Supporting Patients to Self-Manage Minor Health Concerns

Identifying priority topics for evidence-based self-care resources for people living in Ontario

Many people visit primary care for minor issues that could be safely managed at home with trusted advice and over-the-counter medications. Yet Ontarians lack a single reliable source of evidence-based information to guide safe self-management. Through our pan-Canadian OurCare consultations, patients and the public explicitly highlighted the importance of education and empowerment to help people manage their own conditions and navigate the health system.

Our Goal is to support patients and the public to better self-manage common minor health concerns. This project **identifies high-priority health topics** to guide the development of evidence-based resources for people living in Ontario.

Better self-care resources will address the public's call for self-management support and can improve patient confidence, reduce unnecessary health visits, and promote integration of digital health supports.

Environmental Scan	Survey of Primary Care Clinicians	Public Survey	Focus Groups with Public and Clinicians
What already exists and what topics are covered	Top reasons for visits that are avoidable and common misperceptions	Top reasons for visits, what they manage at home, where do they go for information	In-depth discussion to understand care-seeking & desired supports

Equity & Inclusion

We are committed to ensuring diverse perspectives shape our findings. Focus groups will include a **French-language group** and a **multilingual group for newcomers**, alongside groups targeting **rural and remote communities** and **youth**. In addition, we will partner with clinics serving newcomer populations to support recruitment for the public survey.

Partners & Impact

Our work will be done in collaboration with **patient partners, clinicians and primary care professional associations.** We will work with **Ontario Health** to optimize alignment with provincial priorities and to inform future integration into Health 811.

Study Team

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