

# ICPA 7th Conference & Exhibition

## TOPIC: SELF-CARE READINESS INDEX AND SELF-CARE: WHO RESOLUTION

Join us for an enlightening conference session featuring Michael Meewes, a distinguished representative of the Global Self-Care Federation, as he delves into the critical topic of the "Self-Care Readiness Index and Self-Care WHO Resolutions." This talk promises to be a groundbreaking exploration of self-care's pivotal role in global health.

In an era where healthcare systems face unprecedented challenges, understanding and fostering self-care has never been more essential. Michael Meewes, with his extensive experience in health policy and advocacy, will shed light on how the Self-Care Readiness Index can serve as a transformative tool. This index, designed to assess a nation's readiness for self-care, is poised to revolutionize healthcare strategy worldwide.

Furthermore, Michael Meewes will unravel the significance of the WHO Resolution on Self-Care, offering insights into its implications for individuals, healthcare professionals, and policymakers. By examining the intersection of self-care, public health, and healthcare systems, Meewes will guide us toward a future where self-care is central to preventive medicine and healthcare sustainability through independent community pharmacies.

Don't miss this unique opportunity to gain profound insights from Michael Meewes, a leading visionary in global healthcare, as we collectively embark on a journey toward a healthier, more empowered world through self-care. Join us in this essential dialogue at the ICPA 7th Conference & Exhibition.



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## Learning Outcomes:

Community pharmacists can greatly enhance their continued professional development by attending this talk. Here are three key points they can gain from this session:

**Incorporating Self-Care Strategies:** Pharmacists will learn how to integrate self-care strategies into their practice. Understanding the Self-Care Readiness Index will help them assess their community's readiness for self-care interventions and tailor their services accordingly. This knowledge will enable pharmacists to provide more personalized advice and support to patients seeking self-care solutions, improving patient outcomes and satisfaction in South Africa.

**Navigating Regulatory Changes:** Michael Meewes will likely discuss the implications of the WHO Resolution on Self-Care for healthcare regulations. Community Pharmacists can gain valuable insights into how this resolution may influence policies related to over-the-counter medications, health education, and the role of pharmacists in promoting self-care. Staying informed about regulatory changes is crucial for pharmacists to adapt their practices and maintain compliance.

**Advocating for Self-Care:** Pharmacists attending this talk can also learn about advocacy opportunities related to self-care. They can discover how to engage healthcare stakeholders to promote self-care initiatives and policies that benefit both the community and the pharmacy profession. By becoming advocates for self-care, independent community pharmacists can play a more active role in shaping the future of healthcare and positioning themselves as essential contributors to public health.

## **Conclusion:**

Overall, attending this talk will empower community pharmacists with knowledge, skills, and advocacy tools to better serve their communities, stay up-to-date with evolving healthcare trends, and contribute to the advancement of self-care within their practice.

# Presentation Notes

Date



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