

Co-Creating Health Programme

July 2008

Diabetes Self Management

The Whittington Hospital and the Haringey and Islington Primary Care Trusts have been chosen as one of the eight sites nationally, to participate in the Health Foundation's demonstration project called Co-creating Health.

Co-creating Health is an ambitious three-year programme which aims to deliver improved health and well being for people with long term conditions through self-mangement.

We are looking specifically at diabetes along with our sister site Guys and St Thomas's NHS Trust and Southwark Primary Care Trust. The other six sites are looking at chronic obstructive pulmonary disease, musculoskeletal pain and depression.

The project is funded by the Health Foundation and backed by a team of experts from all over the UK and the USA.

Local Steering Group will guide the three year project

The group is a mix of patient representatives, primary and secondary care clinicians and managers.

The members are:

(Front row) Wendy Harper-Tarr, Jonathan Townley-Smith, Maria Barnard
(Back row) Trish Turner, Fiona Yung, Mary Price, Joni Inniss, Cathy Jenkins, Jonathan Riddell.
(Absent) Nick Brand, Matthew Boazman, Siobhan Harrington

The project has three main elements plus an evaluation programme:

- The Advanced Development Programme for clinicians
- The Self Management Programme for people living with diabetes
- The Service Improvement Programme

Over the past decade, there has been an increasing emphasis on developing patients' self-management skills. There is good evidence that this approach helps people take an active role in managing their conditions and improves health. However, self-management courses alone are of limited effectiveness if they are isolated from mainstream health services. Self-management support requires a whole system approach.

Please turn over the page for a more detailed description of the initiative and to find out how you can be involved.



The three key parts of the Co-creating Health Initiative

1 The Advanced Development Programme (ADP) for Clinicians

Clinicians are invited to attend training to strengthen their skills to work in partnership with patients and provide self-management support. The programme consists of training workshops, in groups of 16, and action learning sets. 65 local clinicians will graduate from the programme between 2008 and 2010. The second workshop dates are 19 September, 31 October & 5 December.

The ADP is a course designed to help clinicians adapt their skills to support self management in their patients.

The traditional medical model is that information and skills are taught based on the clinician's agenda. This can be changed into a collaborative process, where together, the clinician and patient examine challenges to self management and collaboratively identify possible solutions to try out.

The workshops are a stimulating mixture of teaching, small group work and role play with actors.



"I found the tools and techniques that were suggested extremely useful. I had no idea how a few changes in the phrases that health care professionals use can have such an impact on a session."

"The techniques I've learned are going really well. My diabetes annual reviews are much less mechanical now."

Participants from the first training course for clinicians

"The ADP course is both practical and fun. Although specifically for diabetes it is useful for all types of consultations. The course gives practical tips on how to help patients take control of their chronic disease and make behavioural changes. This has given me new ways in which I can help my patients who I feel have got stuck in a clinical rut."

Several of my patients have now been on the 7 session course and it is noticeable how much they have grown in confidence in living with diabetes. They found the course enlightening as well as challenging and have all said they would recommend it to other patients." Dr Nick Brand, GP participant in the first training course for clinicians.



2 The Self Management Programme for people living with diabetes

I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.

Anna Freud

*Austrian psychoanalyst & psychologist
(1895 - 1982)*

Diabetes Self Management courses will be held over the next few years for up to 240 people who have had type 2 diabetes for at least a year. Each course consists of 7 consecutive sessions of 3 hours each. The groups are jointly facilitated by someone living with diabetes and a specialist clinician.

The course focuses on specific self management skills. These skills include educational components informing about the specific condition being managed and aspects of the condition which need to be taken into consideration such as balancing life with a long term condition, foot care, medication, healthy eating, and goals setting and planning for action and how to maintain them. There are practical activities, such as working with another member within the group and sharing your individual experiences and relaxation techniques. With practice the aims are that these skills become a part of the person's life skills and can be likened to a toolbox which can be accessed at anytime enabling each individual to better manage their long term condition.



The next series of 7, 3 hour sessions on the **self management of diabetes** will take place on the mornings of:-
20th, 27th August
3rd, 10th, 17th, 24th September,
1st October

There will also be another series available on the evenings of:-
7th, 14th, 21st, 28th October,
4th, 11th, 18th November

If you would like to attend or work with people who would like to come to either of these courses, then please call the freephone:-

0800 030 4225

For more information, call
Trish Turner on 020 7288 3154



"If everyone could attend a course like this we would all be much healthier"

"It is to the credit of the course tutors that this programme was such a huge success"

"The course helped me to focus on problems – pace myself – not to feel guilty if I stray off the straight and narrow and if I don't understand things that are going wrong, don't be afraid to ask the GP or Practice Nurse"

Participants from the first Self Management course

"Contact with other people with diabetes reassures me that I am not the only one... and helps me see my health from a better perspective. Self management restores my confidence in dealing with my condition. I feel better able to contact my GP or nurse without feeling a nuisance. I feel more in control and less like a victim"

From a person living with diabetes

3 The Service Improvement Programme

The service improvement programme aims to improve the way health services are designed and operated so that they better support self management, starting with small changes and building up. Fifty people, including patients, clinicians and managers attended a workshop in April at The Whittington Hospital, where ideas were generated, that will be tested at various local sites over the next year.



Changes are already being implemented at the Highgate Practice. Patients are now able to receive their blood test results prior to their consultation and prompts have been incorporated into the practice computer system (EMIS) to ensure that agenda setting, goal setting and follow up is undertaken during the consultation with the patient.

Other service changes are currently being planned to ensure that self management is well supported. Clinician led training on service improvement for supporting diabetes self management will be held at the Whittington Hospital on Monday 21 July 2008.

If interested in participating or finding out more about any of these programmes please phone Trish Turner, Co-Creating Health Project Manager on 020 7288 3154 or email: patricia.turner@whittington.nhs.uk

Co-creating Health
– a self-management initiative

