

How can we enable self-care in Dudley?

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Outlines

- Why self care is important?
- What the evidence is telling us?
 - Individual
 - Population
 - System levels
- What we hope to achieve?

Health is a holistic term

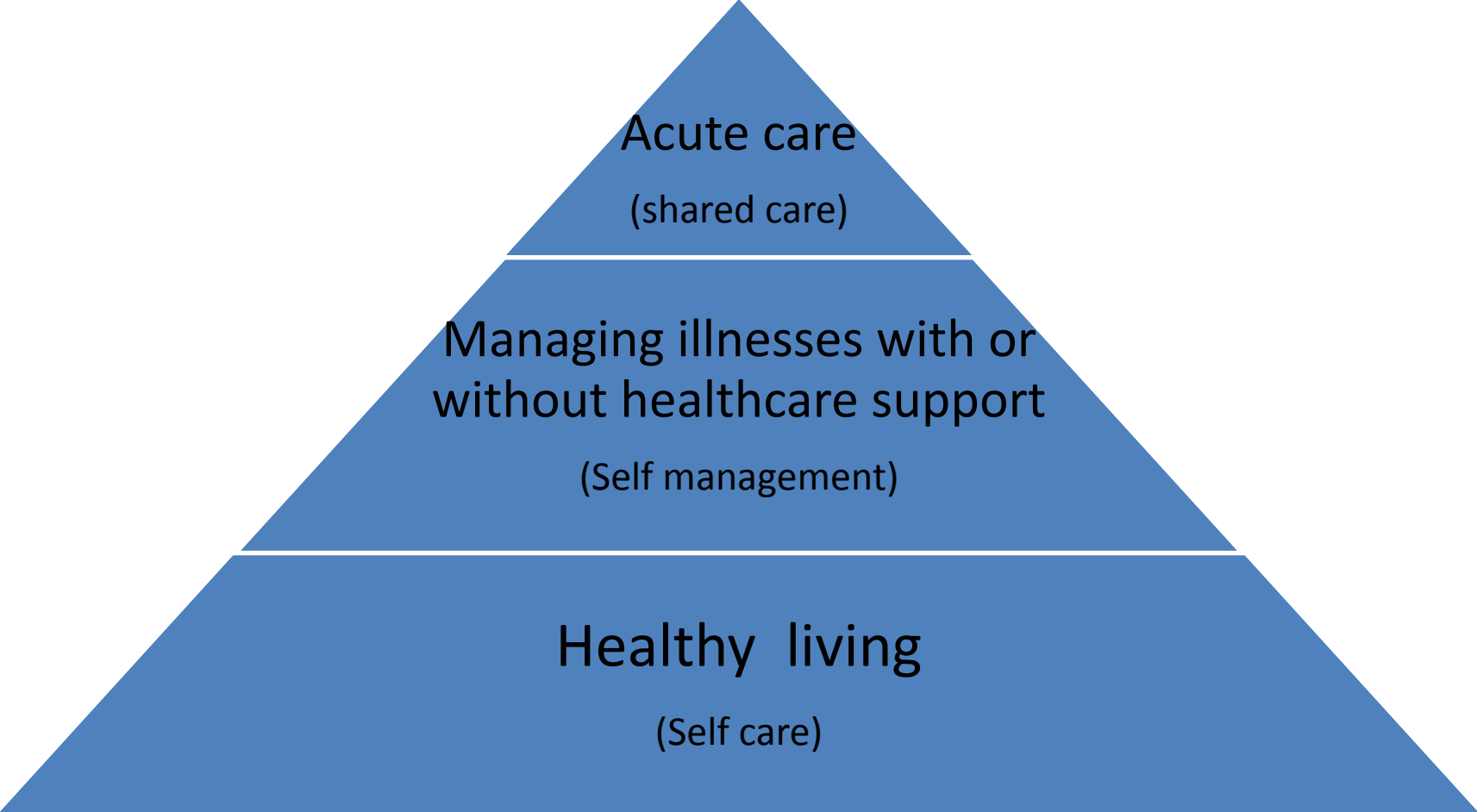
Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.



Self care



Self care continuum



Acute care
(shared care)

Managing illnesses with or
without healthcare support
(Self management)

Healthy living
(Self care)

How services approach self care?

- Transactional services
 - Assessment by professionals
 - Patients wishes taken into account but not their holistic needs
- Care planning
 - Assessment by professionals
 - Patients wishes taken into account including their holistic needs but focused on the deficits
- Transformational Self-Care
 - Joint care plan and in-depth understanding of assets and deficits and building on client's assets
 - Clients' wishes are paramount

Deficit or assets based?

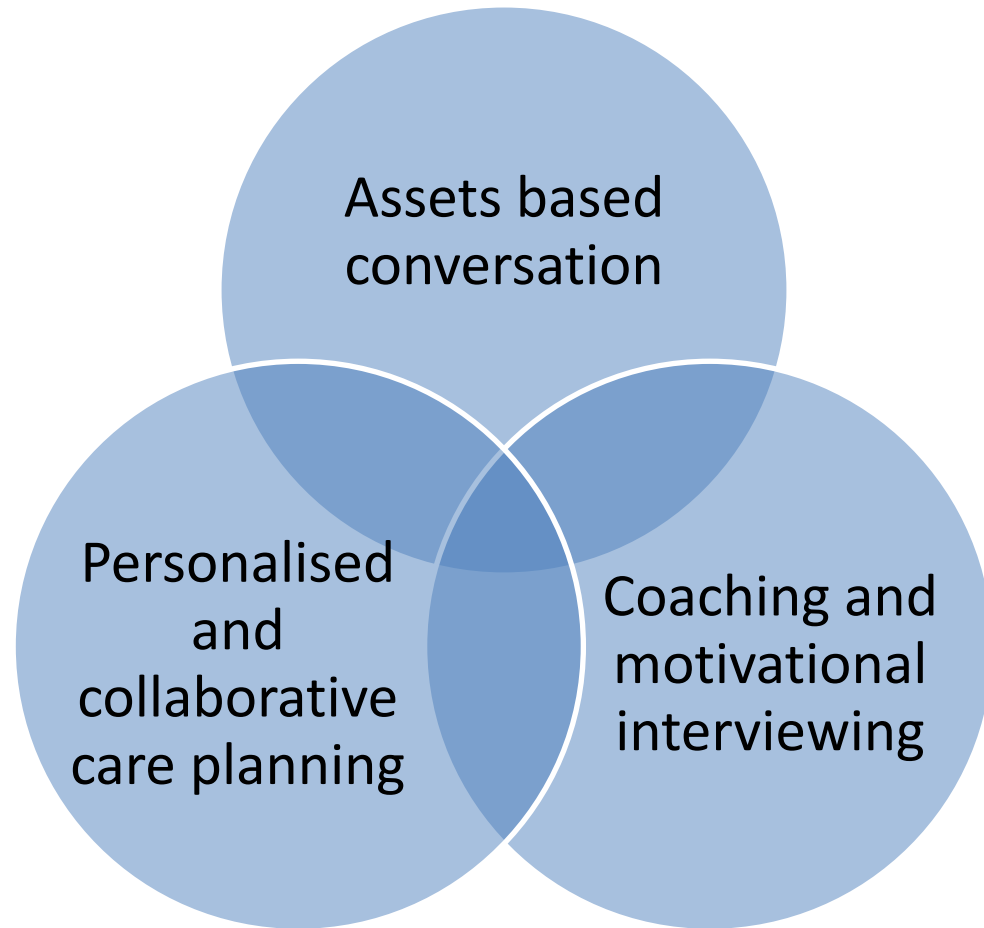
What is wrong with you? How can I help you

- Transactional
- How can I help you
- Pure medical model
- Pure medical model
- Needs and dependency

What is strong with you?

- Transformational
- Personal assets
- Social assets
- Environmental assets

An assets based approach to enabling self care: the how



What are the benefits of self care?

- Empowering patients
 - In control of their health and wellbeing
- Improving outcomes:
 - Better health and wellbeing , less perceived severity of symptoms , better planned and coordinated care, better mental health and less depression
- Managing demand:
 - 15% reduction on A&E and 40% in GP times
 - Every £100 spend on SC ,£150 could be saved

Benefits of self care

- Improved patient satisfaction
- Reduced visits to GPs
- Reduced hospital admissions
- Decreased number of days in hospital
- Reduced outpatient visits
- Reduced medication expenditure
- Improved medication compliance

Principles of self care

- Personalised:
 - What matters to the person
- Assets based
 - Personal , social and environmental
- Rational
 - Trust , understanding , empathy and emotional connection
- Holistic
 - Person's particular context
- Collaborative
 - Plans are developed jointly (?population approaches)

Tools for self care:

Information giving and health literacy

- Written information is targeted, personalised and reinforced by verbal communication
- Group education is effective and cost effective
- Emerging evidence on the benefits of technology in enabling self- care

Determinants of Behaviour

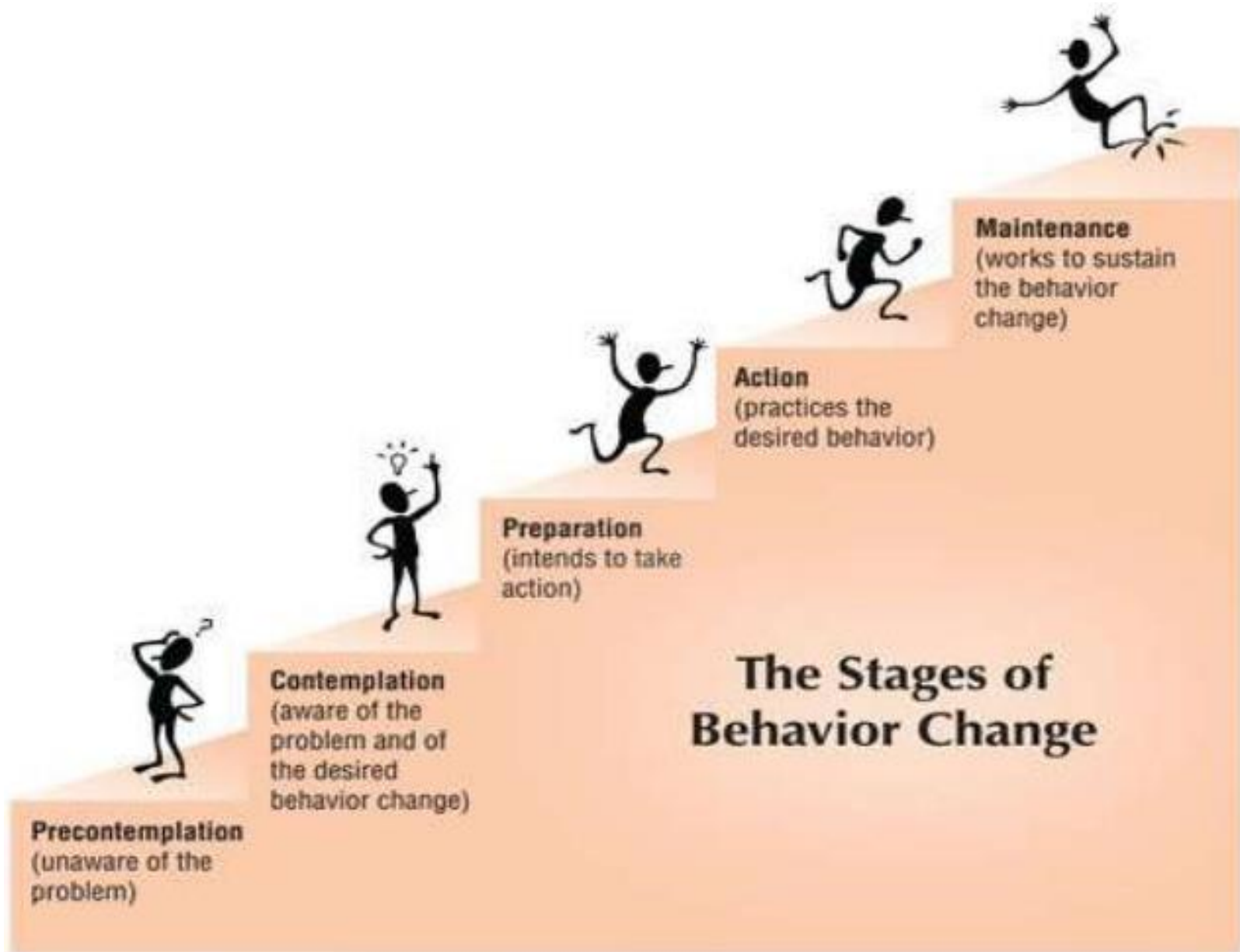


Fishbein et al.
"Factors influencing behaviour and
behaviour change"

(Handbook of Health Psychology, 2001)

Tools for self care: Behavioural change

- Capability:
 - Do we have the knowledge (mental) and the skills (physical) to adopt the new behaviour
- Motivation:
 - how people think and feel about the new behaviour (reflective motivation) and can they adopt the behaviour into habit
- Opportunity
 - People around them (social)
 - The wider environment (physical)



“A Theory of Human Motivation” - 1943, 1954
Motivation & Personality



Reflections

- What motivates us to pass from the preparation to action and maintenance phases?
- How can we as a system expand on the positive psychology approaches

POSITIVE PSYCHOLOGY

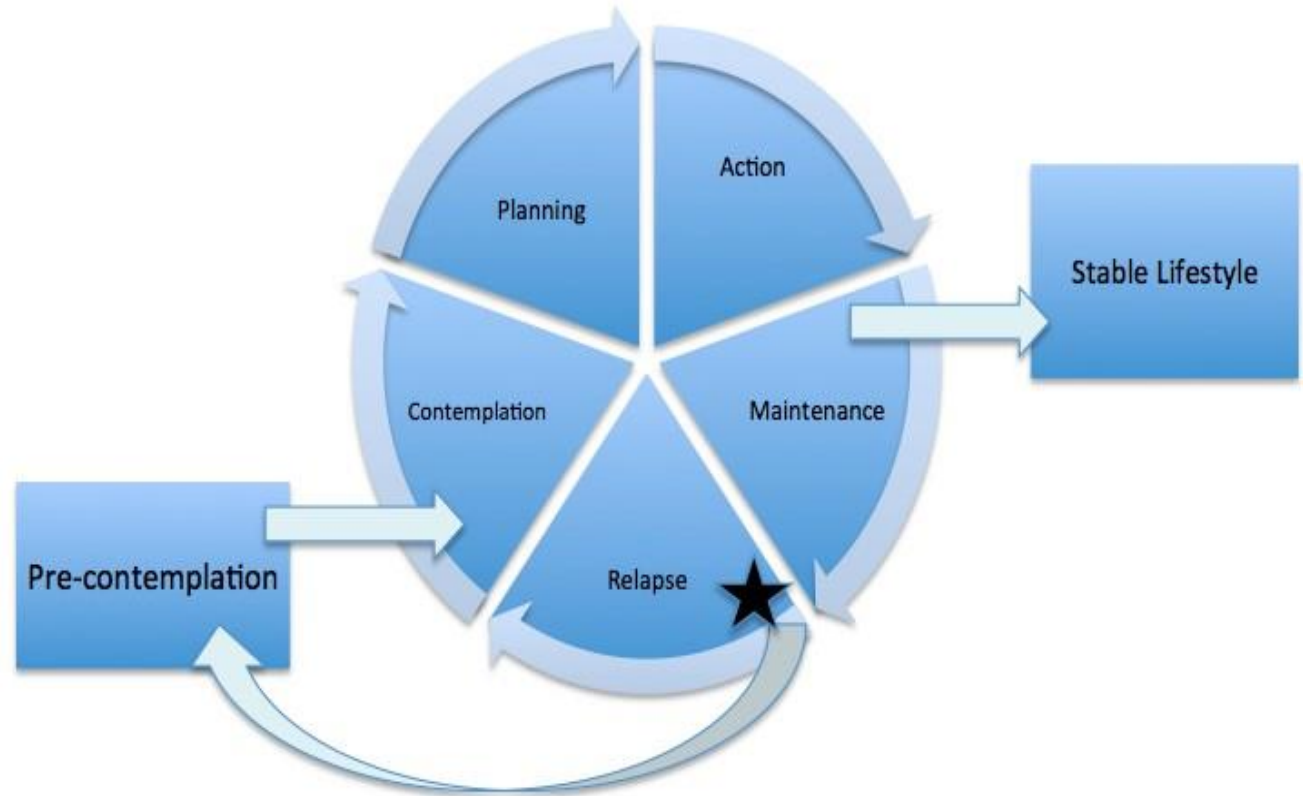
What Is It?
Positive psychology is the scientific study of optimal human functioning. Ongoing research aims to discover and promote factors that allow individuals, communities and organizations to thrive.

Popular Research Topics

 Job Crafting	 Engagement	 Positive Emotions
 Mindset	 Resilience	 Meaning & Purpose
 High Quality Connections	 Mindfulness	 Strengths

Reflection

- How can we develop and maintain resilience?



Reflection

- How can we adopt and embed the 5 ways of wellbeing at ;
 - Personal
 - System wide levels

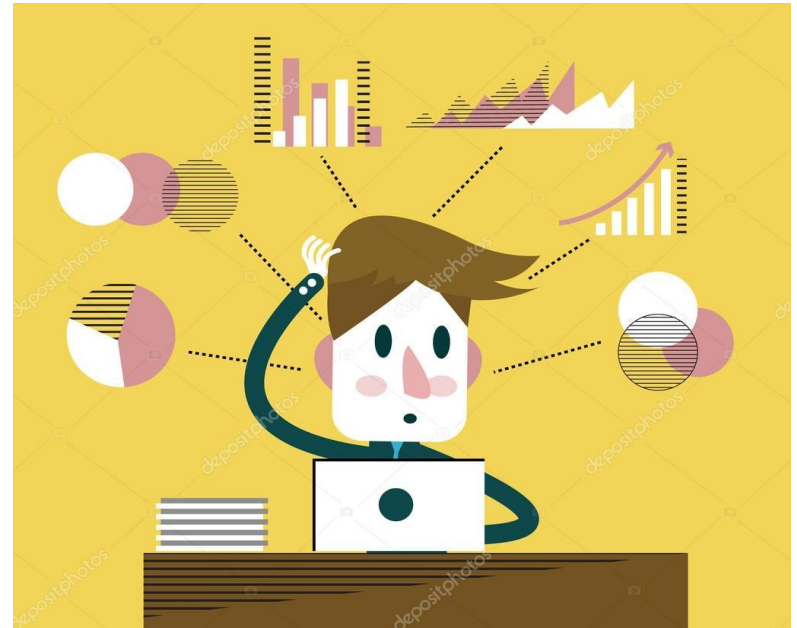


Self care mental health tools:

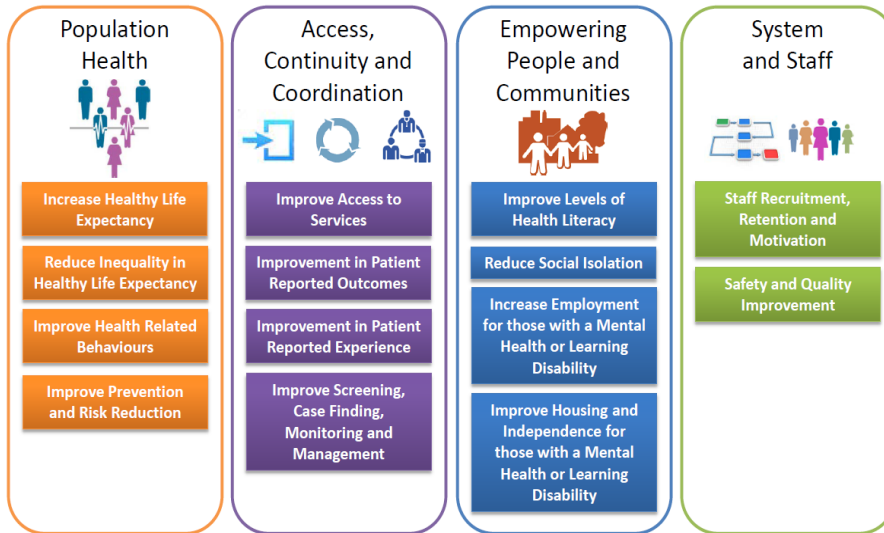
- Managing the emotional aftermath of chronic illness
- Teaching stress management techniques
- Ongoing monitoring and support while involving family and wider social support

Self care strategy

- Coproduced
- Where we are now?
- Where we want to be ?
- How we will get there ?
- How we know we are there?



Dudley Multi-Specialty Community Provider Outcomes Framework



Outcomes

Over time we hope that people's health and wellbeing will improve as a result of us working differently. To check this we will measure a range of factors some of which are listed below.

Promoting healthy weight



- fewer people overweight and obese
- more people more active more often
- more mothers choosing to breast feed their babies
- access to affordable healthy food outside the home

Reducing loneliness and isolation



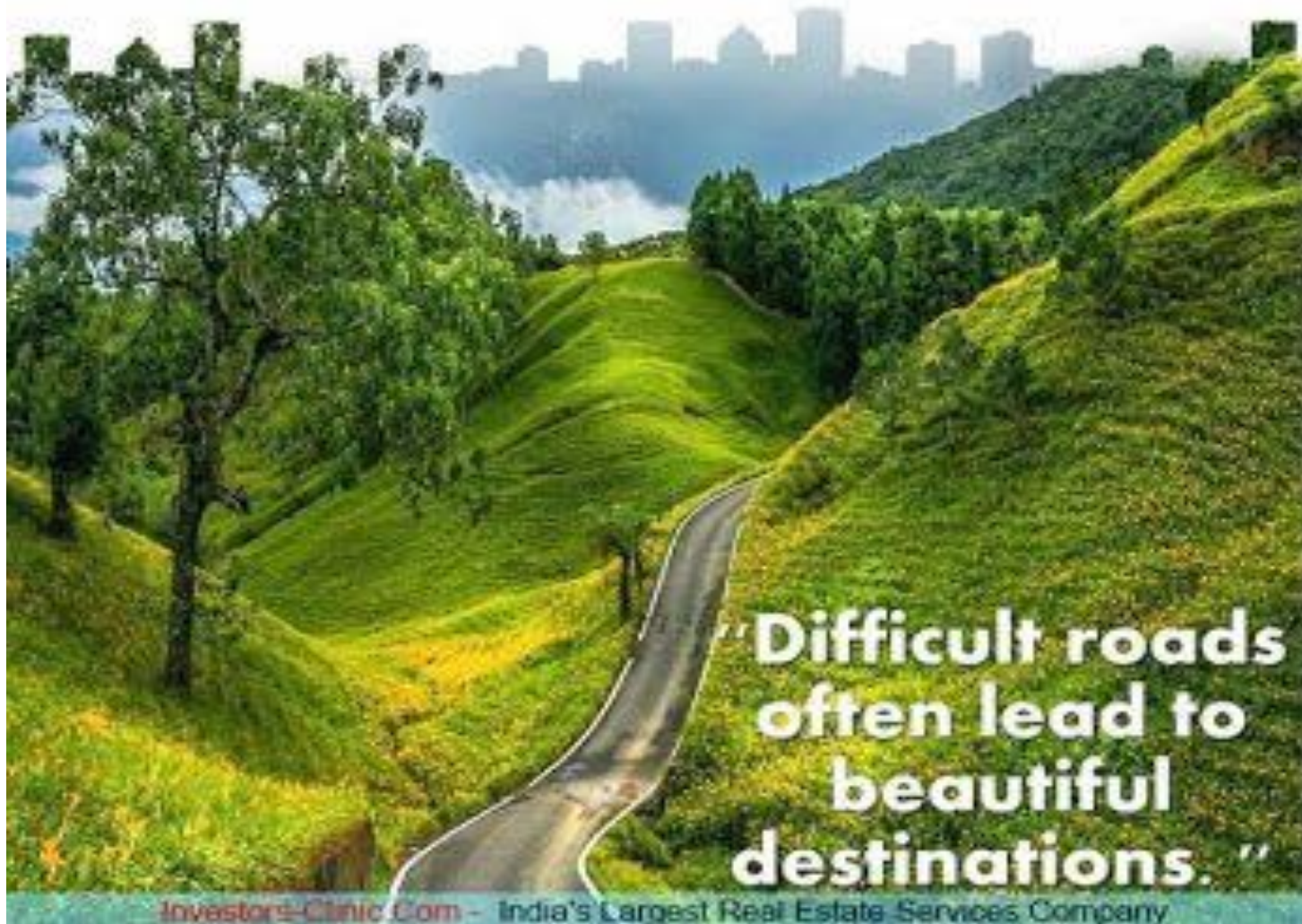
- fewer people feeling lonely or socially isolated
- more volunteers and health champions supported to work within their communities
- communities where everyone has someone to talk to
- more free spaces where people can meet

Reducing the impact of poverty



- fewer children living in low income households
- more people in rewarding jobs
- more people affording to heat their home
- more quality housing available

Self care is a journey!



**"Difficult roads
often lead to
beautiful
destinations."**