



Self-Management in Tower Hamlets

Health Scrutiny Panel, 8th April 2015


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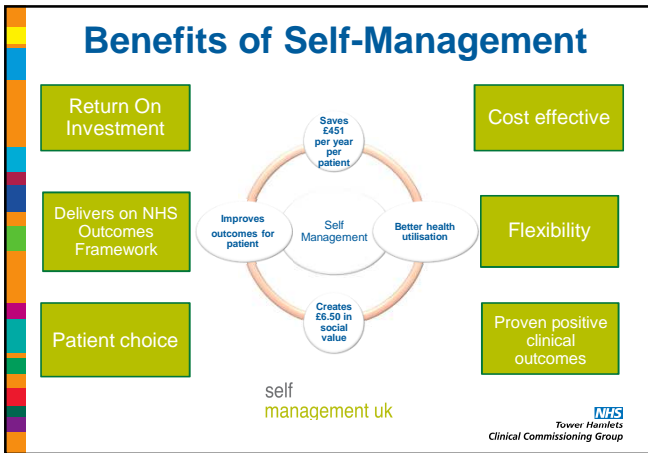
Who is Self-Management for?

- Around 15 million people in England have 1 or more long-term conditions.
- Levels of long term illness/disability in Tower Hamlets are 34% higher than the national average.
- People with long-term conditions are the most frequent users of health care services, accounting for 50 per cent of all GP appointments and 70 per cent of all inpatient bed days



What is Self Management?

- For people with long-term conditions, self-management involves caring for their body and managing their illness, adapting everyday activities and roles to their condition, and dealing with the emotions that arise from having the condition. (*Health Foundation, 2015*)
- A self-management programme seeks to support people to manage their own condition through provision of tools, education and guidance on behaviours.



- ### What is happening to support Self-Management in Tower Hamlets?
- Patient education programmes
 - Medicines support
 - Diet and exercise advice and support
 - Telehealth
 - Psychological support
 - Patient access to own GP records
 - Training for clinicians in patient engagement
 - Peer group support
 - **Self-Management Pilots**
- NHS Tower Hamlets Clinical Commissioning Group

- ### Self-Management Pilots – Original Brief
- Providers were asked to design pilots that:
- Fostered collaboration between statutory and voluntary sectors
 - Demonstrated new ways of working
 - Delivered demonstrable outcomes for patients who were in integrated-care cohorts and/or were living with one or more Long Term Conditions with poorly controlled symptoms.
 - Addressed barriers to effective self-management
- NHS Tower Hamlets Clinical Commissioning Group

Self-Management Pilots – Desired Outcomes

- Clinical outcomes - Has the intervention led to an improvement in clinical outcomes?
- Utilisation outcomes - Since accessing the pilot, has participants utilisation of emergency or primary care services changed?
- Wellbeing outcomes - Do participants feel that their quality of life has improved? Has it improved their perception of services they use? Have symptoms such as depression and anxiety reduced?
- Ability to effectively self-manage – Has the participants' **Patient Activation Measure** score improved?


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Self-Management Pilots – Providers

Green Candle – *Your Move*

- 12 week programme of exercise and dance
- Aimed at three cohorts of older people (55+):
 - Older men with one or more Long Term Conditions
 - People who have recently had a fall
 - People living with Dementia


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Self-Management Pilots – Providers

Community Options – *Esteem*

- Range of services which help people to consider the impacts of their mental wellbeing and behaviours on their physical wellbeing and vice versa.
- Services include: Weekly community choir; intensive one-to-one support for people living with hoarding; group education sessions for people with a mental health condition and diabetes


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Self-Management Pilots – Providers

Ability Bow – *Managing Your Health and Wellbeing*

- Support 75 people with Long Term Conditions to complete a tailored exercise programme
- The cohorts include people with long term physical conditions, severe mental illness and learning disability.
- Interventions aim to improve people's mobility, independence and confidence



Self-Management Pilots – Providers

Social Action for Health & WHFS – *Self management and education for people with CVD, hypertension and diabetes*

- Redesigning services commissioned by the CCG for diabetes broadening the offer to people with CVD and hypertension
- Includes peer support, befriending and key message on diabetes
- Structured education for people with type 2 diabetes
- Patient Activation Measure used to determine which service individual will benefit from the most and how effective the intervention has been in improving activation level.



Wider Context

- Strategic Drivers
- Patient Activation Measure
- Integrated Care
- Integrated Personal Commissioning