

Case Study 6

An integrated approach to self management – Co Creating Health

The Co Creating health project worked across four disease types (diabetes, depression, Pain, COPD) and eight acute and primary care sites this to combines self management courses for patients with skills training for clinicians supported with appropriate service re-configuration.

The early evidence from phase one shows that after attending the Self Management Programme people indicated:

- Significant changes in positive engagement in life (statistically significant.)
- Adopting a more constructive attitude and approach to their condition.
- Having more positive emotional well being.
- Increased usage of self management skills and techniques.

After completing the training, clinicians are more likely to:

- Apply self management support practices in their consultations.
- Have an increased motivation to improve their practice and greater belief that improvement is possible.
- Increased job satisfaction and a greater sense that they are now 'helping people' in a way that reflects why they came into healthcare.

These programmes demonstrate the added benefit of integrating self management support across the care pathway.