
Expert Patients Programme

Community Interest Company

↳ **Self-Management for Life
– an integrated approach**

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Mission

To establish principles of self-management as a recognised public health measure, delivered in cost-effective and sustainable way.



Self Management for Life has been developed by EPP CIC

- EPP CIC is a national, not-for-profit organisation
- Provides wide range of long-term condition self-management programmes, clinician training and quality management services
- Launched by NHS 2002, established as CIC 2007
- Market leader in the sector, supported the delivery of over 80,000 course places to date, with target of 100,000 by end of 2012



A new approach was needed in 2011

- ↘ Changes in the external environment, including major changes in NHS commissioning and need for savings
- ↘ Financial pressures – clear that action was needed to ensure sustainable financial future for EPP CIC
- ↘ Need to learn from, and develop, existing approaches to self-management

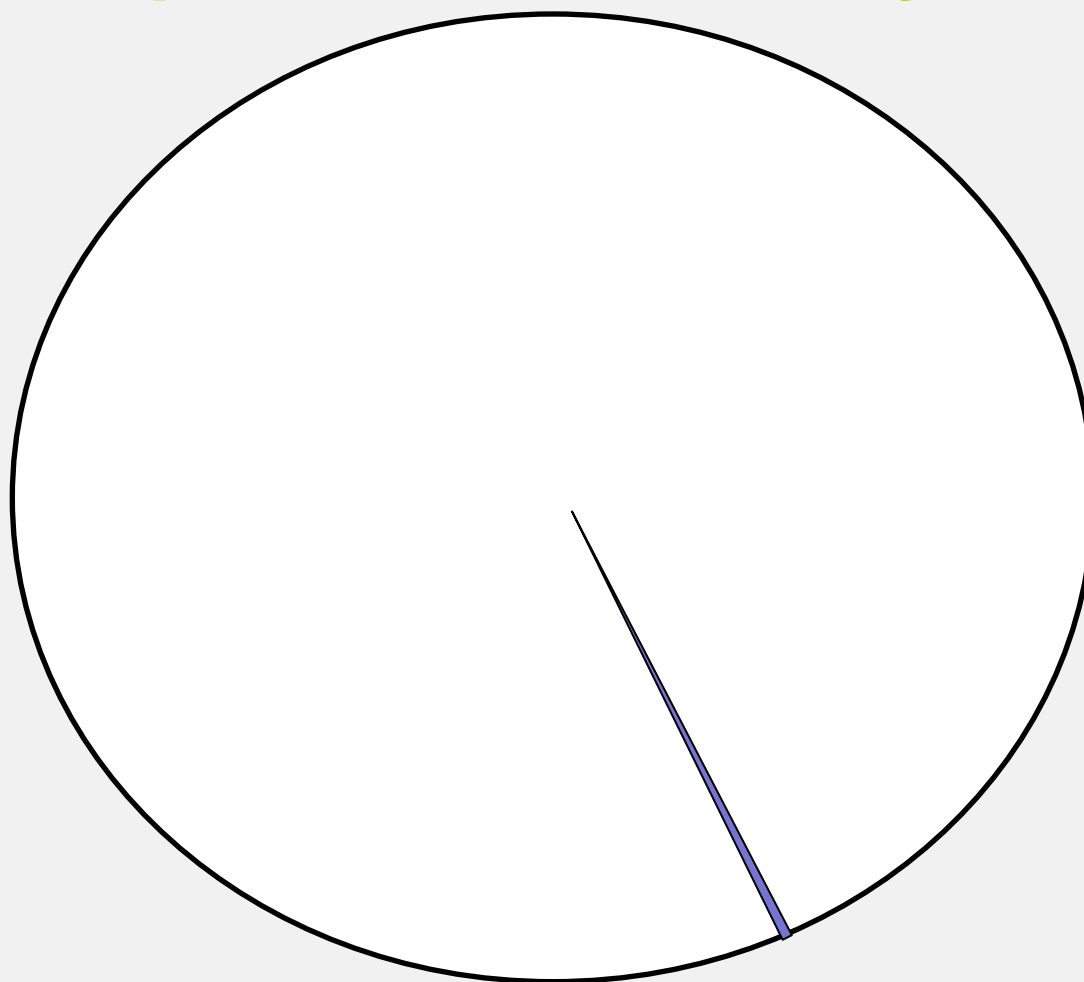


So, we revised our Strategy

- Based on extensive consultation and analysis – using our own EPP principles
- Income generation
 - Sales (existing and new customers)
 - Other fundraising & partnerships – charity arm
- Resource management
 - People, property, volunteers etc
- Culture change
- Differentiation and market development - hence focus on Self-management for Life



Percentage of time spent with a healthcare professional each year



Policy drivers

- QIPP – ‘Empowering patients to maximise self-management’
- QIPP - ‘No decision about me without me’ – shared decision making
- Kings Fund – ‘Active support for self-management’ is No.1 in the top ten priorities for commissioners
- RCGP – ‘Supported self-management (collaborative interaction between clinician and patient) has most evidence of being effective’



TheKingsFund



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The reality of patient-centred care

↙ How do we bridge the skills gaps to make these policies a reality?



Self-Management for Life

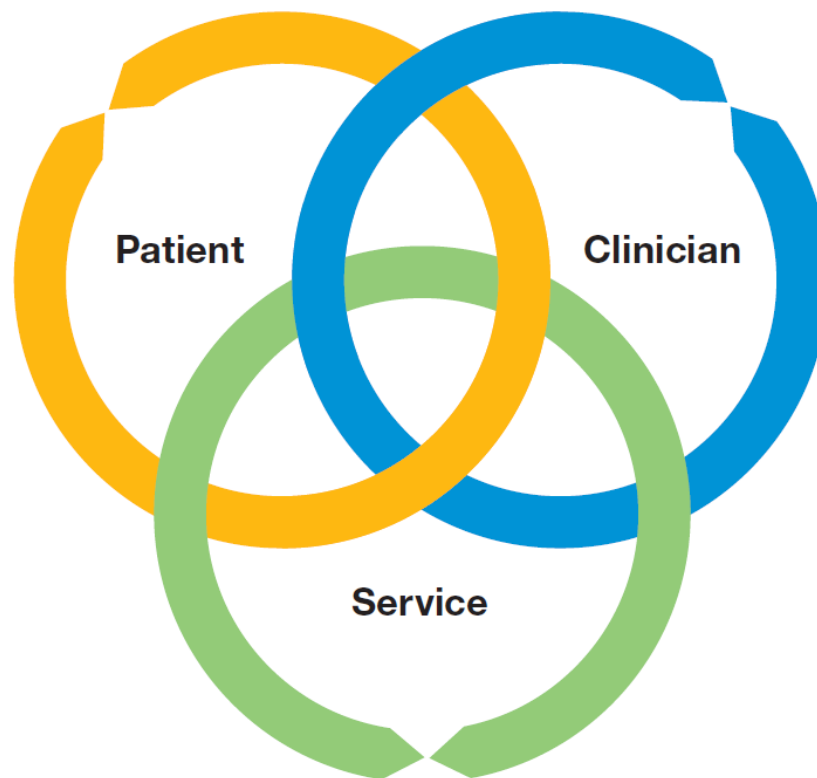
↳ Builds on lessons learnt from CDSMP and Co-Creating Health Initiative:

- ↳ Greater flexibility, less scripted approach
- ↳ More facilitative, responsive to group
- ↳ Activated patients do not revert to medical model with support from trained HCPs
- ↳ Remain active self-managers for longer



Self-Management for Life: an integrated approach

Activated to self-manage effectively and work in partnership with their clinician



Informed and skilled to work in partnership with the patient to encourage and support self-management

Delivering integrated services in a way which promotes and actively supports self-management



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The EPP CIC offering

- *Choosing* Self-Management for Life offers bespoke self-management programmes for people living with long-term conditions
- *Supporting* Self-Management for Life offers interactive, experiential skills training for health professionals
- *Enabling* Self-Management for Life offers consultancy and training to support the redesign of services and care-pathways



Choosing Self-Management for Life

- Self-management is very much about balance and long term behavioural change
- Offers people the opportunity to explore their understanding of their health condition, to reflect on the emotional and social impact
- Delivered by tutors who have lived experience of a long-term condition, reinforcing the importance of an active self-manager being supported by their service, clinical team, and working as one equal partnership



Supporting Self-Management for Life



A programme for clinicians, health and social care professionals. designed to build on existing skills to ensure self-management is actively supported



Recognising that these skills are best developed through practice, it is, therefore, an interactive programme, delivered by facilitators, who either have lived experience of a long-term condition, and/or experience of actively supporting people to self-manage

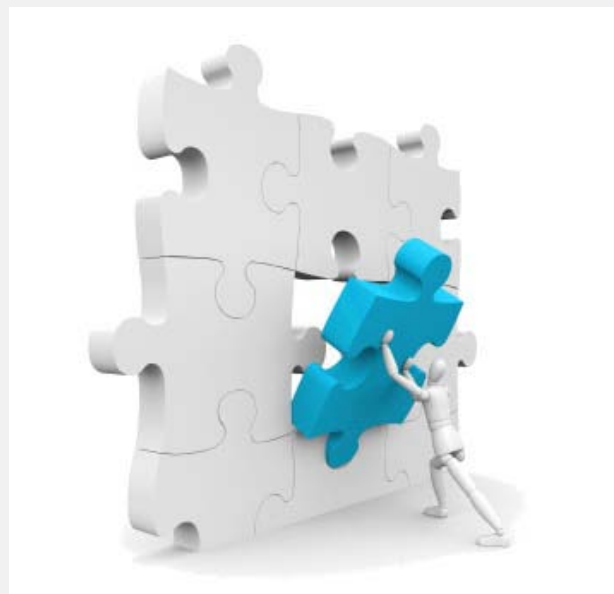


Designed to be delivered over three, half-day workshops, encouraging participants to apply the skills, tools and knowledge into everyday practice throughout the process



Enabling Self-Management for Life

- This is the link in the chain which offers services an opportunity to review how self-management and patient involvement can be embedded successfully



The benefits

- Self-Management for Life brings together a range of different tools, approaches and interventions
- It uses a co-productive approach which has improved and transformed current patient education and rehabilitation services
- Self-Management for Life enables healthcare professionals and those with long-term conditions to work together to achieve optimal self-management and shared decision making
- It builds on partnership to transform services that more effectively meet local health needs
- Self-Management for Life can be fully integrated into any condition-specific clinical pathway



Return on Investment

- ↙ Cost benefit ratio of at least 1:3 based on health utilisation
- ↙ Self-management programmes showed a Social Return on Investment (SROI) ratio of 1.85:1
- ↙ Targeted self-management programme showed a SROI ratio of 6.49:1

