

The national self care programme

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Participation and Insight

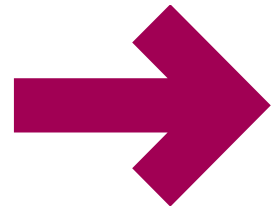
The context

“One of the great strengths of this country is that we have an NHS that - at its best - is ‘of the people, by the people and for the people’.

"Yet sometimes the health service has been prone to operating a ‘factory’ model of care and repair, with limited engagement with the wider community, a short-sighted approach to partnerships, and underdeveloped advocacy and action on the broader influencers of health and wellbeing.

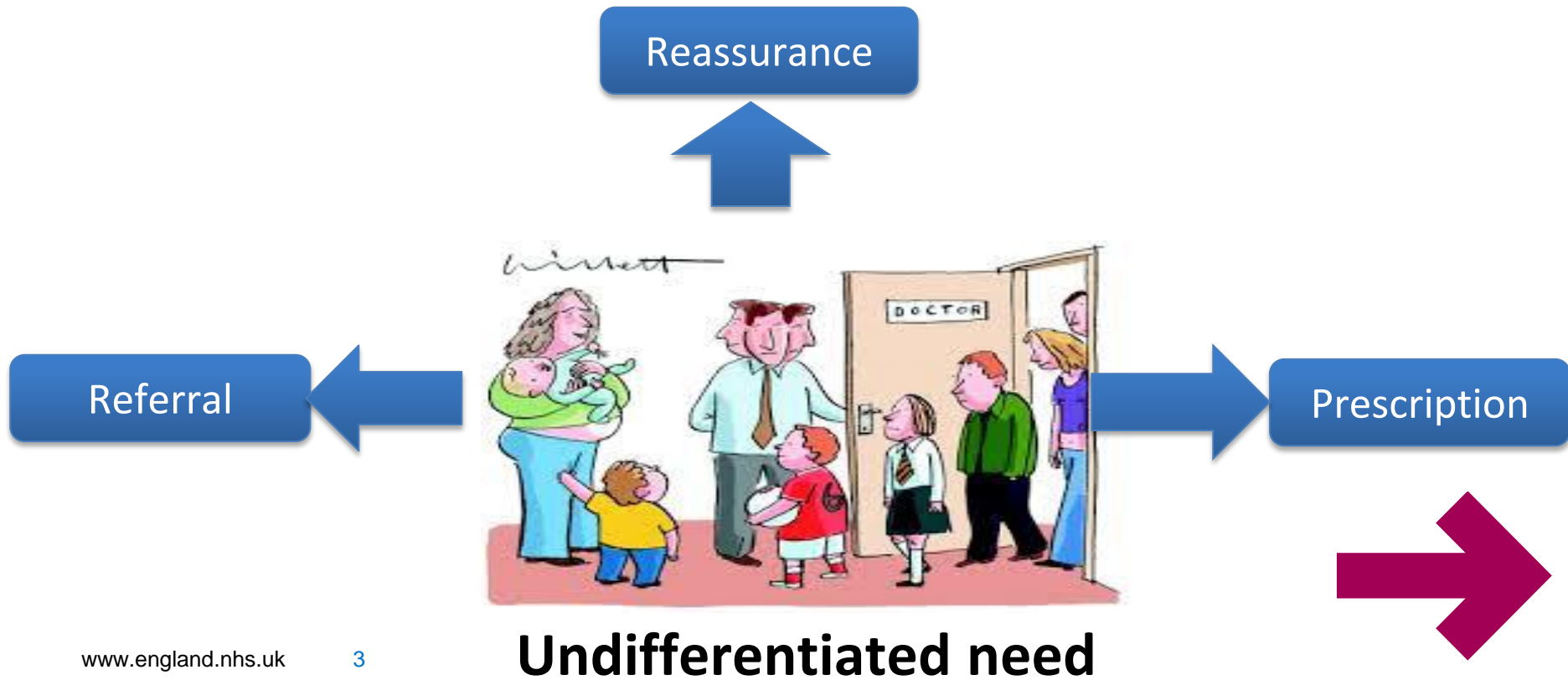
"As a result we have not fully harnessed the **renewable energy** represented by patients and communities, or the potential positive health impacts of employers and national and local governments.”

NHS Five Year Forward View, 2014

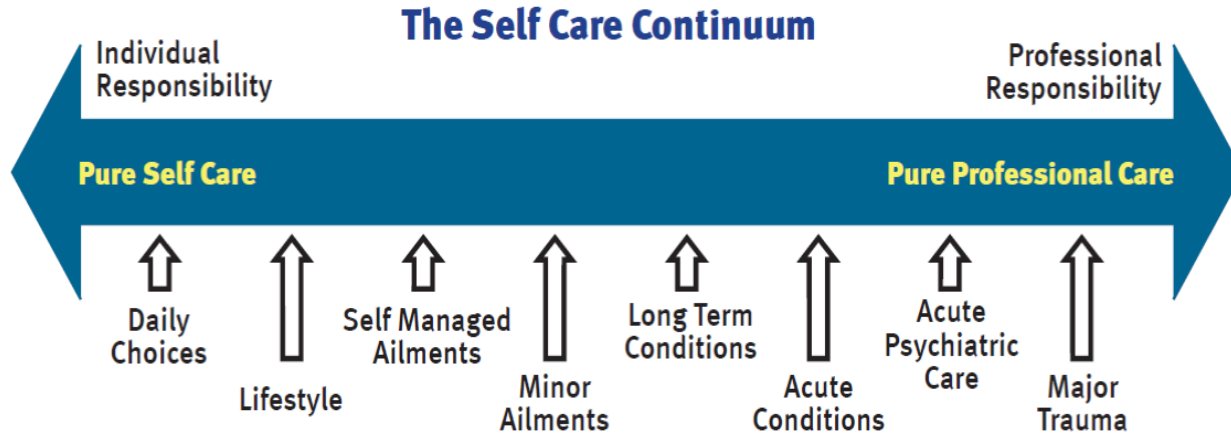


2016 Biomedical model.

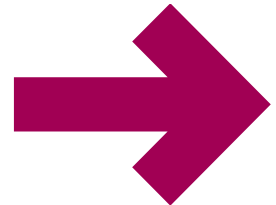
Evidence based medicine; clinical outcomes



Once in a generation



- Complex, whole system transformation
- Radical shift in cultures, practices and in patient and clinical responsibilities



Our focus



Getting serious about prevention



A healthier NHS workplace



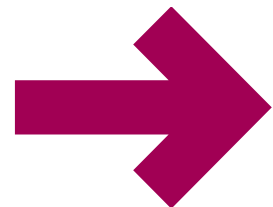
Empowering patients



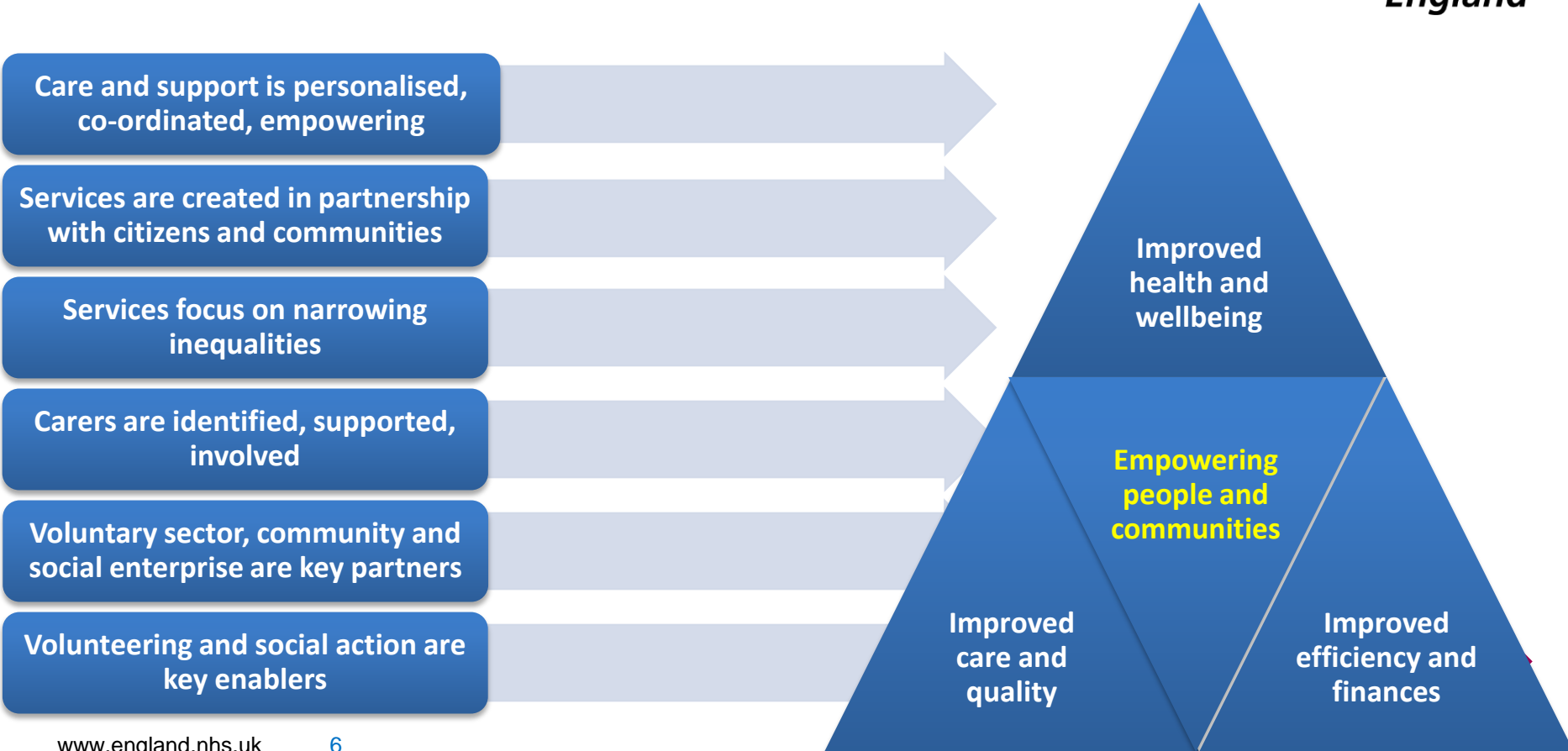
Engaging communities



The NHS as a social movement

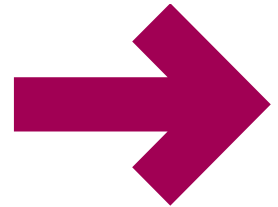


6 principles to help drive these changes

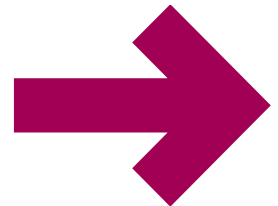
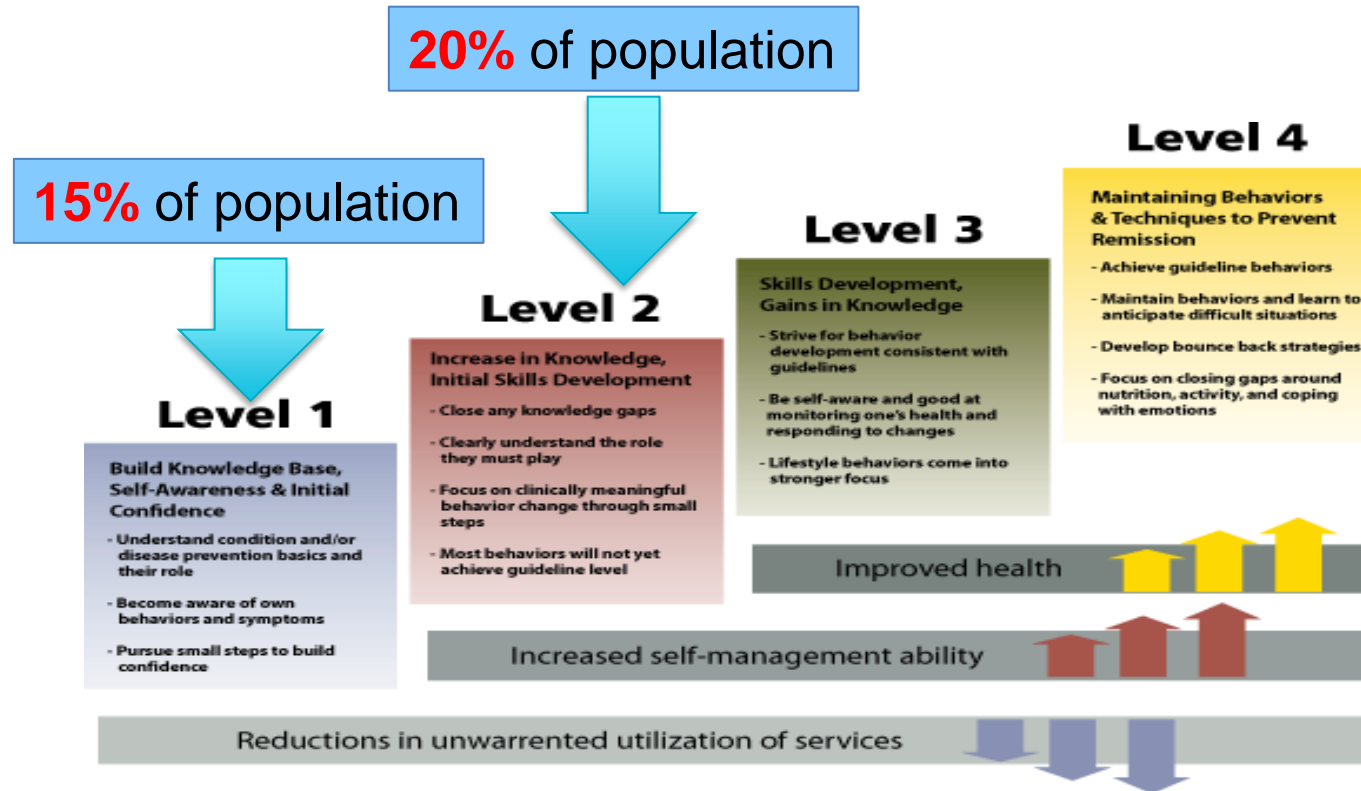


The inescapable facts

- Over **30%** of our population lives with a long term condition (LTC)
- **66%** of people who are aged 65+ live with 3 or more conditions
- **70%+** of NHS spend is on treating people with LTCs
- Approx **5%** of people living with LTCs account for **75%+** of unplanned hospital admissions



35% of people with LTCs have low / no confidence to manage their health and wellbeing



Delivering the change

Peer support

VCSE
coalition

Asset based
communities

Behavioural
science

Health
coaching

Social
prescribing

Health as a
Social
Movement

Shared
workforce
competencies

PAM

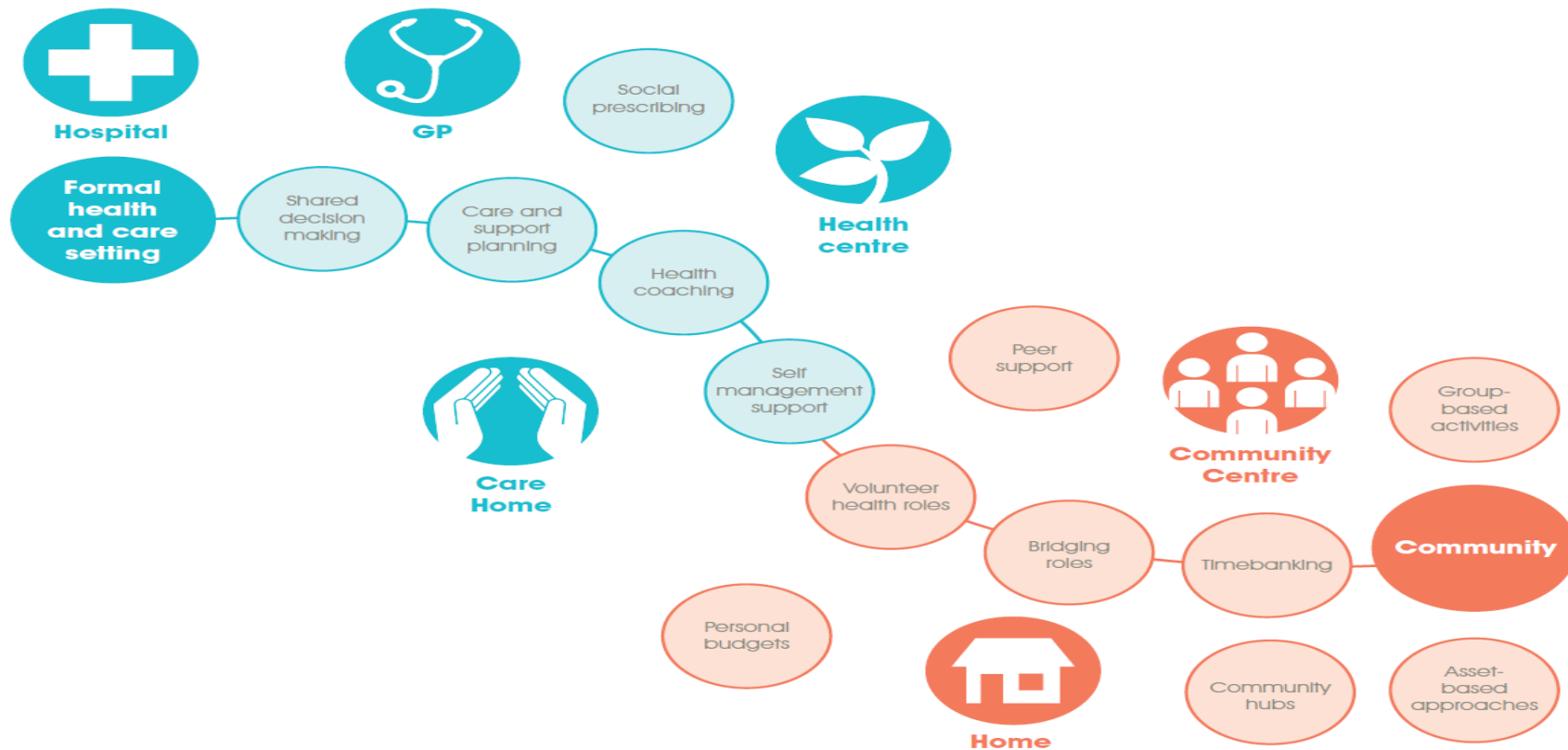
Digital

Shared
decision
making

Contractual
mechanisms



Person and community-centred approaches





**Thank you for
listening**

Any questions