

SUPPORTING SELF-MANAGEMENT

Helping people help themselves.

Context: More than 17 million people in the UK have a long-term condition which they manage day to day. This number is expected to double by 2030. Around 85% of care for people with long-term conditions is self-care.

Supporting self-management

Supporting self-management involves providing information and encouragement to help people understand their condition, monitor symptoms and take appropriate action. This may include:

- promoting healthy lifestyles
- involving people in decision making
- educating people about their conditions and how to look after themselves
- motivating people to look after themselves
- setting goals and checking whether these are achieved over time
- proactively following up
- providing opportunities to share and learn from other service users.

What the evidence says

Our review of over 500 studies found that self-management can improve:

- clinical outcomes
- quality of life
- use of healthcare services

The evidence shows that when people are supported to look after themselves, they often feel better, enjoy life more and have less need to visit GPs or hospitals.

A continuum of support

There are many ways to support self-management. Some approaches are passive, like providing information leaflets. Other ways are more active, like group education or exercise classes.

Research shows that more active support works best to improve outcomes. Providing information is a necessary – but not sufficient – intervention to improve health-related behaviours or clinical outcomes. Information-only patient education leads to improved patient knowledge but does not predictably lead to behaviour change.

Evidence shows that methods that improve people's self efficacy are most effective. Approaches that focus on whether people are ready to change work well.

Effective ways to encourage people to self-manage include:

- behaviour change programmes
- group education
- motivational interviewing
- telephone coaching
- regular follow up
- self monitoring
- action plans

Active approaches can help people feel more confident and empowered, improve clinical outcomes and reduce use of health services. It is also important to support clinicians and understand the skills they need to help people feel motivated to change.

Co-creating Health

Co-creating Health (CCH) is a self-management scheme that aims to transform healthcare for people with long-term conditions.

CCH enables clinicians and patients to make their interactions as productive as possible. It not only provides training on how to have collaborative partnerships, it also builds the required processes – using active support approaches – into the delivery of clinical care.

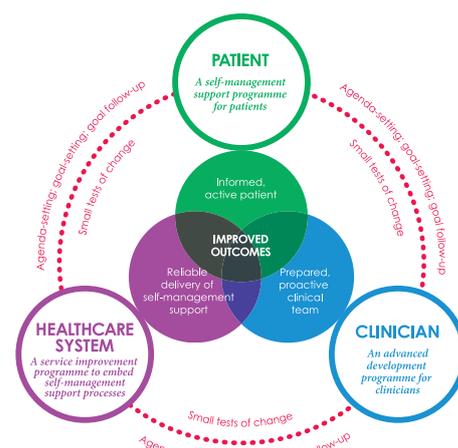
The evidence-base for the different active support approaches is still at an early stage and the best of these approaches is still unknown. Through CCH we are building on the existing evidence, and testing and evaluating the different approaches to active support for better self-management.

We currently have seven demonstration sites across the UK working on Co-creating Health. Working collaboratively they cover COPD, diabetes, depression and musculoskeletal pain.

Further information

www.health.org.uk/cch

Co-creating Health model



“Our aim is to test how we can make support for self-management central to what NHS clinicians do on a daily basis. Ultimately, the vision is that Co-creating Health will inspire the spread of self-management support across the UK.”

Natalie Grazin
Assistant Director, The Health Foundation