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↘ **Self Care Reduces Costs and Improves Health**

Jillian Beggs

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Wanless Report 2002

"Our health services must evolve from dealing with acute problems through more effective control of chronic conditions to promoting the maintenance of good health"

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The ‘burden’ of long term conditions

•80% of heart disease, stroke and type 2 diabetes, and 40% of cancers could be avoided if common lifestyle risk factors were eliminated
•The conditions are linked by common risk factors, underlying determinants and opportunities for intervention
•Almost 60% of the disease burden in Europe is accounted for by seven leading risk factors:

-high blood pressure
-high blood cholesterol
-overweight
-low fruit and vegetable intake
-tobacco
-alcohol
-physical inactivity

Source: The European Strategy for the Prevention and control of noncommunicable diseases
WHO September 2006

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"It is not enough for the physician to do what is necessary, but the patient and the attendants must do their part as well, and the circumstances must be favorable."

Hippocrates, Fifth Century B.C.(Chadwick, 1950)

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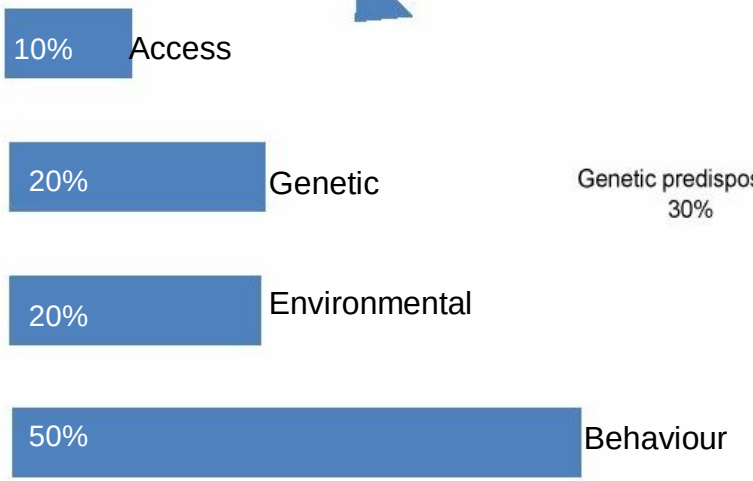
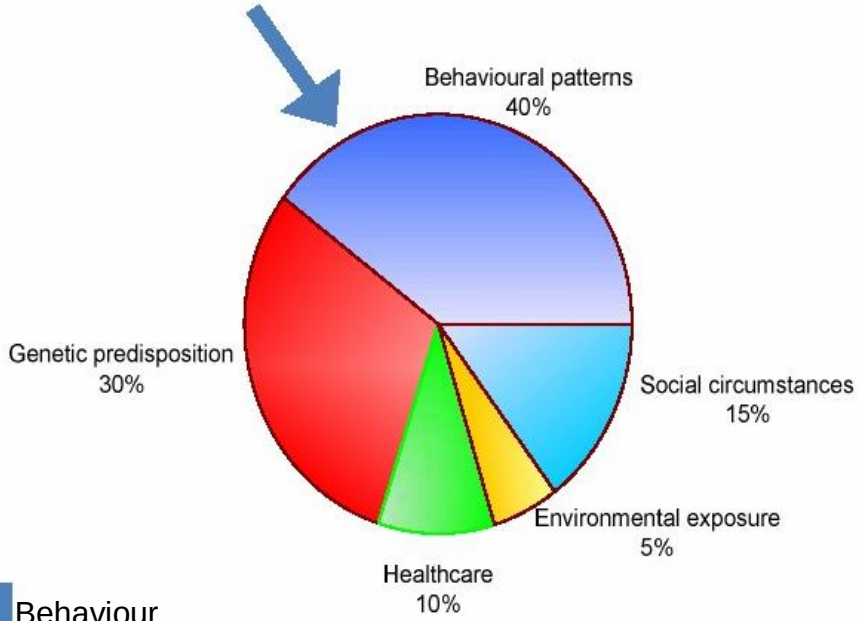
Factors that affect health

Factors that affect health and mortality are principally behavioural.





McGinnis et al.
Health Aff (Milwood) 2002;21(2):78-93

Source: IFTF, Center for Disease Control and Prevention

Pfizer Health Solutions

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DH Internal Monitoring

Service Outcomes

- 16% fewer admissions to A&E departments
- 9% fewer visits to GPs and outpatients

Personal Outcomes

- 30% reduction in depression
- 38% reduction in pain, breathlessness, tiredness
- 45% increase in confidence levels
- 17% reduction in days off work

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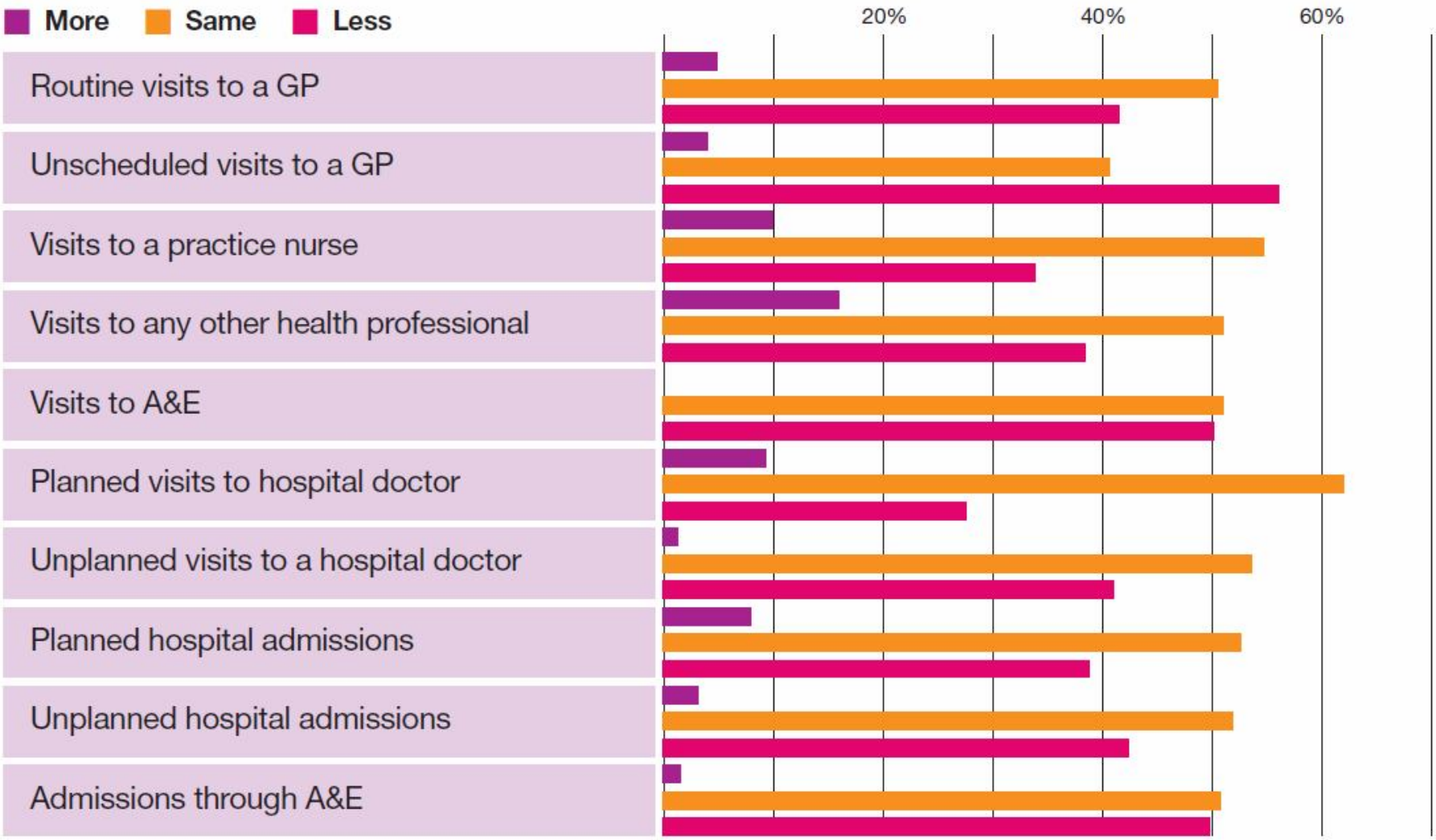
US Centre for Disease Control - Evidence

In a full evidence review of CDSMP concluded in:

- 4 studies there were fewer emergency room (ER) visits
- 3 studies there were fewer hospitalizations
- 4 studies there were fewer days in the hospital
- 2 studies there were reductions in outpatient visits.
- All of the preceding studies were able to demonstrate statistical significance".

The US Center for Disease Control & Prevention
Catherine Gordon, RN, MBA Senior Public Health Analyst ,Tracy Galloway, MPH Public Health Analyst

Survey Results



RCT found EPP found to be fully Cost Effective

- Prevented disease progression in those with poorer outcomes
- Centre for disease control US government recommended that programme was effective
- US government invested over $60 million

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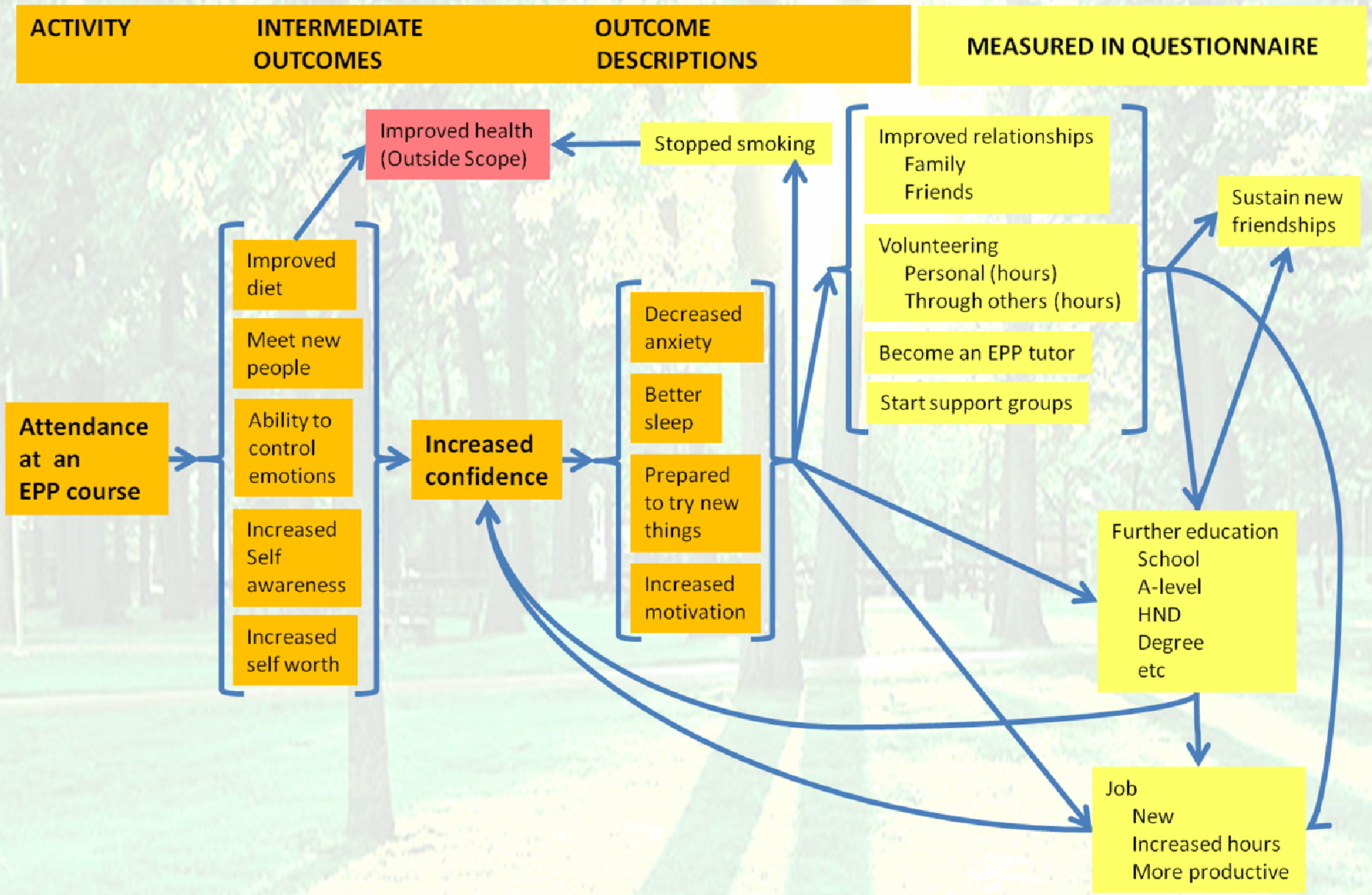
Theory of Change



Importantly, the use of SROI supports the assessment of value for money.

HM Treasury guidance states that:

- Value for money is defined as the optimum combination of whole-of-life costs and quality (or fitness for purpose) of the service to meet the user's requirement.
- Value for money is not the choice of goods and services based on the lowest cost bid *

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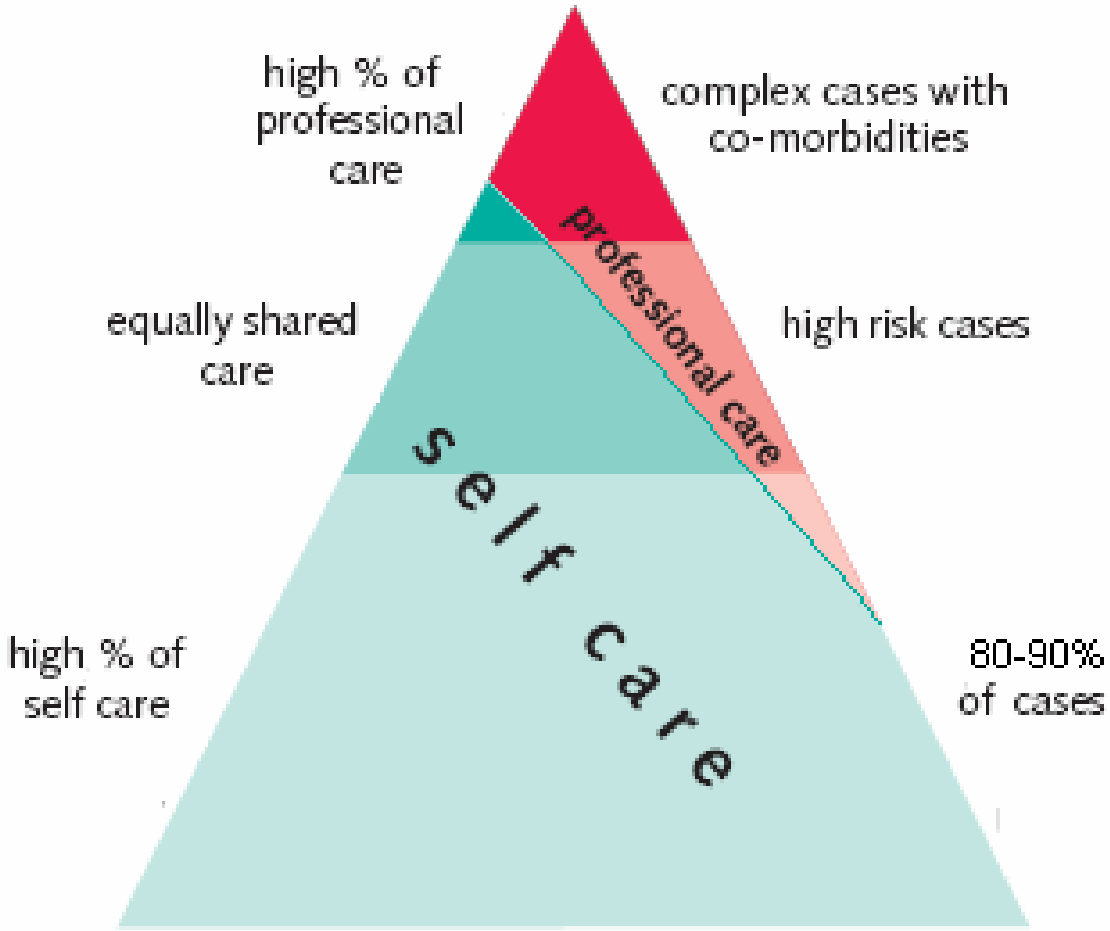
Understanding the patient population



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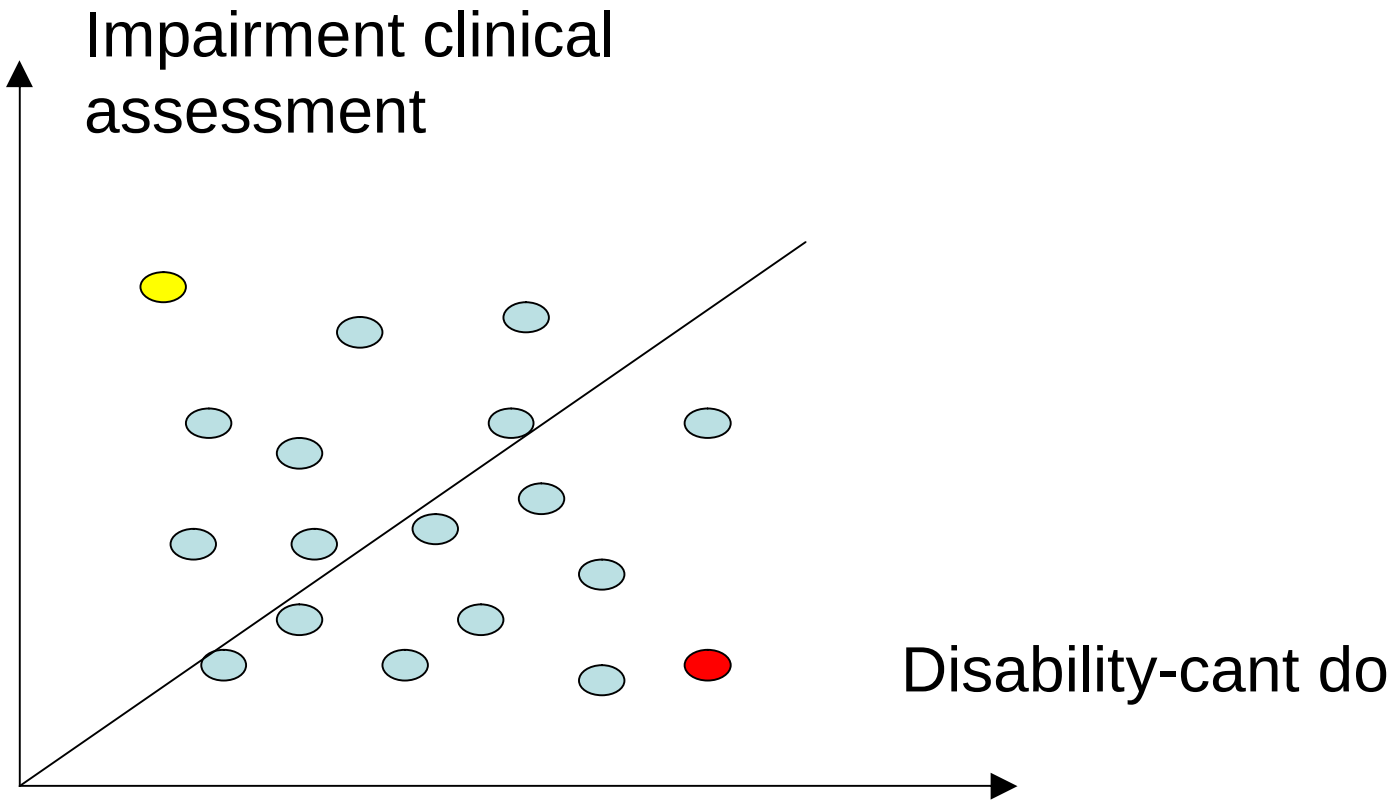
Understanding impact-Impairment/disability



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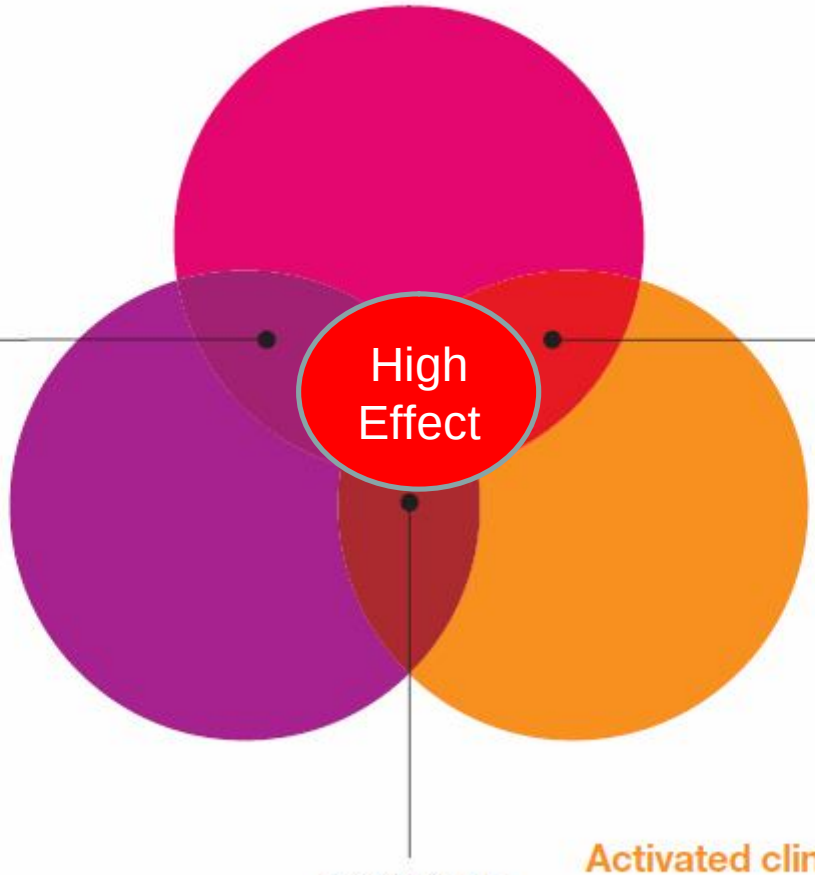
Service design

- World class commisioning
- Patient centred servoces
- Open access
- Self referral



Public patient involvement

Care pathway and community services

Care planning

Activated patient

- EPP
- DESMOND
- Self Care for You
- Synergy

Activated clinician

- Core competancies in self care
- Clinician development programmes

Self Care Education is Effective

- Evidence shows that self care education programmes reduce the utilisation of healthcare services and are cost effective.
- Self Management is the means by which people can develop confidence and skills to take control of the daily management of their health condition.
- The aim is to attain the greatest possible quality of life by working with healthcare professionals and to make the best use of all available resources including the patients own.
- It is recommended that self care education programmes are initially targeted at patients who have higher than average medical usage to maximise the economic benefits.

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