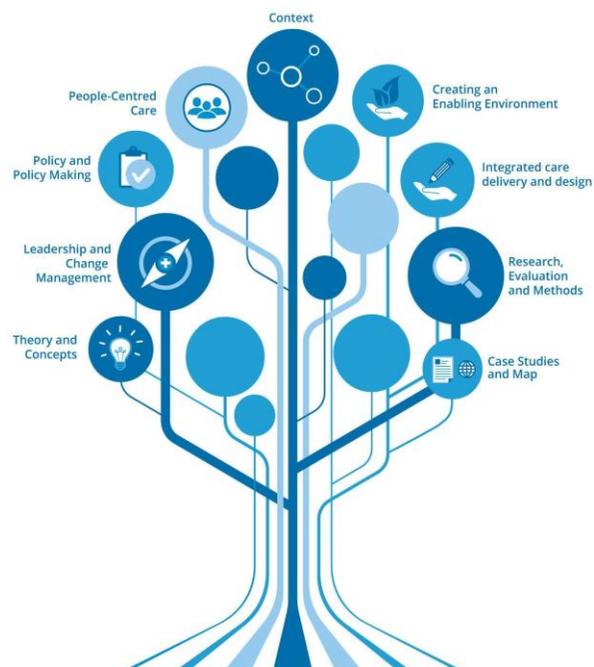


# Integrated Care Matters: Build Back Better

## Health Literacy and Realistic Medicine

Knowledge Resource



## About the information

The information provided in this document is intended to support the Integrated Care Matters webinar series.

Where possible, we select evidence that is published open access, and provided links to the materials referenced. Some are identified as author repository copies, manuscripts, or other copies, which means the author has made a version of the otherwise paywalled publication available to the public. Other referenced sources are pdfs and websites that are available publicly.

If you found this resource useful and would like to use the free [Evidence Search and Summary Service \(ESSS\)](#) to help you find and use evidence please get in touch to discuss your needs: [esss@iriss.org.uk](mailto:esss@iriss.org.uk)

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## Developed in partnership



# Self-management

**Barker, I et al (2018) [Self-management capability in patients with long-term conditions is associated with reduced healthcare utilisation across a whole health economy: cross-sectional analysis of electronic health records](#) *BMJ Quality & Safety* 2018;27:989-999**

Looks at the association between patient self-management capability measured using the Patient Activation Measure and healthcare utilisation across a whole health economy.

**BMA (2019) [Self care: question & answer](#)**

Provides patients with a basic introduction to self-care, what it involves, the risks and benefits, and where it can be accessed.

**Brady, TJ et al. (2013) [A meta-analysis of health status, health behaviors, and health care utilization outcomes of the Chronic Disease Self-Management Program](#) *Preventing chronic disease* vol. 10 (2013): 120112**

This meta-analysis quantitatively synthesizes the results of CDSMP studies to determine the program's effects on health behaviours, physical and psychological health status, and health care utilization.

**Brennan, M (2019) [Self-management reflective practice in Scotland](#) *International Journal of Integrated Care*. 2019; 19(4):647**

Poster abstract.

**Department of Health (2020) [Patient education / self management programmes for people with long term conditions 2019/20](#)**

Presents statistical information on patient education / self-management programmes for long term conditions collected from health and social care trusts and independent programme providers in NI, detailing information on the type, provision, frequency, and trust area of the programmes delivered.

**Dineen-Griffin, S et al. (2019) [Helping patients help themselves: A systematic review of self-management support strategies in primary health care practice](#) *PloS one* vol. 14,8 e0220116. 1 Aug. 2019**

Examines self-management support interventions in primary care on health outcomes for a wide range of diseases compared to usual standard of care and identifies effective strategies that facilitate positive clinical and humanistic outcomes in this setting.

**Francis, H et al. (2020) [Self-management support? Listening to people with complex co-morbidities](#) *Chronic Illness*. 2020;16(3):161-172 (paywall)**

Explores how people with complex, established co-morbidities experience long-term condition care in New Zealand.

**Franek, J (2013) [Self-management support interventions for persons with chronic disease: an evidence-based analysis](#) Ontario health technology assessment series vol. 13,9 1-60. 1 Sep. 2013**

The aim of this study was to systematically assess the clinical effectiveness of self-management support interventions for persons with chronic diseases.

**Gobeil-Lavoie, A et al. (2018) [Characteristics of self-management among patients with complex health needs: a thematic analysis review](#) BMJ open vol. 9,5 e028344. 24 May. 2019, doi:10.1136/bmjopen-2018-028344**

This review identifies challenges to self-management for patients with complex healthcare needs, which are exacerbated in contexts of socioeconomic insecurity and proposes strategies to help healthcare providers better adapt their self-management support interventions to meet the specific needs of this vulnerable clientele.

**Hadi, MD et al. (2020) [My health, myself: a qualitative study on motivations for effective chronic disease self-management among community dwelling adults](#) Family Practice, Volume 37, Issue 6, December 2020, Pages 839–844 (paywall)**

This study aimed to explore the motivations behind effective chronic disease self-management in community dwelling adults in Singapore.

**The Health Foundation (2013) [Sustaining and spreading self-management support](#)**

Evaluation of the second phase of Co-creating Health program looks at what works to embed the model and secure its wider uptake within routine healthcare care.

**The Health Foundation (2018) [Supporting self-management](#)**  
Blog looking at the impact of self-management on the health care system.

**The Health Foundation (2018) [Reducing emergency admissions: Unlocking the potential of people to better manage their long-term conditions](#)**

Summarises research exploring the link between how well patients feel able to manage their long-term conditions such as asthma, diabetes and depression and their use of health care.

**Iriss (2020) [Evaluating social prescribing](#)**

A review of the research methods and approaches used to evaluate UK-based social prescribing interventions in recent years.

**The King's Fund (2018) [Shared responsibility for health: the cultural change we need](#)**

Looks at the relationship between the public and the NHS, and between patients and the staff who care for them. As well as ensuring that the resources needed to deliver care are available, national and local leaders must work to fully engage patients and the public in improving health and care.

Millar, R (2019) [Self-management network Scotland](#) International Journal of Integrated Care. 2019;19(4):649  
Poster abstract.

Silver, I (2018) [Bridging the gap: person centred, place-based self-management support](#) Future Healthc J Oct 2018, 5 (3) 188-191

This review article sets out to explore the historical context of self-management in England, its current status and the challenges faced in delivering self-management programmes.

Stern, B (2018) [Critical Reflections on Self-Management Support in Chronic Disease: The Value of Occupational Therapy in Health Promotion](#) The Open Journal of Occupational Therapy. 6. 10.15453/2168-6408.1461

Critical reflections on the value of occupational therapy for health promotion.

Stoilkova, S (2013) [Educational programmes in COPD management interventions: A systematic review](#) Respiratory Medicine VOLUME 107, ISSUE 11, P1637-1650, NOVEMBER 01, 2013

Looks at educational topics integrated in COPD management interventions - strengths, weaknesses, and methods of delivery of the educational programmes.

Thongsai, S (2013) [The long-term impact of education on diabetes for older people: a systematic review](#) Global journal of health science vol. 5,6 30-9. 28 Jul. 2013

Systematic review of diabetes mellitus education on the long-term effects on the self-management of older diabetic people.

Thorpe, C et al. (2013) [Facilitating healthy coping in patients with diabetes: a systematic review](#) The Diabetes educator vol. 39,1 (2013): 33-52

The purpose of this study was to summarise recent literature on approaches to supporting healthy coping in diabetes, in two specific areas: 1) impact of different approaches to diabetes treatment on healthy coping; and 2) effectiveness of interventions specifically designed to support healthy coping.

Kidd, L et al (2020). [Implementing Supported Self-Management in Community-Based Stroke Care: A Secondary Analysis of Nurses' Perspectives](#). Journal of Clinical Medicine. 9. 985. 10.3390/jcm9040985.

The provision of supported self-management (SSM) is recommended in contemporary guidelines to address the longer-term needs and outcomes of stroke survivors and their families, yet its implementation across stroke pathways has been inconsistent. This paper presents a secondary analysis of qualitative data, which aims to identify and offer insight into the challenges of implementing SSM from the perspectives of community stroke nurses.

# Health Literacy

## **The ALLIANCE (2019) [A Collective Force for Health and Wellbeing](#)**

A collaborative strategic action plan seeking to scale-up and spread current good practice and innovation in collaborating across libraries, health and third sector, including supporting long-term conditions, self-management, and health literacy, reading and writing for mental health and other therapeutic purposes, and managing the wider determinants of health.

## **Barr-Walker, J (2016) [Health literacy and libraries: a literature review](#) Reference Services Review, 44(2)**

Assesses the involvement of libraries in health literacy programs and initiatives based on a review of the literature.

## **Knowledge For Healthcare (2019) [Health literacy and health information literacy, and the role of librarians](#)**

Article looking at health literacy and health information literacy and the differences between them.

## **McKenna, VB (2020) [Facilitators and Barriers to the Development of Health Literacy Capacities Over Time for Self-Management](#) HLRP: Health Literacy Research and Practice Vol. 4, No. 2, 2020**

This study looks to understand how health literacy development can be supported through exploration of the main facilitators and barriers in the process.

## **Naughton, J et al. (2021) [Health literacy: The role of NHS library and knowledge services](#) Health Info Libr J.**

Describes work undertaken by Health Education England, the Community Health and Learning Foundation and NHS Library and Knowledge Services to raise awareness among NHS staff and other key partners of the impact of low health literacy.

## **Pharma Times (2018) [Improving health outcomes by tackling health literacy: NHS Scotland focus](#)**

Discussion around how tackling health literacy has been at the core of NHS Scotland's work to better serve patients, and what pharma can do to help create a more 'health literate' healthcare system and services

## **Policy Press (2019) [International Handbook of Health Literacy: Research, practice and policy across the lifespan](#)**

Provides an overview of current international thinking about health literacy, highlighting cutting-edge research, policy, and practice.

## **Scottish Government (2017) [Making it easier: a health literacy action plan 2017-2025](#)**

An action plan for improving health literacy in Scotland.

## **SLIC (2020) [Health on the Shelf: Health and Wellbeing in Public Libraries in Scotland](#)**

A report examining the health & wellbeing offer available in Scotland's public libraries, highlighting best practice, with recommendations for the future, and an A-Z list of what is available.

**Sorensen, K (2020) [Health literacy is an emerging strategic priority in national cancer control plans in the EU](#) Journal of Cancer Policy Volume 26, December 2020, 100255**

A systematic review of health literacy in national cancer control plans within the EU.

**Trezona, A et al (2018) [Progress in Implementing National Policies and Strategies for Health Literacy - What Have We Learned so Far?](#) Int. J. Environ. Res. Public Health 2018, 15, 1554**

Study analysing policy documents from Australia, Austria, China, New Zealand, Scotland, and the United States for their strengths, limitations and themes, and their potential to improve health literacy and health outcomes.

**Van Den Broucke, S et al (2020) [Recommendations for a Health literacy Policy Plan for Belgium: Learning from experiences of other countries](#) European Journal of Public Health, Volume 30, Issue Supplement\_5, September 2020, ckaa165.1400**

A study investigating HL policy plans of other countries, with the intention to make recommendations for the development of a Belgian National Health Literacy Plan.

**The Alliance Health & Social Care Librarians website**

<https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/what-is-self-management/libraries-supporting-self-management/>

**Libraries Supporting your Self Management toolkit**

<https://www.alliance-scotland.org.uk/blog/resources/libraries-supporting-your-self-management-journey-toolkit-2018/>

**Going in the Right Direction toolkit** <https://www.alliance-scotland.org.uk/blog/resources/going-right-direction-toolkit/>

## Polypharmacy / Multiple morbidity

**Aoki, T et al. (2018) [Multimorbidity patterns in relation to polypharmacy and dosage frequency: a nationwide, cross-sectional study in a Japanese population](#) Sci Rep 8, 3806**

This study aims to identify multimorbidity patterns in a Japanese population and investigate whether these patterns have differing effects on polypharmacy and dosage frequency.

**Bennett, F et al. (2020) [Establishing a service to tackle problematic polypharmacy](#) Future Healthc J Oct 2020, 7 (3) 208-211**

Looks at a pilot polypharmacy clinic in secondary care, led by clinical pharmacologists and pharmacists.

**BGS (2020) [More is less and less is more?](#)**

Article on breaking the cycle of polypharmacy with deprescribing.

**IFIC Scotland (2020) [Appropriate Polypharmacy & Adherence](#)**

IFIC webinar resource document.

**[iSIMPATY](#)**

iSIMPATY is a 3-year EU funded project (2019 – 2022) operating in Northern Ireland, Scotland and the border areas of the Republic of Ireland. Through cross-border shared learning, the project will develop a systems approach that is scalable and ensures the optimal and sustainable use of medications for those with multiple morbidity.

**Khatter, A et al. (2021) [Prevalence and predictors of potentially inappropriate prescribing in middle-aged adults: a repeated cross-sectional study](#)**

**British Journal of General Practice, Online First**

To determine the prevalence and predictors of Potentially Inappropriate Prescribing in middle-aged adults.

**Khezrian, M et al. (2020) [An overview of prevalence, determinants and health outcomes of polypharmacy](#)**  
**Therapeutic Advances in Drug Safety January 2020**

This is a narrative literature review that aims to appraise and summarise recent studies published about polypharmacy.

**Mair, A (2019) [The polypharmacy programme in Scotland: realistic prescribing](#)** **Prescriber August 2019**

Update on the latest edition of the polypharmacy guidance in Scotland, with a greater emphasis on what matters to the patient.

**Mair, A (2020) et al. [Addressing the Challenge of Polypharmacy](#)**  
**Annu Rev Pharmacol Toxicol. 2020 Jan 6;60:661-681 (paywall)**

This article outlines lessons from two programs that aim to address these challenges: the Scottish polypharmacy guidance on realistic prescribing and the European Union SIMPATY project.

**The Pharmaceutical Journal (2019) [Polypharmacy: a framework for theory and practice](#)**

Discusses how patient input and appropriate questions can have a profound impact in ensuring medicines optimisation.

**Rahman, S et al. (2020) [The Double Burden of the COVID-19 Pandemic and Polypharmacy on Geriatric Population – Public Health Implications](#)** **Ther Clin Risk Manag. 2020;16:1007-1022**

This review explains the public health implications associated with polypharmacy on the geriatric population with pre-existing co-morbidities during the COVID-19 pandemic.

**Rozsnyai, Z et al. (2020) [What do older adults with multimorbidity and polypharmacy think about deprescribing? The LESS study - a primary care-based survey](#)** **BMC Geriatr 20, 435**

The aim of this study was to identify barriers and enablers to deprescribing as reported by older adults with polypharmacy and multimorbidity.

**RPS (2018) [Literature Search on Polypharmacy](#)**

Literature review looking at the available evidence from the last five years describing healthcare interventions and/or collaboration with patients that helped to reduce inappropriate polypharmacy, and what system levers enabled this change?

**Salisbury, C (2018) [Management of multimorbidity using a patient-centred care model: a pragmatic cluster-randomised trial of the 3D approach](#) The Lancet VOLUME 392, ISSUE 10141, P41-50, JULY 07, 2018**

Looks at the patient-centred, 3D approach (based on dimensions of health, depression, and drugs) for patients with multimorbidity in improving health-related quality of life.

**Scottish Government Polypharmacy Model of Care Group (2018) [Polypharmacy Guidance, Realistic Prescribing 3rd Edition](#)**

Provides guidance on preventing inappropriate polypharmacy at every stage of the patient journey.

**Scottish School of Primary Care [Polypharmacy](#)**

This briefing paper describes measures and improvement methods being implemented in the real-world in Scottish general practice.

**Stewart, D et al. (2016) [Guidance to manage inappropriate polypharmacy in older people: systematic review and future developments](#) Expert Opinion on Drug Safety. 16.**

Looks at the SIMPATHY project, including a systematic review of the literature aiming to summarise and review critically current policies and guidelines on polypharmacy management in older people.

**Nguyen, TN et al. (2019) [Multimorbidity, polypharmacy and primary prevention in community-dwelling adults in Quebec: a cross-sectional study](#) Family Practice, Volume 36, Issue 6, December 2019, Pages 706–712**

This study aimed to investigate the prevalence of polypharmacy in community-dwelling adults, the association of multimorbidity with polypharmacy and the use of medications for primary prevention.

# Deafblindness

**BASW (2021) [Deafblindness – the psychosocial impact makes it core social work](#)**

An ageing population means practitioners are more likely to work with people experiencing what's fast becoming no longer a 'minority impairment.

**Dammeyer, J (2014) [Deafblindness: A review of the literature](#) Scandinavian Journal of Public Health. 2014;42(7):554-562 (paywall)**

A comprehensive review of public health issues related to deafblindness.

**Dammeyer, J (2015) [Deafblindness and dual sensory loss research: Current status and future directions](#) World J Otorhinolaryngol 2015; 5(2): 37-40**

This editorial calls for more interest in deafblindness in general and for more international cooperation and innovative studies to overcome existing barriers: Cooperation on data collection to form big enough sample sizes; development of reliable and valid tests and assessment tools; development of new research methods and approaches.

**Guthrie, D et al. (2009) [Characteristics of Individuals with Congenital and Acquired Deaf-Blindness](#) Journal of Visual Impairment and Blindness. 103. 93-102**

Comparison of adults with congenital deaf-blindness and those with acquired deafblindness, finding that those with congenital deaf-blindness were more likely to have impairments in cognition, activities of daily living, and social interactions and were less likely to use speech for communication.

**Hersh, M (2013) [Deafblind People, Communication, Independence, and Isolation](#) The Journal of Deaf Studies and Deaf Education, Volume 18, Issue 4, October 2013, Pages 446–463**

This paper discusses issues related to communication, independence, and isolation for deaf people who also have visual impairments.

**Hodges, L et al. (2019) [A Rapid Evidence Assessment of the effectiveness of educational interventions to support children and young people with multi-sensory impairment](#) Cardiff: Welsh Government, GSR report number 51/2019**

A rapid evidence assessment into the extent to which interventions to support learners affected by multi-sensory impairment are effective and to facilitate the planning and delivery of early, timely and effective interventions to support children and young people with multi-sensory impairment.

**Jaiswal, A et al. (2018) [Participation experiences of people with deafblindness or dual sensory loss: A scoping review of global deafblind literature](#) PLoS ONE 13(9): e0203772**

This review identifies and summarises available research literature on participation experiences of people with deafblindness or dual sensory loss.

**Nicholas, J (2020) [Cognitive Assessment of Children Who Are Deafblind: Perspectives and Suggestions for Assessments](#) Front. Psychol., 25 September 2020**

This article gives a brief description and perspective on different evaluation approaches as a basis for reliable cognitive assessments and offer suggestions on how to improve the quality of a cognitive assessment in clinical practice.

**Nelson, C (2019) [Children Who Are Deaf/Hard of Hearing with Disabilities: Paths to Language and Literacy](#) Educ. Sci. 2019, 9, 134**

This article gives an overview of Deaf with Disabilities with a focus on learning disabilities, intellectual disabilities, autism spectrum disorder, and deafblindness. Particular attention is given to communication, language, and literacy development.

**Nordic Welfare Centre [Nordic Network on Cognition in Relation to Congenital Deafblindness](#)**

Network aiming to increase professional competence in order to understand cognitive development, identify cognition, and recognise the relationship to learning and functioning in everyday life in people with congenital deafblindness.

**Nordic Welfare Centre (2020) [Tactile Working Memory Scale – A Professional Manual](#)**

This manual gives professionals tools to identify and assess tactile working memory in persons with deafblindness.

**Scottish Government (2014) [See Hear](#)**

A strategic framework for meeting the needs of people with a sensory impairment in Scotland.

**Simcock, P (2017) [Ageing with a unique impairment: A systematically conducted review of older deafblind people's experiences](#) Ageing and Society, 37(8), 1703-1742 (paywall)**

This paper synthesises existing knowledge to determine what is known about the experiences of those ageing with deafblindness.

**Smith, J (2018) [How Practitioners' Understanding of Dialogical Theory Can Enhance Co-Construction of Meaning and Support the Choice and Control of People Who Have Complex Communication Support Needs](#) JDBSC, 2018, Volume 4 pp. 24-38**

This article explores legislation and policy around person centred planning, to pinpoint current concerns associated with consulting with people who have complex communication support needs, and to explore how thinking about consultation against the backdrop of dialogical theory may support practitioners in the field.