



Champions Of Self Management In Care Nicola Cotter – Voices Scotland Lead

cosmicresources.org.uk & chss.org.uk/voices_scotland/cosmic

Policy Alignment

- Quality Strategy
- Gaun Yersel – Self Management Strategy
- Co-Production
- Person-Centred Care
- Assets Based Approach
- Stronger Voice
- The House of Care

Supporting the House of Care



Why support self management?

- Supporting patients with long-term conditions to manage their health and care can **improve clinical outcomes**.
- When people play a more **collaborative** role in managing their health and care, they are less likely to use emergency hospital services. They are also **more likely** to stick to their **treatment plans** and take their medicine correctly.

Voices Scotland Evaluation Feb 2014

- ...it is ultimately about enabling health professionals and managers to **value the lived experience** of patients and move towards co-production. This fits squarely with the **national policy** of ‘**co-creating health**’ with patients, extending from the level of **shared decision making** between individual health professionals and patients through to **service users** being **involved** in setting national health policy. Thus the programme is **highly relevant** to the NHS agenda in Scotland.

Using COSMIC

- COSMIC seems to be adaptable because it looks at the **principles** and **basics** of self-management
- Self-management is at the core of so many aspects of health care
- Getting to grips with fundamentals allows application in many ways

Supported Self-Management

“Self management support can be viewed in two ways:

- as a portfolio of techniques and tools that help patients choose healthy behaviours;
- and a fundamental transformation of the patient-caregiver relationship into a collaborative partnership.”

Defining Self Management

Tackling
Tough
Choices

Gaun Yersel?
Maximising your
support



Self
Management
Initiatives

Models of Self
Management

Understanding Self Management

Temperature Check

- Thinking of your own area of expertise, which statement most closely reflects the staff v's patient relationships?

The professional chooses what aspect of health is discussed

AND

The person goes along with them.

The professional chooses what aspect of health is discussed

BUT

The person is keen to:

- take control of their health
- make their decisions.

The professional supports
the person's decisions about their
health

BUT

The person is reluctant to take control
of their health.

They would rather be told what to do.

The professional supports
the person's
decisions about their health
AND

The person is keen to:

- take control of their health
- make their decisions.

COSMIC Workshop

Taster

Traditional Professional Traditional Person

- Professional keeps control
- Person passively receives
- No Self Management

Traditional Professional Collaborative Person

- Professional keeps control
- Person keen to Self Manage
- Unsupported Self Management

Collaborative Professional Traditional Person

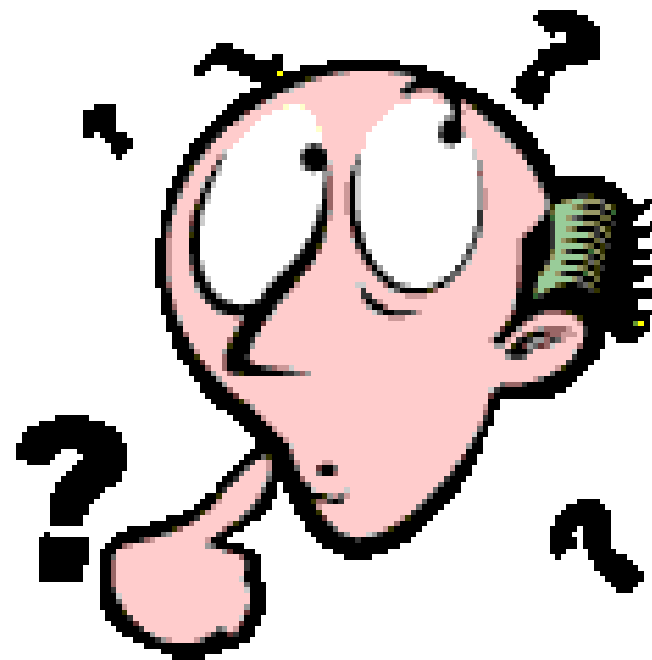
- Professional keen to hand over control
- Person reluctant to take responsibility
- Ineffective Self Management

Collaborative Professional Collaborative Person

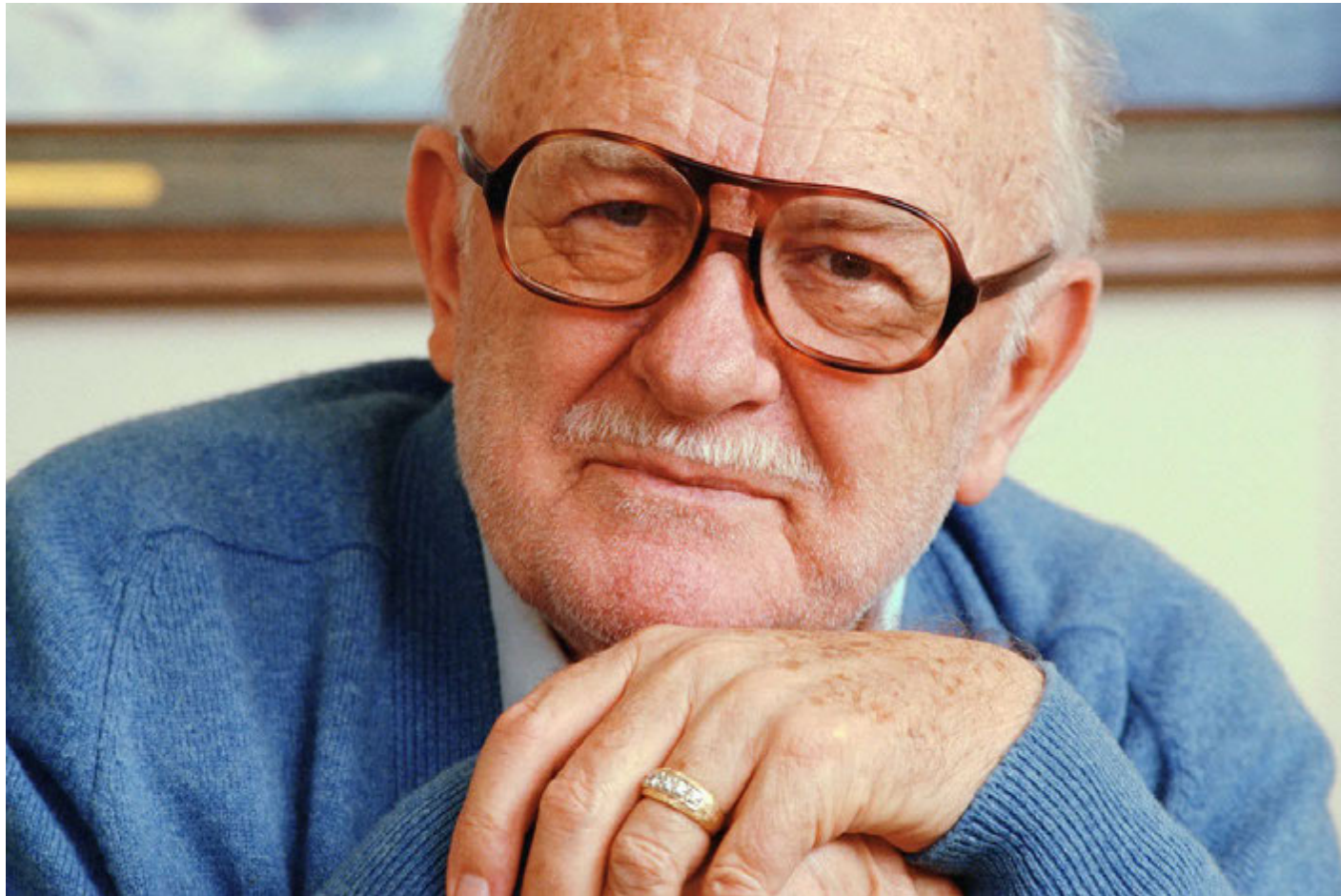
- Professional supporting, not controlling
- Person open to taking control
- Self Management achieved with support

Diagnosis

- A diagnosis of a long-term condition can throw a persons life into chaos...



Meet Mr Smith



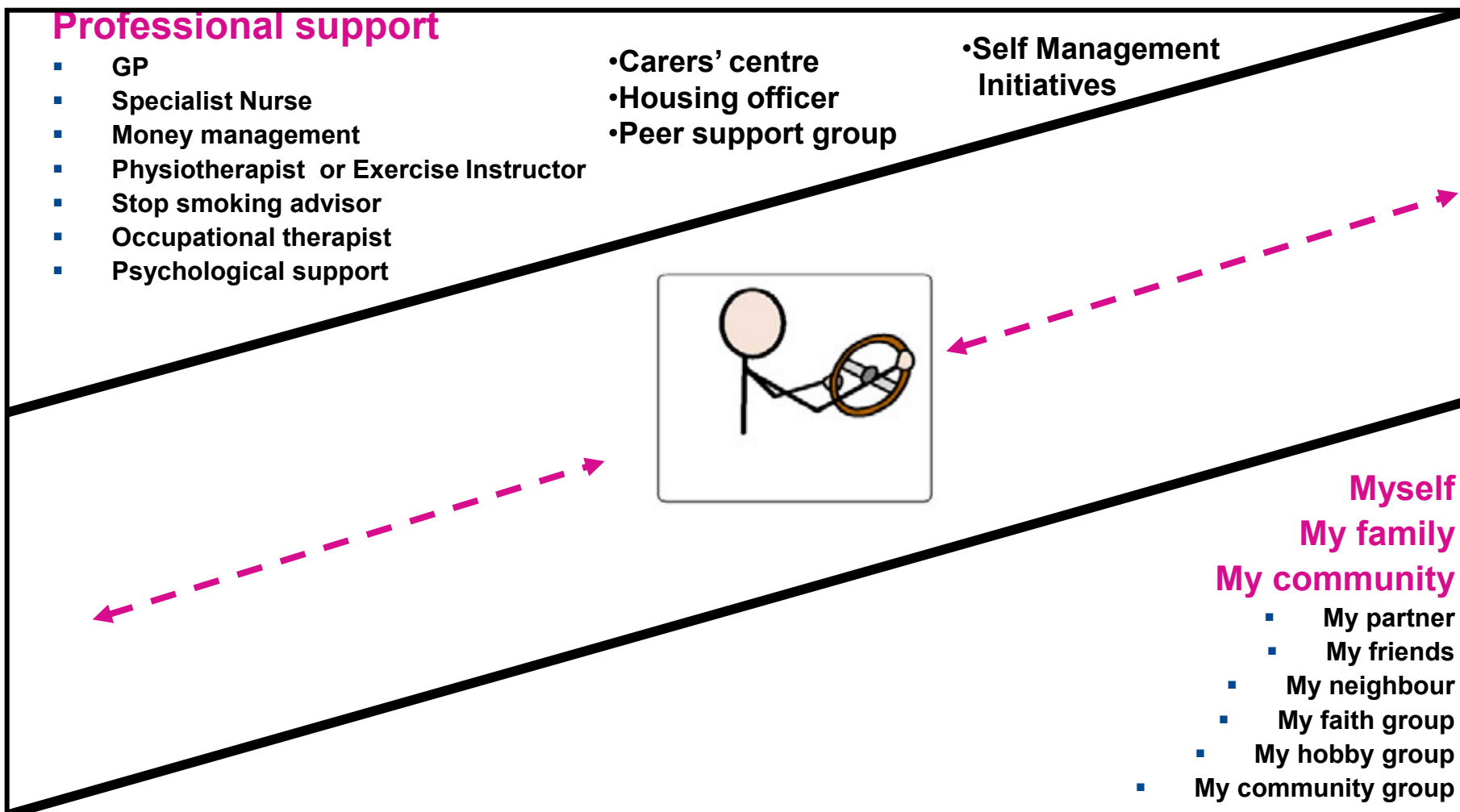
Mr Smith Case Study

- New Diagnosis
- No previous Long Term Condition
- Physically impaired
- Housing Issues
- No longer able to work
- Limited family support
- Worried and Anxious

Questions

- **Who or what helps Mr Smith stay well?**
- **Who or what makes life feel fulfilled for Mr Smith?**

Road to Self Management



What does a Traditional Patient look like?

No Motivation

Poor self esteem

Lack of Confidence

Environment



Financial Difficulties

Limited support networks

Strong culture & beliefs

Lack of professional support

Personality

What does a Collaborative Patient look like?

Confident

Motivated

Personality

Family Support

Fear



Positive Attitude

Inner Strength

Faith

Professional Support

Praised for small achievements

Has Goals & Aspirations

Overcoming the Barriers

- How do we support people to move from Traditional to Collaborative?
 - Based on your own experience
 - Identify one or two characteristics you have come across
 - What did you do?

Next steps for CHSS...

- Established training and support for people living with long-term health conditions to develop self-management skills
- Currently developing more ways of supporting **staff** to promote and develop a self-management approach – training packages and/or tools
- Piloting in Autumn

What it will cover

- What is Self Management?
- Evidence Base
- Skills & Tools required
- Self Management in Practice
- Enabling Self Management

COSMIC Resources

www.cosmicresources.org.uk

In partnership with the Health and Social Care Alliance Scotland Visit alliance-scotland.org.uk →

Text Size - A A



COSMIC Resources
Champions of Self Management In Care



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Flexible training materials to equip your staff or members with the knowledge and skills, influencing the strategic agenda on Self Management, improving local health and social care services.

[Get to know the workshops & resources »](#)



Working together to promote Self Management

What is a Champion of Self Management?

The Champion of Self Management has a remit to promote Self Management support and initiatives as forming an effective pathway of care for people living with long term conditions in Scotland.

The Champion of Self Management will ensure that Self Management is always on the agenda in planning and service development at a local and national level.

They will promote Self Management as an effective, person-centred and efficient form of managing long term conditions.

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CHSS are available to support adaptations of the sessions