

Wanless 12 Years on Any Further Forward?

Dr Pete Smith OBE MBChB
Board Member, Self Care Forum



My Health, My Life

Achieving Engagement

The Self Care Forum Manifesto

Engagement and empowerment through self care

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Our fully engaged self care model

In this model of self care, people are educated throughout life and given the tools and resources to be confident in looking after themselves, taking healthy lifestyle choices and with health and care services working for them when needed. They become the expert on their own lifestyle and their own health, and on those for whom they care, knowing when to seek help and support.

Professionals will have better, more timely information to support the care they give to the informed person.

Messages will be consistent and dependable across the whole range of lifestyle, care and health. Self care will become the norm throughout life. Informed healthier people will be empowered expert patients when health issues arise, knowing when and how to seek information, help and support.

"...many (but not all) people wish to be more informed and involved with their own care, challenging the traditional divide between patients and professionals, and offering opportunities for better health through increased prevention and supported self care."

Five Year Forward View

The Four Pillars of Engagement



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3. Information

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4. Local and National Campaigns

Use national and local campaigns to focus on a rolling programme of education with consistent messages.

All of these areas should be underpinned by the fullest use of new and current technology.



Self Care Forum

Helping people take care of themselves

TheKingsFund>

In association with
National Voices



People in control of their own health and care

The state of involvement

Authors

Catherine Foot

Helen Gilbert

Phoebe Dunn

Joni Jabbal

Becky Seale

Joanna Goodrich

David Buck

Jeremy Taylor

November 2014



People in Control

- Despite this history, in 2014 it still feels to many that ‘putting patients first’ is more of an aspiration than a programme of action; that the reality lags behind the rhetoric.
- Despite pockets of good practice, there has been a lack of systematic progress.



The background of the cover features a photograph of a woman holding a baby, with a healthcare professional in a white coat examining the baby. The image is set against a blue geometric pattern of overlapping triangles and squares. The text "FIVE YEAR FORWARD VIEW" is overlaid on the center of the image in a white, bold, sans-serif font.

**FIVE YEAR
FORWARD VIEW**

October 2014

A new relationship with patients and communities

Getting serious about prevention

Empowering Patients

- **Patients, their families and carers are often ‘experts by experience’.**
- Improve the Information to which people have access
- Do more to support people to manage their own health – staying healthy, making informed choices of treatment, managing conditions and avoiding complications.
- Increase the direct control patients have over the care that is provided to them.



NHS Year Forward View

- “...many (but not all) people wish to be more informed and involved with their own care, challenging the traditional divide between patients and professionals, and offering opportunities for better health through increased prevention and supported self care.”



A new relationship with patients and communities

Engaging communities

- Supporting Carers
- Encouraging Community Volunteering
- Stronger partnership with charitable and voluntary sector organisations
- The NHS as a local employer

The NHS as a Social movement

Five year Forward View

- **Getting serious about prevention**
- Twelve years ago, Derek Wanless' health review warned that unless the country took prevention seriously we would be faced with a sharply rising burden of avoidable illness. That warning has not been heeded - and the NHS is on the hook for the consequences.



Five year Forward View

- Rather than the 'fully engaged scenario' that Wanless spoke of, one in five adults still smoke. A third of people drink too much alcohol. A third of men and half of women don't get enough exercise. Almost two thirds of adults are overweight or obese. down the generations.



*Securing our Future Health:
Taking a Long-Term View*

Final Report

Derek Wanless

April 2002

Wanless 2002

“The aim of the Review is to assess the resources required over the next two decades to “ensure the NHS can provide a publicly funded, comprehensive, high quality service available on the basis of clinical need and not ability to pay.”



EXPECTATIONS

patients and the public will expect of the NHS in 2022 will expect:

- **safe, high quality treatment;**
- **fast access;**
- **an integrated, joined-up system;**
- **comfortable accommodation services; and**
- **a patient-centred service.**

Wanless scenarios

- **Scenario 1: *solid progress***
- **Scenario 2: *slow uptake***
- **Scenario 3: *fully engaged.***

Wanless 2002

- The difference between the *solid progress and fully engaged scenarios* is a dramatic improvement in public engagement, driven by widespread access to information – for example, through media such as the internet and digital television.

Wanless 2002

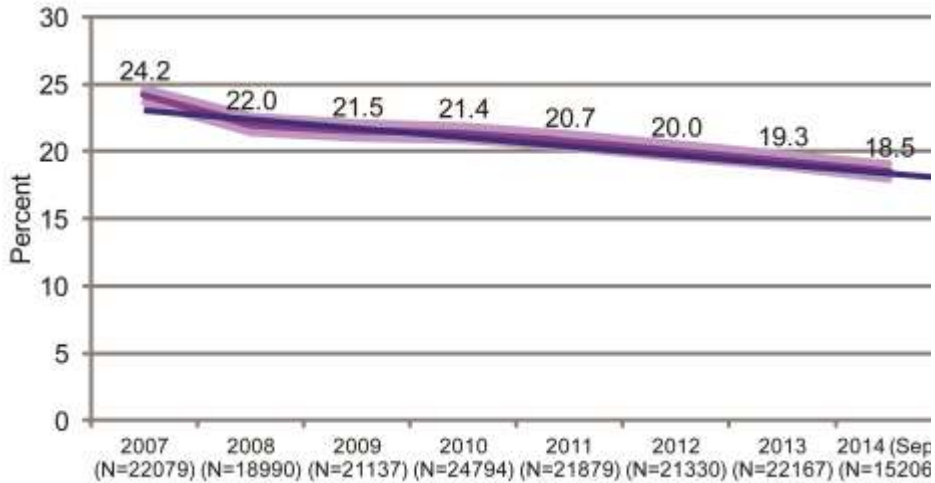
- Public health improves dramatically with a sharp decline in key risk factors such as smoking and obesity, as people actively take ownership of their own health.
- People have better diets and exercise much more.
- Targets for obesity are met quickly and maintained.
- Fewer people smoke: only one in six compared to around one in four today,

Wanless 2002

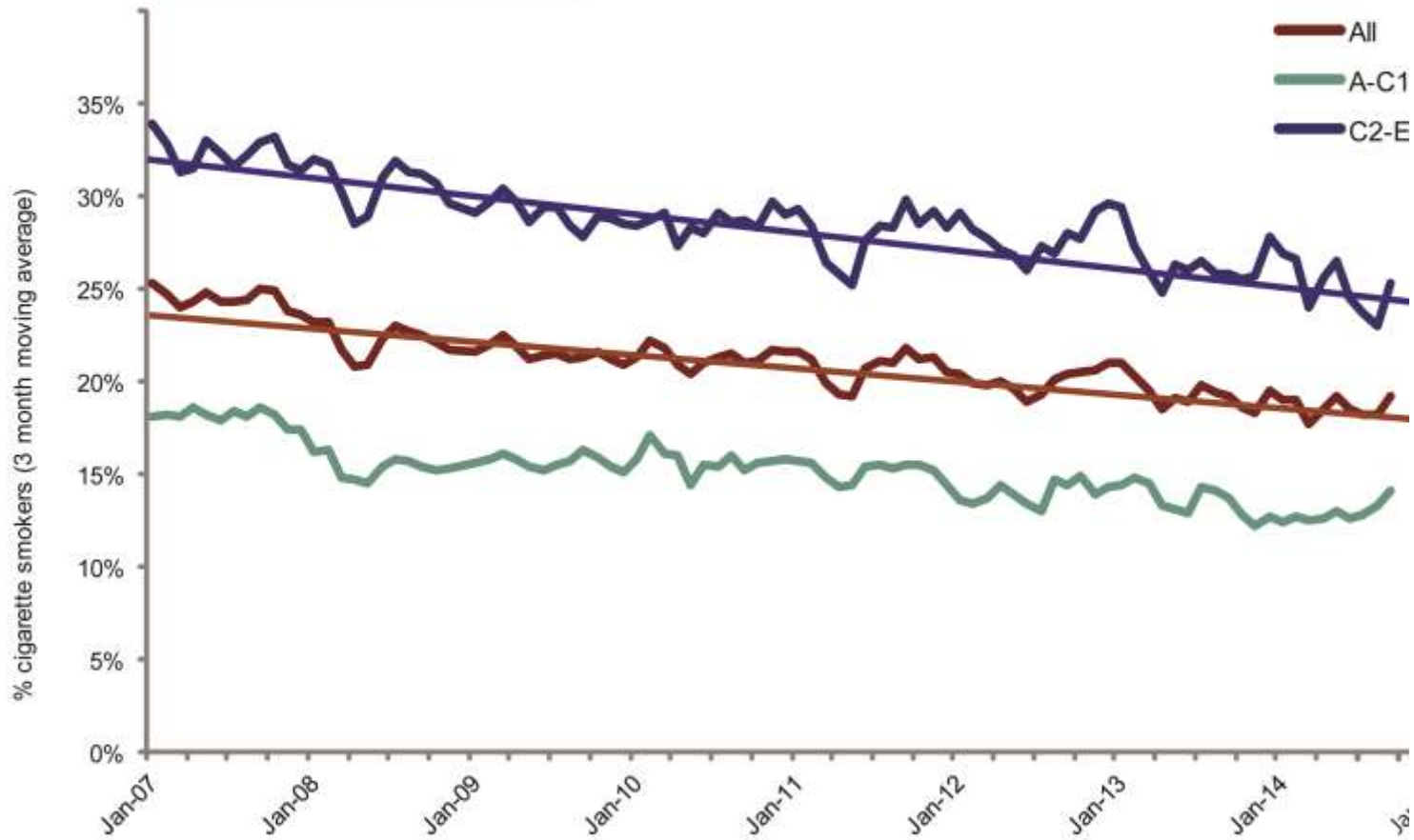
In the *fully engaged* scenario, the impact of increased self-care is assumed to be double the impact in the *slow uptake* and *solid progress* scenarios, reflecting the step change in public engagement in the former.

Wanless 2002

Cigarette Smoking Prevalence



Smoking



Wanless scenarios – Life expectancy

	Males	Females
Slow Uptake	78.7	83.0
Solid Progress	80.0	83.8
Fully engaged	81.6	85.5

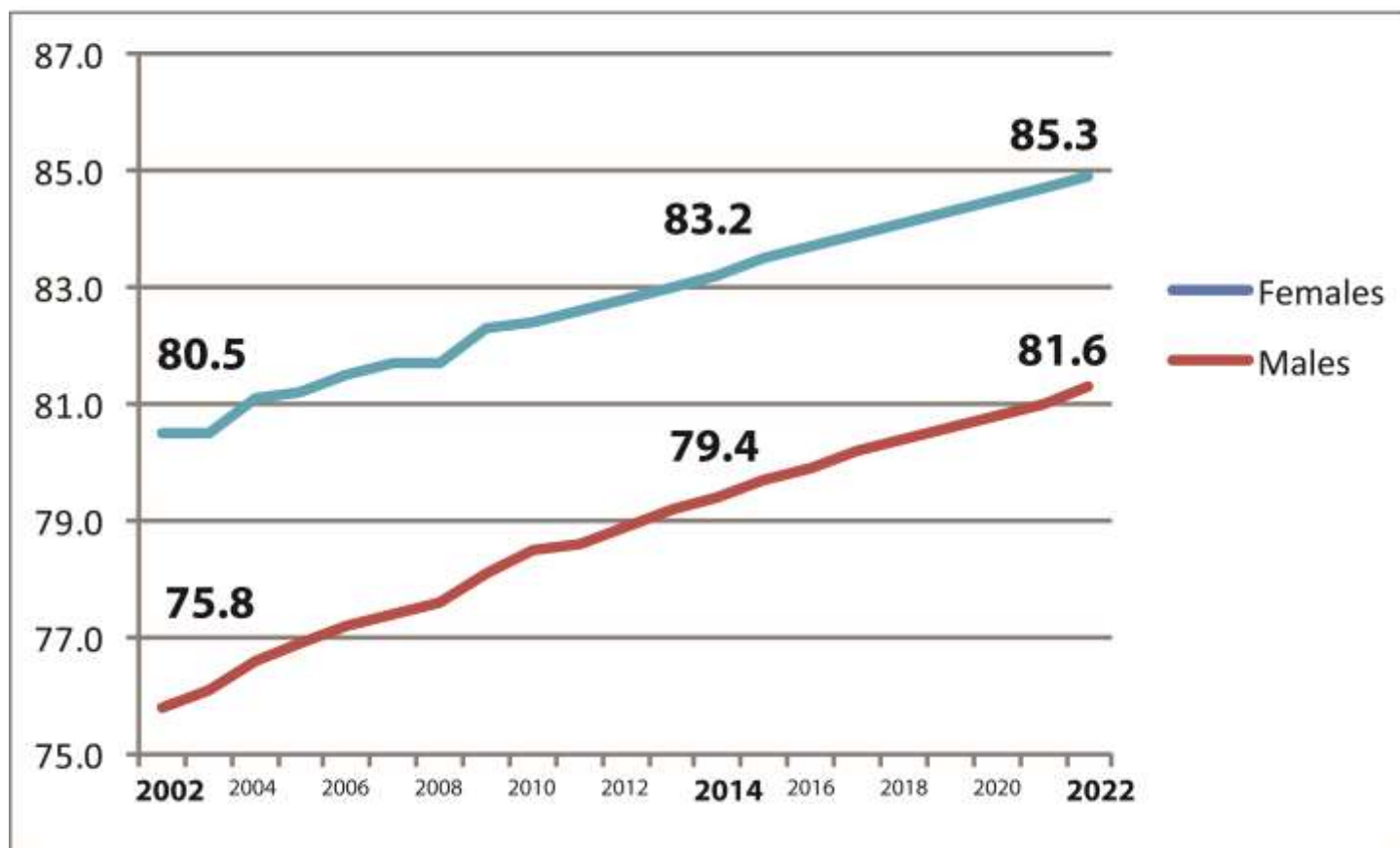
ONS Figures	Males	Females
2014	79.4	83.2

1959 M:67.7 F:73.2

Life Expectancy

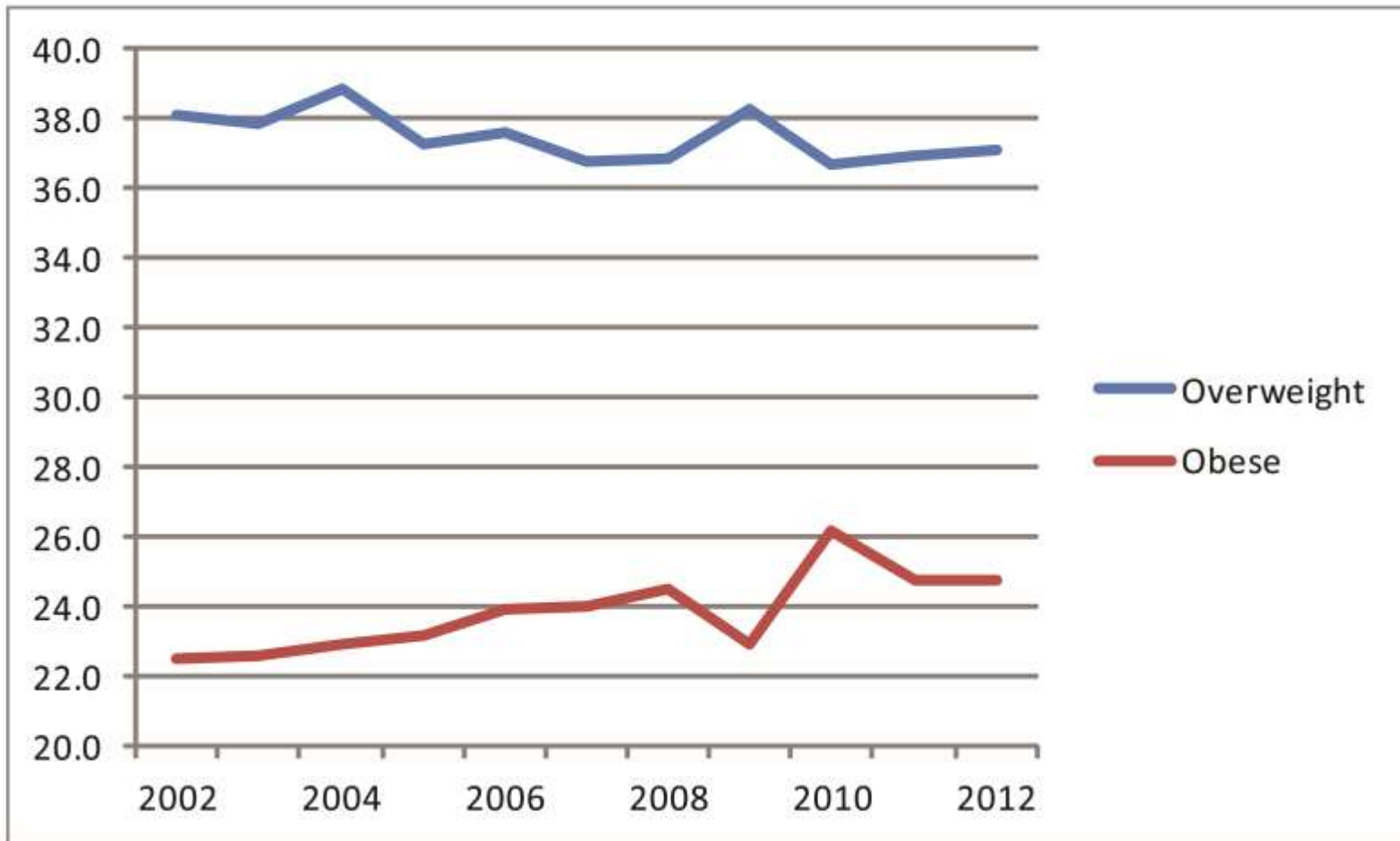
Life Expectancy 2002-2022 UK

ONS Data



But...

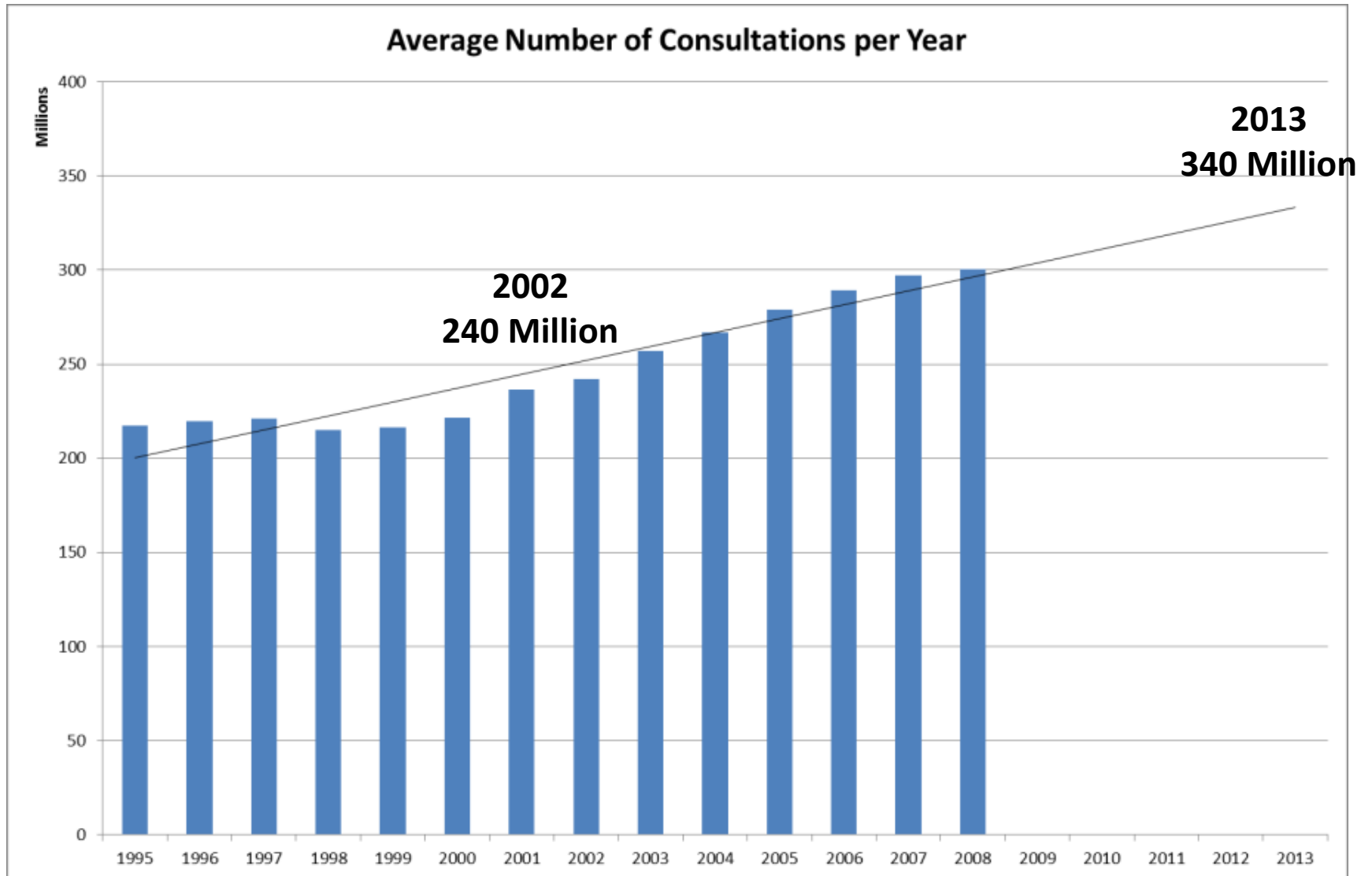
Adults Overweight and Obese



Fully engaged?

- a reduction in statin use of over £1 billion as a result of reductions in smoking
- OP visits reduced by 17% as a result of increased health care
- Up to 40% reduction in GP attendances
- But only 1 extra GP attendance

Fully engaged?



Wanless on Self Care

- The degree to which self-care becomes more important over the next 20 years will depend on the degree to which the public engages with health care.
- Self-care is one of the best examples of how partnership between the public and the health service can work.

Wanless on Self Care

- **for every £100 spent on encouraging self-care, around £150 worth of benefits can be delivered in return.**

Wanless

- A comprehensive strategy on self-care would attempt to incorporate a wide range of approaches and models of self-care, including finding ways of providing funding, information, facilities, equipment and technology to support its development.

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3. Information

Provide reliable, consistent information, evidence-based where possible, to support confident decision-making.



4. Local and National Campaigns

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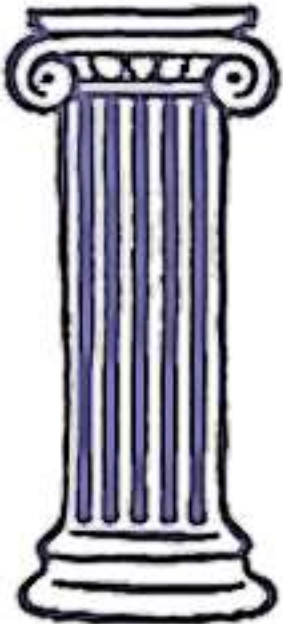


Self Care Forum

Helping people take care of themselves

Lifelong Learning

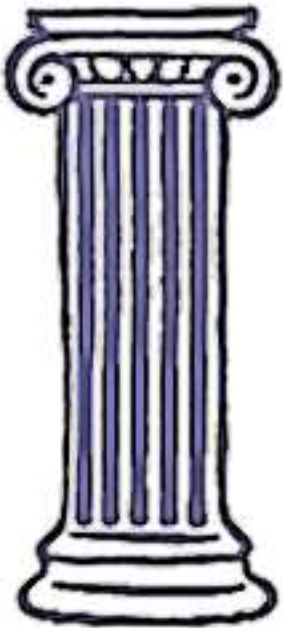
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- **Personal, Social and Health Education (PSHE) in schools.**
- **During adulthood, at work and in later years using self-assessment tools**
- **Promote use of workforce health programmes**
- **Throughout life encourage understanding of the impact of self care**
- **Promote healthy communities whether at home, in neighbourhoods, at work or in faith or interest groups**

Empowerment

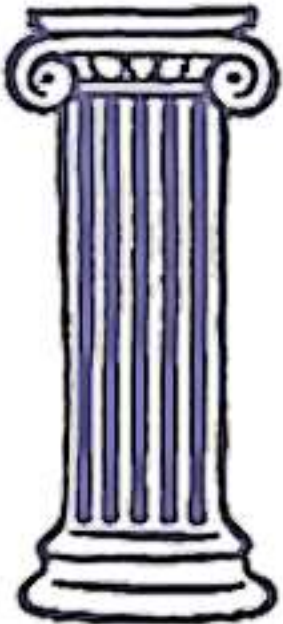
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- **Ownership of health records, free online and app self-assessment tools**
- **Self-assessments and evidence-based advice, which should be offered in ways relevant to people's time of life, and a variety of sources**
- **Strengthening of the element of personal responsibility for health and self care in the NHS Constitution to match this increased power.**
- **Increasing the availability of evidence-based over-the-counter treatment with appropriate advice.**
- **Using new or underused technologies to assist with self-management.**
- **Encouraging everyone to be an expert patient,**

Information

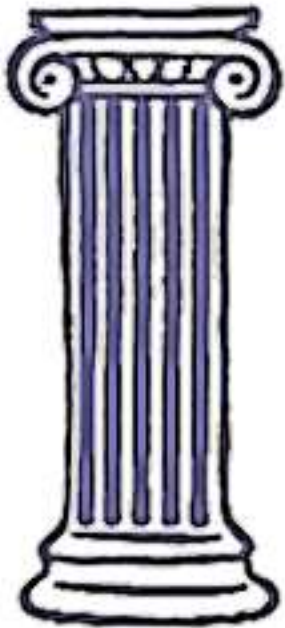
Provide reliable, consistent information, to support confident decision-making.



- **Ensure health advice is high quality and accessible.**
- **Develop a national self care resource**
- **Change 111 to include direction to national self care resources as an outcome.**
- **Request NICE to develop a specific self care element of its evidence**
- **Ensure consistent messages for all about self care,**
- **Include reliable online assessments covering a wide range of issues**
- **Exploit new technology where possible for messages to seldom heard people.**

Local and National Campaigns

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- **Short, positive, consistent messages to all first contact points for self-limiting conditions,**
- **Education, good information and national campaigns to encourage confidence in self care**
- **Local public health messages to reach beyond national campaigns**

The engaged patient

- Has good access to information throughout life on lifestyle, care and health
- Has the health literacy to understand it and act upon it
- Makes informed choices
- Has knowledge that blurs the boundaries between themselves and professionals
- Is confident when and how to use health and care services
- Engages with healthy communities
- As a carer is engaged on behalf of the cared-for

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