

Enabling Self management

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- A long term condition is broadly defined as:
 - one that requires ongoing professional care
 - limits what the person with the condition can do and is likely to last longer than a year.

Background

- Elderly population increasing
- Currently 2 million people living in Scotland with 1 or more LTC
- Within the next 25yrs
- 1 in 4 people in scotland will be over 65, **25% of the pop**
1 in 12 will be over 80
- 2002 the scottish household survey reported that **31% of households** contain at least 1 person with a lifelimiting condition or a disability.

CHP LTC Toolkit (HDL(2007))

- Patient education/self management
- Prevention of admissions - anticipatory care
- Patient information
- Organisation of services
- Quality of services
- Professional education
- New technologies, eg. Telecare/Telehealth
- 2 marker diseases
 - COPD
 - Rheumatoid arthritis
- 3 Managed Clinical Networks - CHD, Diabetes, and Stroke

Key Drivers

- Government policy
- Beter health better care , 2007
- Managing long term conditions, audit Scotland, 2007
- Long term conditions Collaborative, 2008
- Consultation, Living well conferences 2007
- LTCAS, Self managment strategy for Scotland, 2008

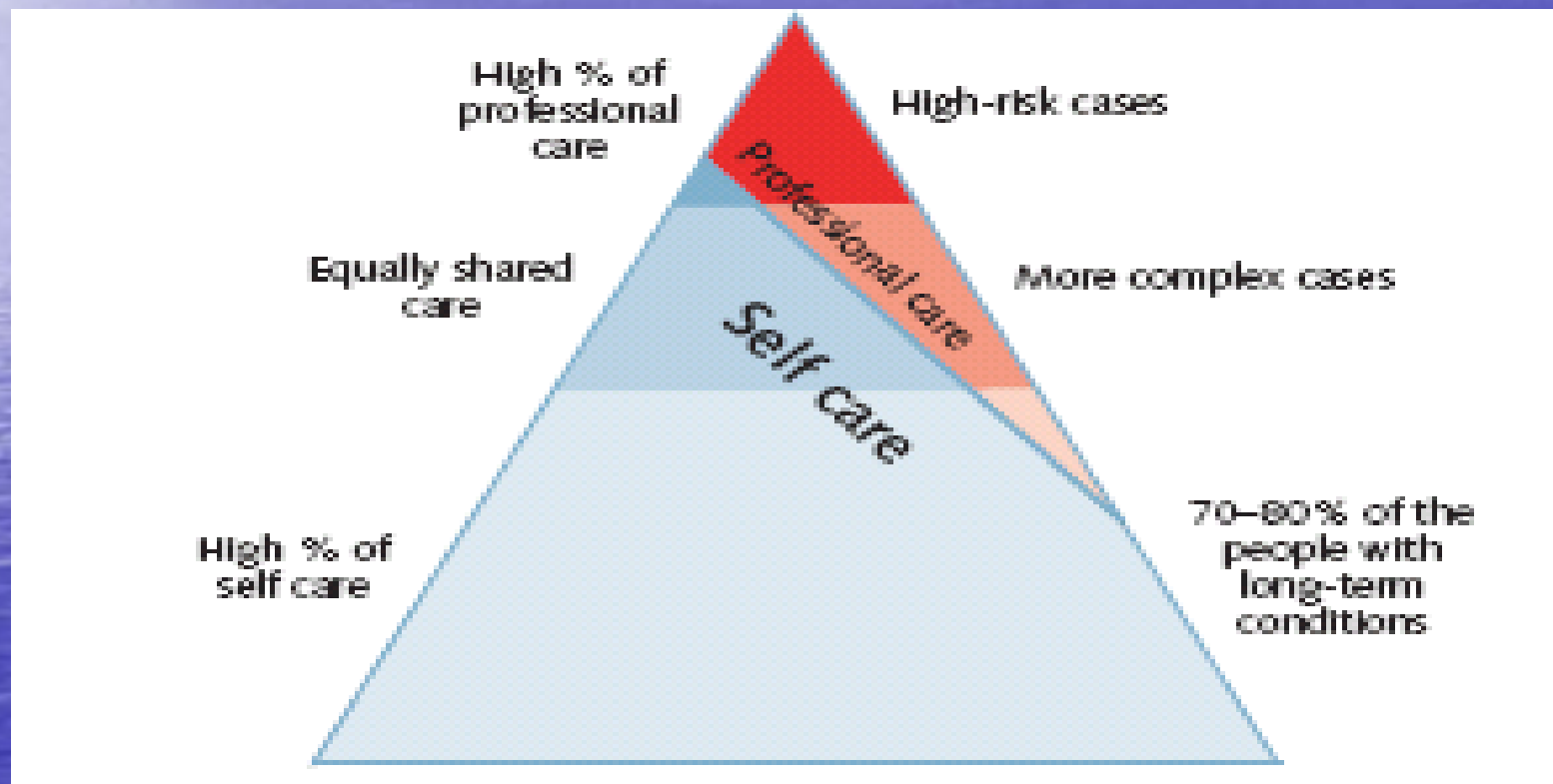
What is self management?

- Self care is what each person does on an everyday basis but which is often compromised in a person living their life with a long term condition
- Self management is the process each person develops to manage their condition
- Self management as a term is dynamic and reflects an ethos of empowerment. *(LTCAS 2008)*

What is self management

- Self management is a person centred approach in which the individual is empowered and has ownership over the management of their life and condition
- The role of health and social care professionals is to support the persons journey towards living well
- Enablement, empathy and support

Empowering and enabling patients with long-term conditions to take control of their own care



Public Health, Health Improvement, Health Education

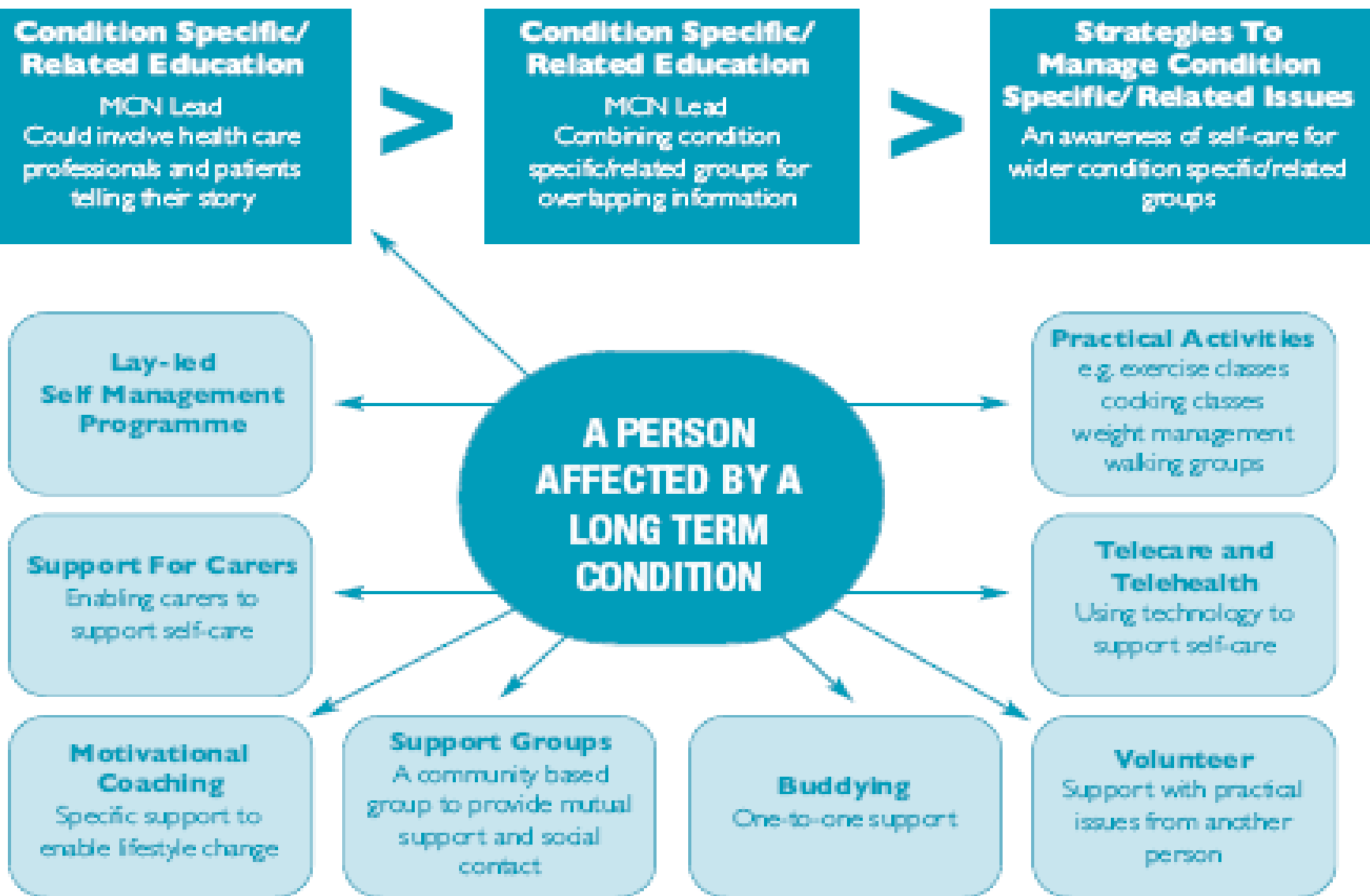
- I don't always look after myself all the time ...
- The truth is I am scared about the long term,
- I'm scared of going blind or having my legs chopped off.
- Self management is the cornerstone of diabetes care,
- however, you don't need to be an 'expert patient' to take
- control of your own diabetes.
- You need a relationship with the right professionals
- to help you understand all the issues,
- make the right decisions, and achieve the right balance."

What is it like having a chronic disease?

Interview with Stuart Bootle, a GP who has had diabetes for 20 years

BMJ 2003:3261325

Figure 3: Self Management Framework for Long Term Conditions



The evidence suggests

Self care support could reduce:

- **visits to GPs by up to 40%**
- **visits to outpatient clinics by up to 17%**
- **visits to A&E units by up to 50%**
- **drug expenditure, (concordance and compliance)**

Patients are the health service's biggest untapped resource. If everyone is to benefit then services need to acknowledge that patients and the public are truly partners in their care.

Health care professionals may only interact with people with a chronic disease for a few hours a year...

the rest of the time patients care for themselves...



The expert patient programme has really helped me to take more control of not just my arthritis, but also my life.

It gave me new ways of analysing and solving some of my problems... I believe that this is one of the most important initiatives for those with long-term chronic conditions



Coming on the programme has given me real confidence to move on, plan for the future without fear, because I can now plan and pace—really good teaching.

I have learnt that I need to take responsibility for my health instead of leaving it all to my GP.

Differing models

- Stanford model, (arthritis care)
- Brave heart project
- Heart manual
- Angina plan
- Diabetes, structured education courses
- Asthma management plan
- Falls prevention programmes
- Education classes eg cardiac rehab
- Information leaflets

Enabling self management

- Self care/management is not the same as no care
- Outside of hospital or care homes everyone self cares all of the time but not everyone self cares optimally
- Medical treatment and the way it is delivered can either support or erode the capacity to self manage
- An understanding of the principles of self management is vital for everyone involved in supporting people living with a LTC

General principles of optimal self Management

- Perceived health related quality of life has a complex relationship with the severity of the underlying disorder
- Patients beliefs about their condition and the perceived role of healthcare strongly predict the patients healthcare seeking behaviour
- Self management can only be optimised once beliefs and expectations have been assessed and addressed

Key points

- Promote effective communication and listening
- An appropriate consultation style
 - Motivational interviewing
- Address health beliefs and expectations
 - Challenge misconceptions
- Promote activity/involvement in their care
 - Patient/carer education
- Actively promote self management courses
- Sign post
- Patient centred service

Patients will benefit

Increased

- ↑Control of their own condition
- ↑Feeling of well being
- ↑Ability to cope day to day



Decreased

- ↓Complications from their chronic disease
- ↓Unnecessary hospital admissions
- ↓Sense of powerlessness

A background image showing a vast blue ocean under a blue sky with light, wispy clouds. The horizon line is visible in the upper third of the frame. The text "I just want to be normal.wmv" is centered in the lower half of the image.

I just want to be normal.wmv

What do we need to do?

- Culture change
- Develop patients/carers skills and knowledge
- Develop “expert patients”
- Patients as partners

- Develop and support peer support
- Work closely with the voluntary sector
- Develop and support skills for health and social care staff

What are we doing in Argyll & Bute

Patient education

- Running self management courses, based on Stanford model
- Heart manual, angina plan
- Patient education classes for CHD, Stroke and COPD
- Working with diabetes UK,
- Reviewing patient information
- Mapping resources available within the community to enable sign posting
- Peer support in mental health
- Telehealth

What are we doing?

Health/social care professionals

- Raising awareness of enabling self management
- Exploring mechanisms to develop accessible education on enabling self management
- Demonstration site for Skills for Health

Demonstration Project

Enabling self management

- 3 key partners, SKH, UHI, NHS Highland
- Competency based, flexible
- Funding secured additional funding sought
- 2 year project
- 1st year, developing project, accrediting the course and developing the competencies
- 2nd year, deliver and evaluate the course
- 3rd year, watch this space!

Final thought!

The dormouse and the doctor.wmv