching. Training GP trainees to deliver Dr. Me sessions is a sustainable model for health promotion, inspiring GP careers and investing in the local community.

For more information, please contact Dr Chee Yeen Fung at [cheeyeenfung@nhs.net](mailto:cheeyeenfung@nhs.net)