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
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

Documentary evidence and Interviews: 11 large scale programmes, Health Foundation 2014
self-management programmes will fail if they.....

Don’t consider individual needs
Practitioners don’t have the right skills
Organisations don’t change processes

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