

# Enhancing Self Care - The Evidence Base

3 - 5 May 2006, West Park Conference Centre, Dundee

Organised by: Alliance for Self Care Research and the Social Dimensions of Health Institute

The promotion of self care and self management is central to health policy in many countries. Its development forms a central plank to our National Framework for Service Change (the Kerr Report) so that practitioners, the public and patients are urged to develop models of working together as co-producers and autonomous partners to:

- maintain health;
- prevent and treat illness; and
- manage its impact on everyday lives.

Research is playing an important role in supporting practice and policy development by:

- reviewing the existing evidence base and its relevance to different international settings;
- developing interventions based on theory;
- evaluating interventions in real life situations; and
- developing an ethical framework for policy and practice.

This conference brought together leading researchers from around the world to share their findings in self care and self management research and to discuss its implications for the NHS as well as priorities for future research.

It was open to all researchers, practitioners and policy makers interested in examining the evidence base and drawing lessons from it for their own practice.

## *Speakers included*

- **Professor Kate Lorig** - Professor of Nursing, Department of Medicine, Stanford School of Medicine and Director of Patient Education Research Center, Stanford
- **Dr Russell Glasgow** - Senior Scientist with the Clinical Research Unit, Kaiser-Permanente Colorado, Denver, Colorado, US and a member of the RE-AIM Workgroup which has as its purpose to evaluate and enhance the reach and dissemination of health promotion interventions ([www.re-aim.org](http://www.re-aim.org)).
- **Professor Anne Rogers** - Professor of Sociology of Health Care at the National Primary Care Research and Development Centre at the University of Manchester and a member of the Primary Care Mental Research Group.
- **Sue Ziebland** - Research Director of Database of Individual Patient Experiences (DIPEX), Oxford and as a medical sociologist she is a member of University of Oxford Research Group.
- **Professor Cecil Helman** - Associate of Medical Anthropology at Brunel University, West London; Senior Lecturer, Department of Primary Care and Population Studies, Royal Free and University College Medical School (University College London).
- **Professor Mike Bury** - Emeritus Professor of Sociology at University of London and Honorary Professor of Sociology at the University.

## Speakers Presentations

Mike Bury -	The Expert Patient: Challenges to Self Care in the NHS
Theresa Fyffe -	Policy and Research Developing the Evidence Base
Russell Glasgow -	Linking Self-Care to Primary Care, E-health, and Community Resources: Steps toward integration
Cecil Helman -	Understanding self-care – the influence of culture
Rob Horne -	The theoretical basis of concordance and issues for research
Martyn Jones -	How is Self-Care defined in the literature?
Anne Rogers -	The Experience of the Expert Patients Programme
Sally Wyke -	An Introduction to Self Care
Nick Timmins -	Journalist's brain?
Sue Ziebland -	Accessing and sharing Patient Perspectives
Vera Araujo-Soares -	Modification of Behavioural Risk Factors for Obesity: Testing the efficacy of an health promotion program for adolescents
Timothy Bailey -	Remote monitoring with MetrikLink® reduces face-to-face visit need and supports self care
Joanne Coyle -	Problems and solutions: parents' and childrens' accounts of adhering to chest physiotherapy for cystic fibrosis
Diane Dixon -	Using An Integrated Model Of Disability To Compare The Role Of Impairment And Motivational Factors In Accounting For Walking Limitations
Jo Ellins -	Building skills for self-management: not all patients are the same
Claire Foster -	Self management and cancer
Victoria Franklin -	Evaluation of Patients' Perception and Use of 'Sweet Talk' – Text Messaging Support for Young People with Diabetes
Jane Hopkinson -	Self-management of weight loss and eating difficulties by people with advanced cancer: Findings from an exploratory study
Sara Joice -	Information, social support, and behavioural strategies are most useful for enhancing self care: What does the stroke survivor perceive as most useful?
Lisa Kidd -	Interventions to enhance the involvement of people affected by cancer in self care: findings from a systematic review
Steve MacGillivray -	Effectiveness of self care interventions in diabetes
Carole Mockford -	The Impact of Motor Neurone Disease on Informal Carers
Gerard Molloy -	Informal caregiving and enhancing self-care
Melinda Neri -	Incorporating peers into exercise programs for people with spinal cord injury (SCI): Focus group findings
Ronan O'Carroll -	Adherence to Immunosuppressant Medication Following Liver Transplantation - A Pilot Study
Terry Porteous -	Factors influencing the choice between self-care and health professional advice: a discrete choice experiment
Karen Steven -	The role of patients, nurses and general practitioners in asthma management: participants' goals
Margaret Watson -	Enhancing self care using the evidence based supply of nonprescription medicines (NPMs)

Brian Williams - Combining pills to improve the experience of multiple pill taking: a qualitative study of people with hypertension and raised cholesterol

Stella Zetta - RCT comparing a self-help cognitive behavioural programme, the Angina Plan, with standard care for angina patients admitted to hospital