



Defining and delivering best practice in self-management support

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What does best practice look like?

- the benefits of training **teams** rather than individuals
- the importance of **support from senior leadership** within the clinical community
- the added value of **integrating** with concurrent initiatives
- the value of **providing support for both patients and clinicians after their initial self-management training** as they seek to embed new habits.

Sustaining and spreading self-management support

Lessons from Co-creating Health phase 2

Documentary evidence and Interviews :11 large scale programmes, Health Foundation 2014



self-management programmes will fail if they.....



Kennedy et al, BMJ 2007
Health Foundation, 2014

Our projects focus on the **people**, where they live, the issues they face.

People are different....tailor interventions

Offer people a range of support options

Tools alone are not enough

Changing professional roles, behaviours and mind sets is not impossible

Involve voluntary and community sector

Use a whole systems approach to implementing change

Consider sustainability from the outset

Evaluation should be incorporated into programmes from the start

Offer people a range of support options



I want to create art, or use my brain in some other way, which doesn't rely on recall. Its useful to function as a different person, so dementia doesn't define me

Our projects focus on the **real issues** faced by practitioners, we get to know about their everyday work, training is **principled** rather than prescriptive

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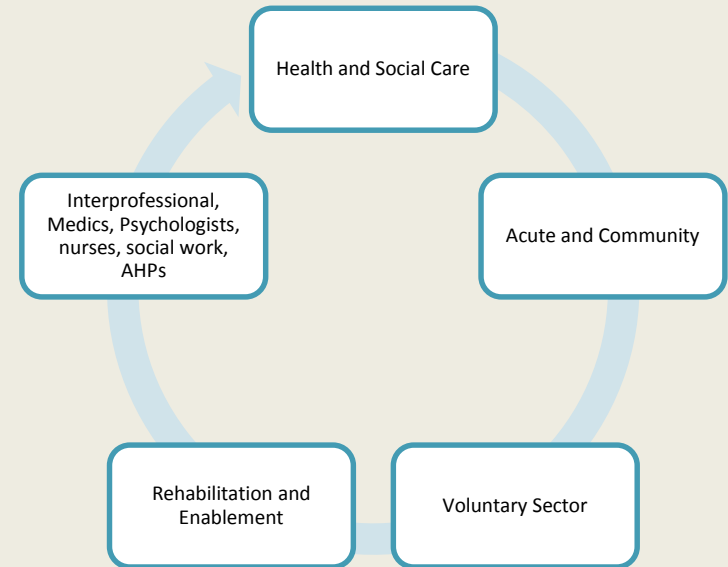
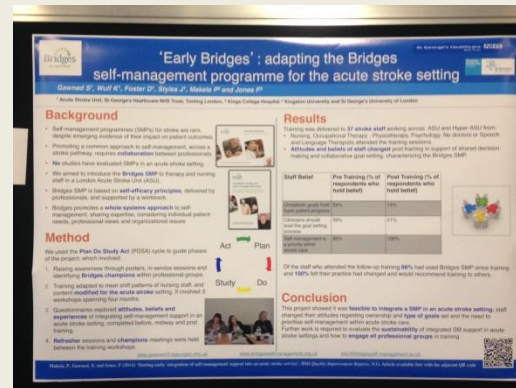
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Our projects work with **organisations** such as Your Healthcare, to deliver a system wide change.

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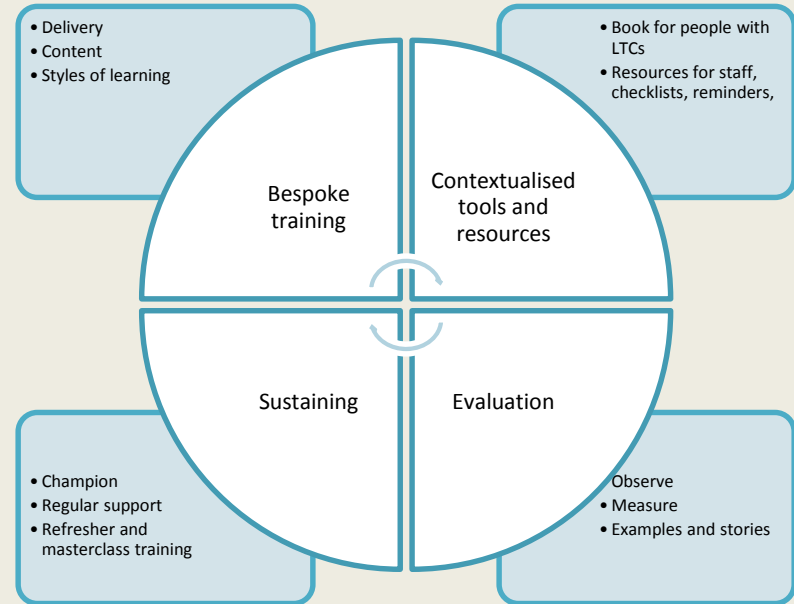
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 The Health Foundation
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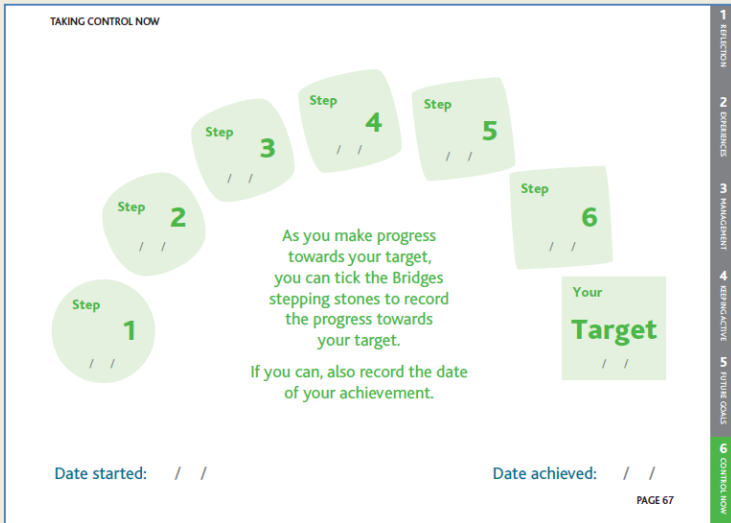
Person-centred care: from ideas to action

Bringing together the evidence on shared decision making and self-management support

Dr Nahid Ahmad, Dr Jo Ellis, Holly Exelle and Michael Lamerie

your healthcare
providing services for the NHS

Bridges going forward...



- Quality Improvement, Implementation and Research studies
- Testing the feasibility of Bridges Stroke Self-Management Programme in a group (Ella Clarke and Dr Nick Ward, Queens Square)
- Bridges International- Australia, New Zealand, South Africa
- Exploring equity and access to self-management support- people with cognitive and communication impairments
- New website and communications coming soon!



