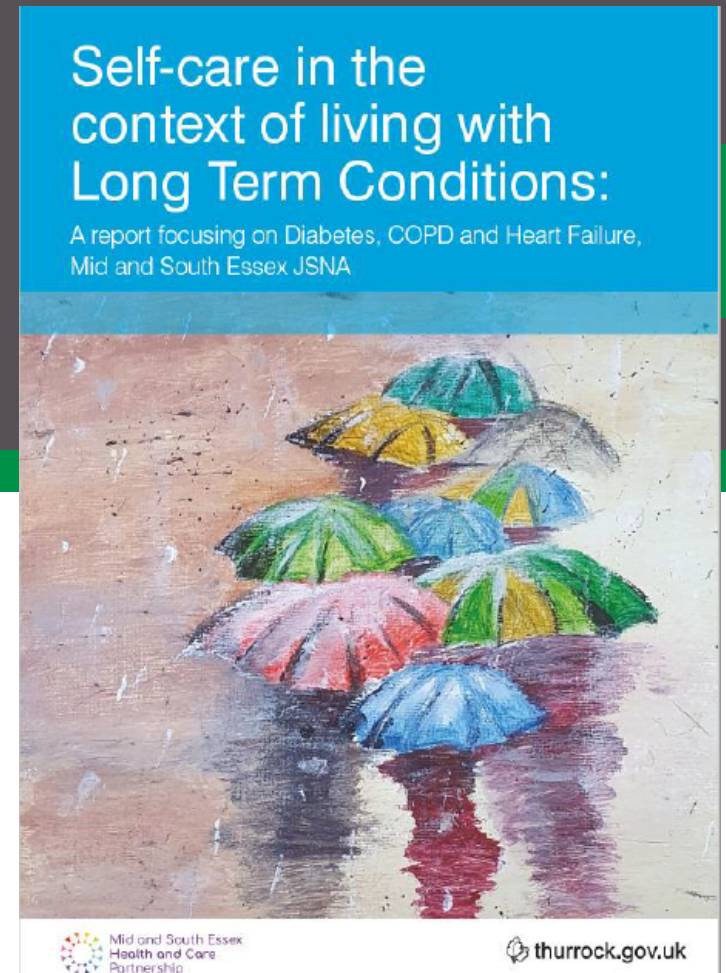


Overview of the Mid & South Essex ICS Self Care JSNA

Health Overview and Scrutiny Committee

Produced by the MSE ICS
Population Health Management
Team

12/01/2023



What is Self Care (definition in the JSNA) and why is it important?

Theory of Self-care of Chronic Illness. Prevention and Management of conditions through 3 core elements:

Self-care maintenance - process of maintaining health through health promoting practices and managing illness. E.g. adopting behaviours such as not smoking, having a healthy diet, and taking regular exercise.

Self-care monitoring - process of self-observation for changes in signs and symptoms. Eg regular self-monitoring of blood glucose levels in those who are diabetic.

Self-care management - process of taking action in response to signs and symptoms when they occur. E.g. taking prescribed medication or seeking immediate GP advice during an illness flare up.

Importance – Risk behaviours account for c.40% of a person's health status compared to healthcare which only accounts for 10-20%

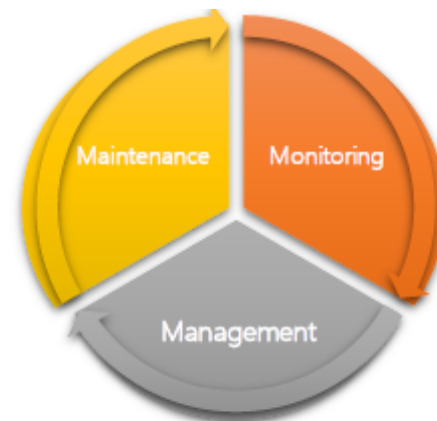


Figure 1.2 – Core elements of self-care

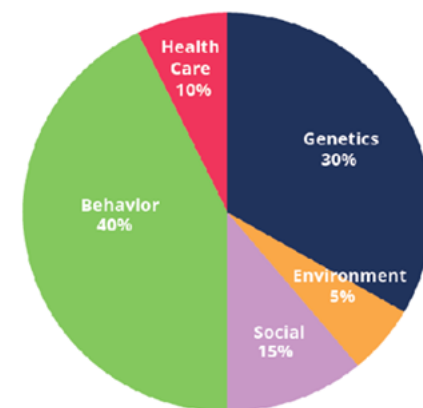
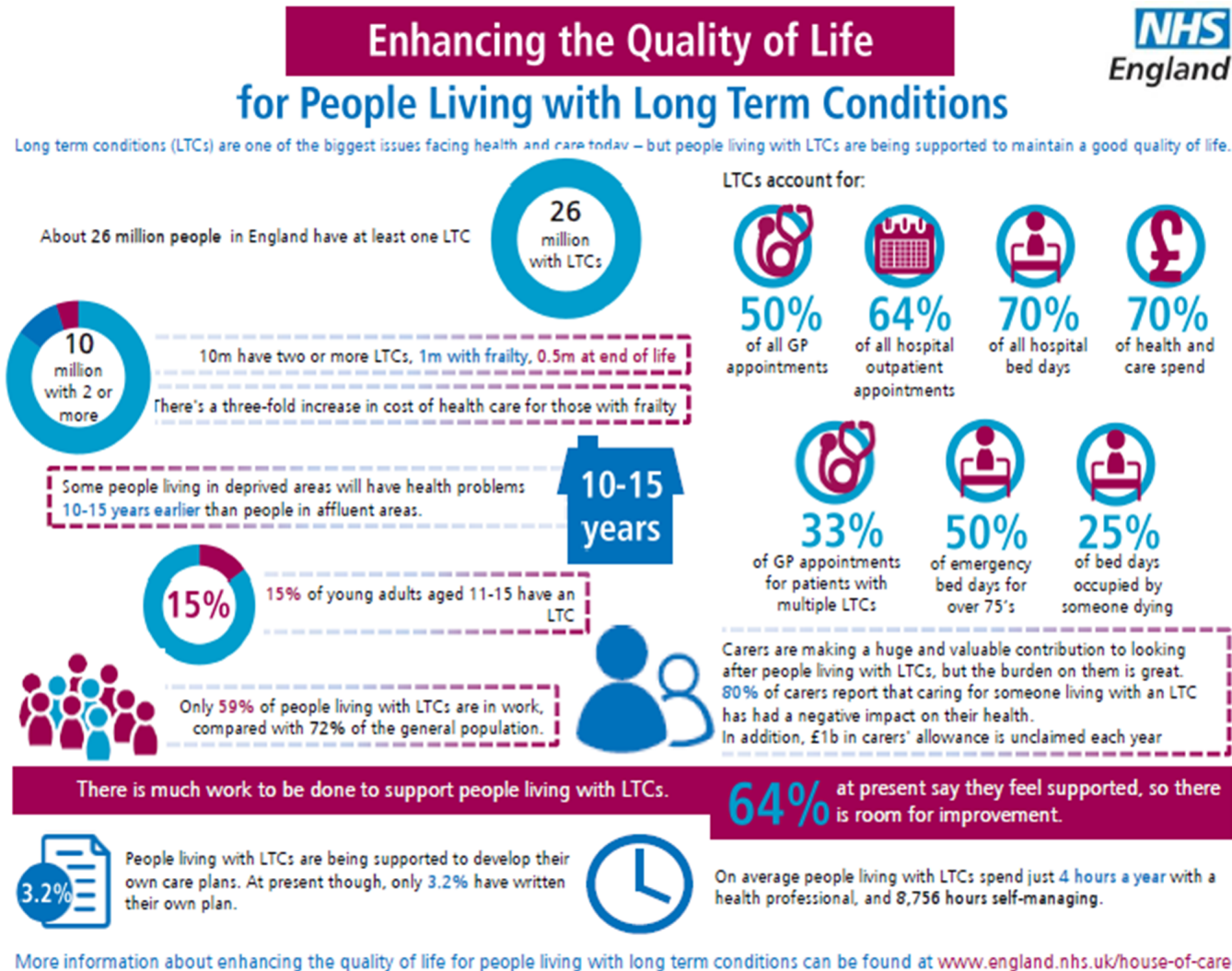


Figure 1.3: Main factors that influence health

Why is self care important?

- Reduces the risk of developing Long Term Conditions such as Diabetes and CVD
- Prevents deterioration of those conditions in people who already have a diagnosis
- Gives individual a feeling of control over their own health which results in healthier behaviours
- Increases engagement with healthcare (e.g. screening and check ups)
- Increased treatment compliance



What will happen if we don't improve self care?

Figure 4.2: Projected acute care cost due to Diabetes (scenarios)

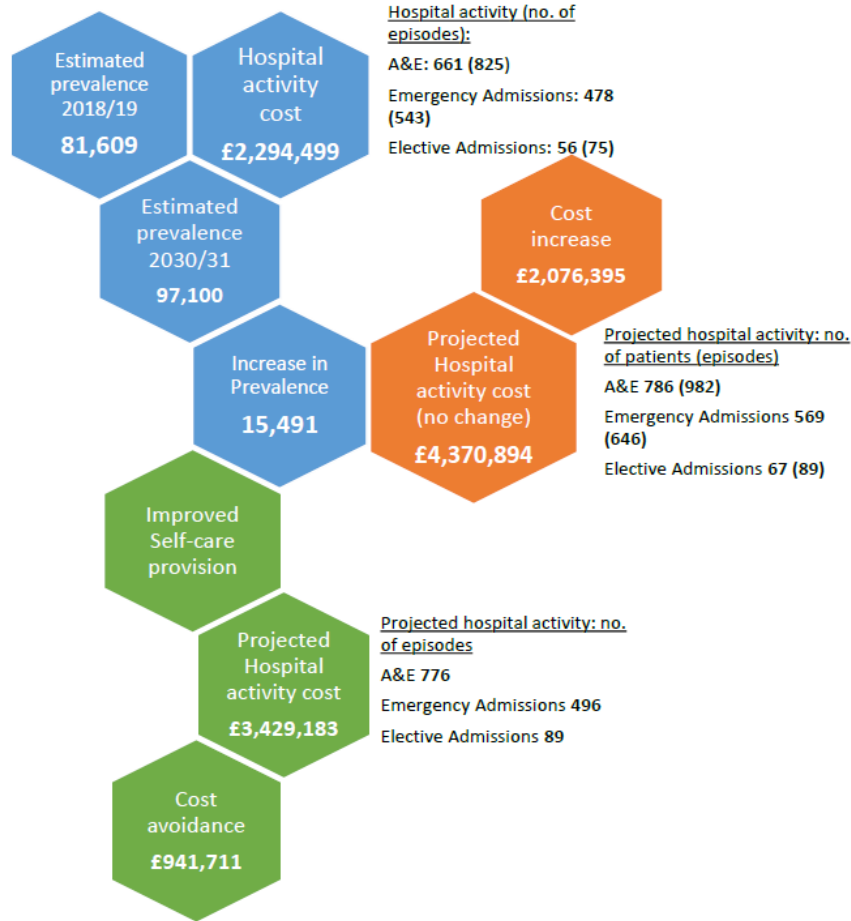
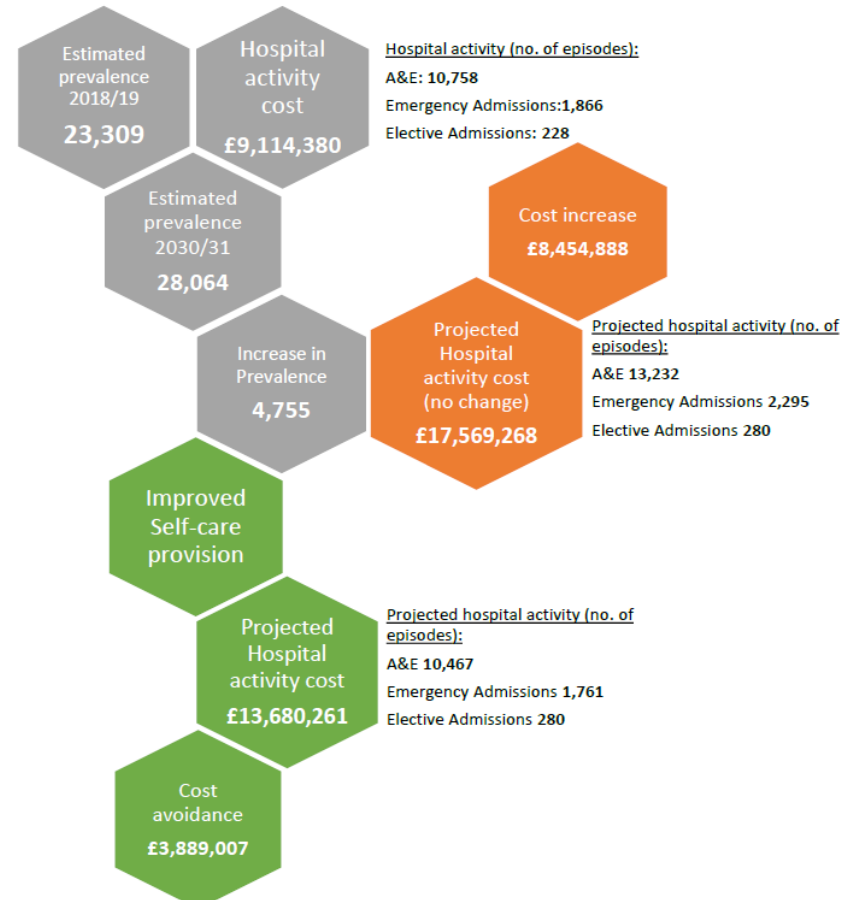


Figure 4.3: Projected acute care cost due to COPD (scenarios)



What recommendations from this report are important for Thurrock Alliance?

1. There are some recommendations contained in the report about case finding and management, however these are superseded by the 2022 Annual Report of the Director of Public Health on the management of CVD conditions in Thurrock.
2. Provision of education and specialist support for diagnosed patients (specific to their conditions).
3. Shift towards outcome based targets and KPIs rather than performance based.
4. Deliver Motivational Interviewing and other coaching techniques training to GPs and primary care staff.
5. Plan group meetings for patients with multi-morbidity to facilitate sharing of resources and experience.
6. Improve CBT offer for LTC patients to reduce anxiety and improve quality of life.

What recommendations from this report are important for Patients?

Some recommendations are aimed at helping patients to get the best out of the services we offer. These could be achieved through a good communications plan:

1. How to plan an appointment with care provider
2. Keeping symptom log / diary
3. Accessing free / online services
4. Being open to use support

Next Steps

- Successful bid to MSE Health Inequalities fund – training in motivational interviewing for Primary Care and other direct patient care providers eg Health and Wellbeing services.
- Recommendations on Long Term Condition prevention and management are to be included in the Thurrock Alliance Population Health and Health Inequalities Board. They will support delivery of chapter 6 of the Better Care Together, Case for Further Change Strategy.
- Recommendations for the ICS to implement will be escalated to the newly formed Public Health Improvement Board including the Personalisation of Care, Prevention and Health Inequalities subgroups.