

# Self Care Academic Research Unit (SCARU)



**Dr Austen El-Osta**  
Acting Director, Self Care  
Academic Research Unit  
Imperial College London  
[a.el-osta@imperial.ac.uk](mailto:a.el-osta@imperial.ac.uk)

1948



**NHS**

- The most popular institution in Britain
- Passive patient
- Paternalistic approach
- Downstream approach to disease management



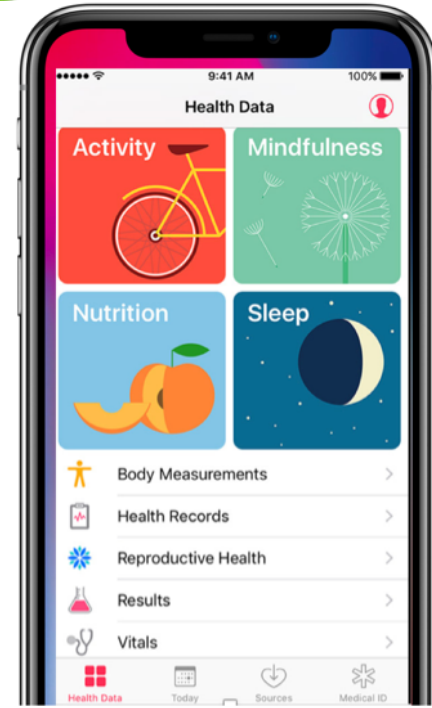
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2017



# NHS

## choices





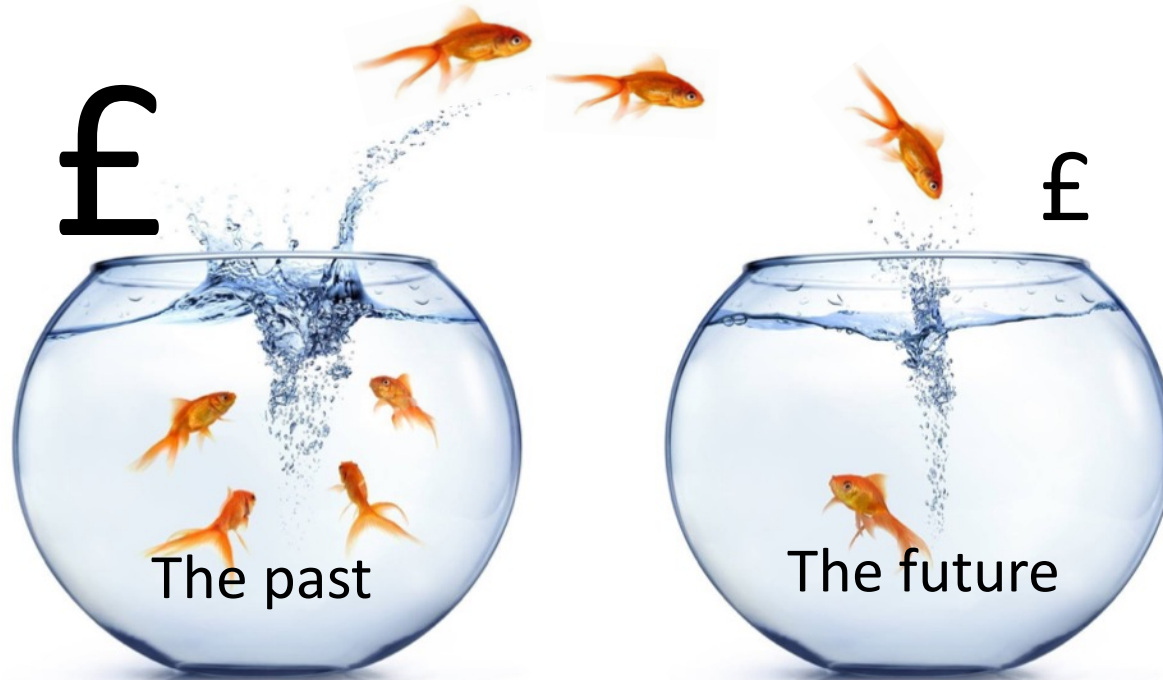
**Passive**  
**individual**



Health and Social  
Care Act 2012  
+  
GP Forward View  
+  
Policy drivers



**Active**  
**individual**



## Imperial College School of Public Health Horizon scanning exercise on Self Care



- Recognized as a means to empower individuals to take control of their own health & wellbeing
- Potential to reduce pressure on NHS resources
- Of national, European & international importance



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- No one has made the 'absolute case' for self care
  - We don't have a validated framework to objectively evaluate self care interventions & pilots



- **There isn't an academic base for self care in England**



# SCARU



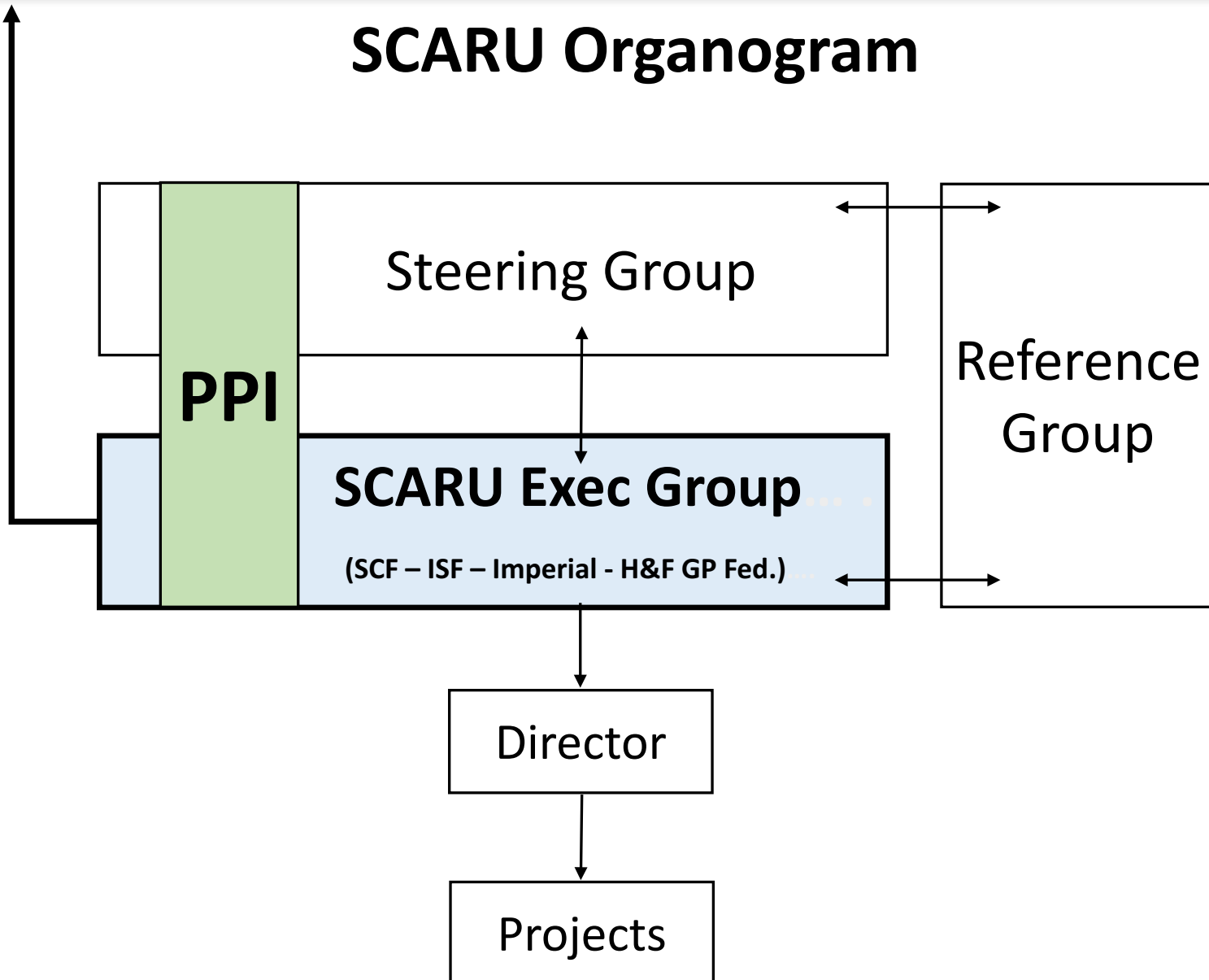
## VISION

**To be the leading academic base for self-care in England**, focused on the contributions that individuals, networks and communities can make in helping people to prevent disease, improve their wellbeing and self-manage their condition.

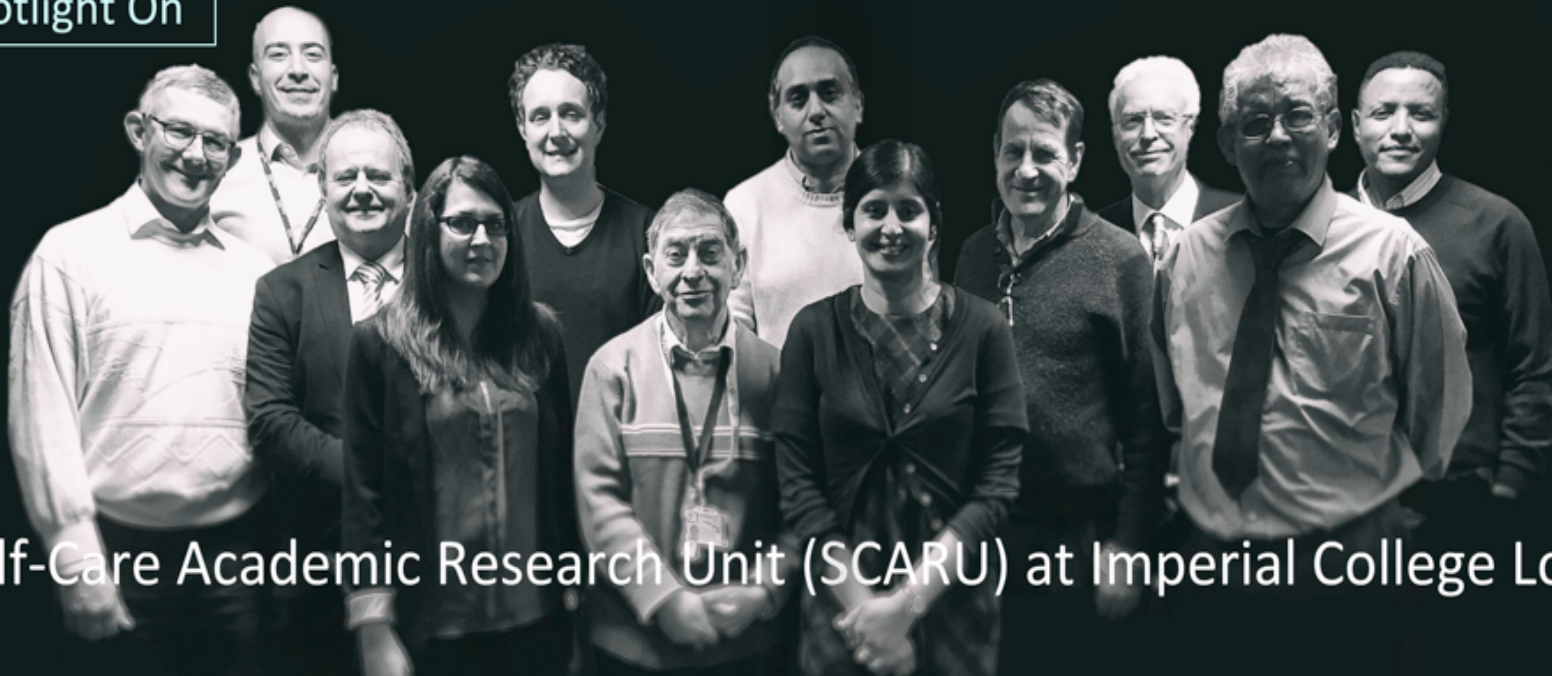
## MISSION

**To make the absolute case for self care**, by identifying and studying the ways in which individuals, communities, and existing health infrastructure can improve people's self-care behaviours and overall wellbeing, addressing in particular extant opportunities and barriers to self-care in the contemporary setting.

# SCARU Organogram







Left to right: David Wingfield (Head of H&F GP Practice Federation), Austen El-Osta (Research Manager, Imperial College London), Pete Smith OBE (Co-Chair, Self-Care Forum), Renata Chavda (Dementia Care Kilburn Project Lead), David Mummery (H&F CCG Research Lead), Maurice Hoffman (PPI & Lay Member), Malik Gul (Director Wandsworth Community Empowerment Network), Shamini Gnani (Senior Clinical Advisor & Honorary Consultant in Public Health), Paul Thomas (Senior Clinical Lecturer, Imperial College London), David Webber (President, International Self Care Foundation), Ricky Banarsee (WeLRn Director, Primary Care R&D) and Bez Haile (Healthworks Project Lead with Delgarno Trust)

## Self-Care Academic Research Unit (SCARU) at Imperial College London

In a recent horizon scanning exercise, the School of Public Health recognised the rising importance of self-care as a means to empower patients and support an NHS fit for 21st Century Britain, identifying 'self-care' as an important area of academic interest.

Further to participation in the annual Self-Care Conference, the Department of Primary & Public Health recently met with Dr Pete Smith OBE (Co-Chair of the Self Care Forum) and Dr David Webber (Head of the international Self Care Foundation) with a view to help establish Imperial College as an academic base of self-care in England.

The Self Care Forum is a national charity that seeks to develop and promote self-care throughout life and work, and encourages the recognition and embedding of self-care in all our lives. It defines self-care as the actions that individuals take for themselves and on behalf of or with others in order to develop, protect, maintain and improve their health,

wellbeing or wellness. This includes Health Literacy.

The International Self Care Foundation continues to develop evidence-based self-care concepts and practices, whilst promoting the role of self-care in health worldwide.

This tripartite collaboration will ensure that Self-Care is researched as a cross-cutting theme in the contemporary setting for patient benefit, and will strive to make the absolute case for self-care to inform policy makers via an extensive portfolio of research activity. SCARU will help identify how empowering patients via increased health literacy would result in improved outcomes, lower dependency on NHS resources, whilst also identifying key evidence-based recommendations for the consideration of policy makers.

Activity at the newly established Self Care Academic and Research Unit (SCARU) will

focus primarily on producing evidence to advance our understanding of self-care in the context of 21st century healthcare by research in the following domains:

- Evidence synthesis via development of high quality protocols to investigate various aspects related to Self-Care and how this links to empowerment, health literacy, and resilience in the community
- Understanding how Self-Care can benefit the wider health economy (starting with England, but also looking at European and international examples)
- Health economic modelling and cost benefit analysis of Self-Care initiatives from the perspective of funding of outcomes as opposed to activities
- Social science/Qualitative research to better understand patient/GP/Commissioner knowledge, attitude & perspectives (KAP) in relation to Self-Care
- Explore the use of E&M Health Technologies, digital health & wearable tech in supporting Self-Care in the new setting
- Service evaluations and audits of local/national importance- including HQIP
- Self-Care in mental health theme
- Policy reviews and position papers
- Establishing a database of evidence on Self-Care

SCARU will work closely with Hammersmith & Fulham GP Practice Federation and Imperial College Health Care Trust (ICHT) Directorate of Public Health & Primary Care to pilot small interventions and to better understand knowledge attitude & perceptions of Self-Care from NHS staff and patient perspectives. The H&F GP Practice Federation and ICHT will also consider participating in the Self Care Week 2017, including participation in the Self-Care Forum Annual Conference.

SCARU is a formidable alliance

**SCARU**

*in partnership with*



**Imperial College  
London**



**WeLReN CIC**



**WHO Collaborating Centre**  
Public Health Education & Training

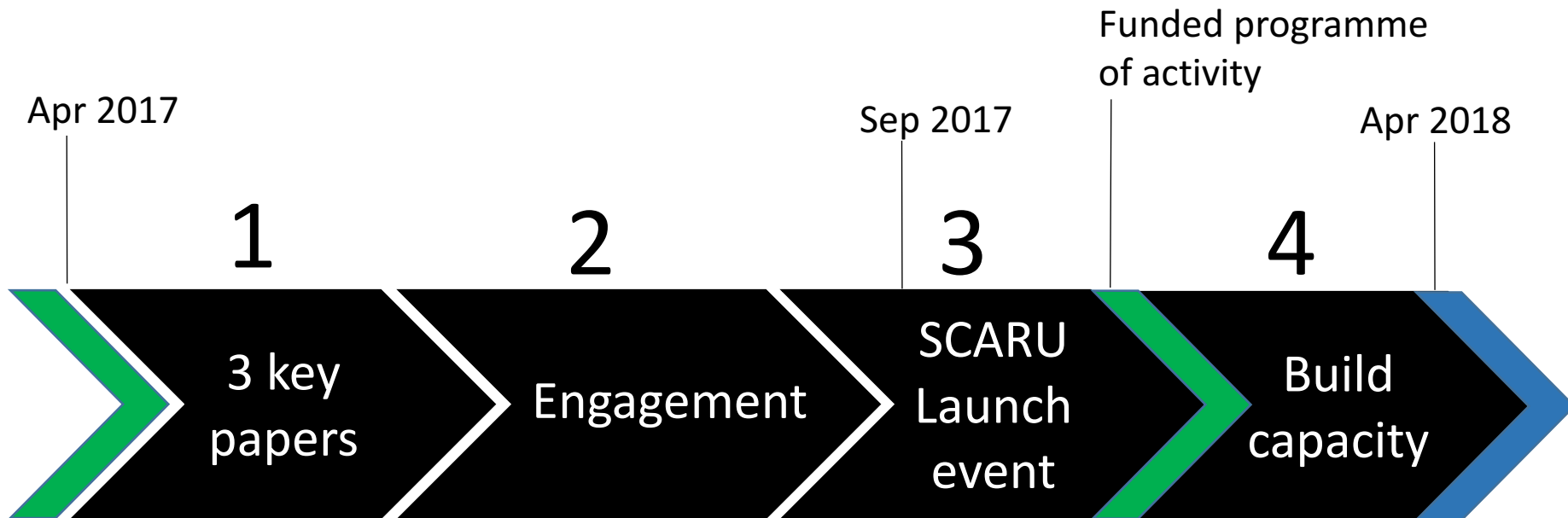


**Imperial College Healthcare**  
NHS Trust

## Programme of activity

1. **Evidence synthesis** using suitable mixed methods approaches to investigate various aspects of self-care & how this links to empowerment, health literacy & resilience in the community.
2. **Evaluate Self Care interventions**, pilots, initiatives & existing services, including audits of local/national importance.
3. **Work with industry sponsors and device manufacturers** to support technology enabled self-care approaches
4. **Make the absolute case for self care**, by understanding how self-care can benefit the wider health economy. This includes health economic modelling & cost benefit analysis of self-care from the perspective of funding of outcomes as opposed to activities
5. Establish & maintain a **database/repository of evidence on self-care**.
6. Develop & champion **Self-care in mental health theme**
7. **Influence national policy on self care** for patient benefit.

## 4 Point Plan (2017-18)



1. Self Care Matrix (SCM)
2. Self Care Intervention Design Toolkit (SCIDT)
3. Self Care Evaluation Framework (SCEF)



# SCARU contribution

## 1. The Self Care Matrix

- Harmonizes extant definitions & models of self care, and incorporates the Self Care Continuum & the 7 Pillars of self care
- Conceptualizes various aspects of self care; a new point of departure

## 2. The Self Care Intervention Design Toolkit

- Supports design of robust self care intervention programmes
- Considers various tangible & intangible aspects of self care at planning stage

## 3. The Self Care Intervention Evaluation Framework

- Pragmatic framework to support objective evaluation of self care interventions
- Can be used as a decision support tool 

## Next steps

- Publish Self Care Matrix paper + +
- Support National Self Care Week
- Embed self care ethos in H&F GP Federation and Imperial College Healthcare NHS Trust
- Further engagement with mix of stakeholders & industry partners
- Launch applied research programme, including repository of evidence into self care
- Work collaboratively to build capacity & capability across SCARU



# Thank you

**Dr Austen El-Osta**  
Acting Director, Self Care  
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