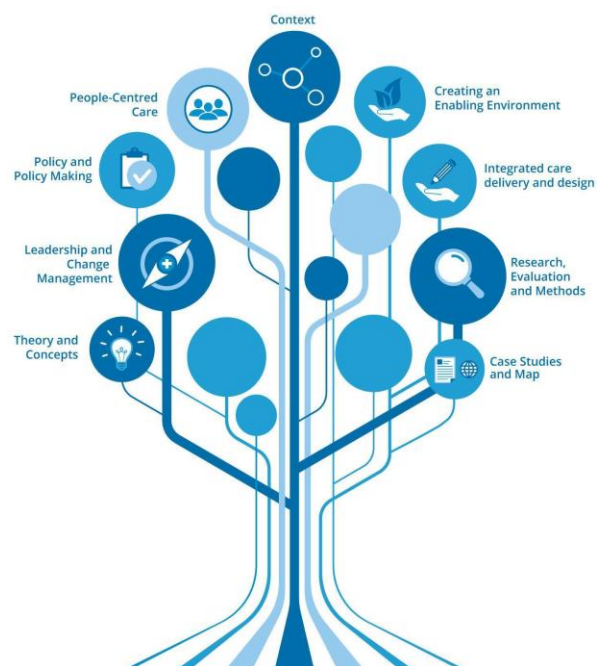


Integrated Care Matters

Self Management and Co-production: Celebrating Innovations

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

Developed in partnership



Self-management

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.

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 (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 (2020) [Self-management support? Listening to people with complex co-morbidities](#) Chronic Illness. 2020;16(3):161-172

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 (2018) [Characteristics of self-management among patients with complex health needs: a thematic analysis review](#) BMJ open vol. 9,5 e028344. 24 May. 2019

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 (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

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.

The Health Foundation (2018) [Helping older people live well: the story of a self-management support intervention delivered in primary care](#)

Saltaire Medical Practice primary care feasibility project on self-management support intervention for older people living with frailty.

Institute for Voluntary Action Research (2018) [Patients and Communities Driving Progress in Self-Care](#)

This briefing shows how the statutory sector and voluntary, community and social enterprise organisations can work together to improve people's health.

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

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

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

Poster abstract.

NHS England (2020) [Supported self-management: Summary Guide](#)

This summary guide is aimed at people and organisations leading local implementation of supported self-management.

Sadler, E (2014) [Lay and health care professional understandings of self-management: a systematic review and narrative synthesis](#) SAGE open medicine, 2, p.2050312114544493

This article found that health care professionals and lay people have different understandings of self-management, which helps to explain how self-management is practised and may help to account for limited evidence of effectiveness of self-management interventions.

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.

Co-production

Batalden, P (2018) [Getting more health from healthcare: quality improvement must acknowledge patient co-production](#) BMJ 2018;362:k3617

Modelling healthcare as either a product or a service neglects essential aspect of co-production between doctors and patients. Paul Batalden shares his learning from 10 years of studying change.

Beresford, P (2019) [Public Participation in Health and Social Care: Exploring the Co-production of Knowledge](#) Front. Sociol. 3:41

This paper puts public and user involvement in health and social care into broader historical, theoretical and philosophical context; explores competing approaches to it and to chart positive progress in advancing more inclusive and diverse involvement, knowledge and co-production through exploring both emerging barriers and helpful case studies challenging them.

Coutts, P (2019) [The many shades of co-produced evidence](#) Dunfermline: The Carnegie UK Trust

This paper looks at the challenges and opportunities around coproducing evidence appropriate to participatory social policy and practice, and increasing people's control within communities and services.

Holland-Hart, DM (2018) [Coproductio](#)
[n and health: Public and clinicians' perceptions of the barriers and facilitators](#) Health Expect. 2019 Feb; 22(1): 93–101

An all-Wales study, involving six Health Boards, an NHS trust and community and patient groups, looking at how coproduction is viewed by clinicians and the public and identify perceived barriers and facilitators to its implementation.

Integration and Better Care Fund (2019) [How to work together to achieve better joined-up care](#)

This guide focuses on supporting people to co-produce and codeliver joined-up services across health, social care and other public services. It looks at how the use of the skills, knowledge and resources of individuals, communities and the workforce can support more integrated care.

Institute for Voluntary Action Research (2018) [Patients and communities driving progress in self care: a briefing](#)

Outlines the achievements of the Building Health Partnerships Self Care programme, which worked to build relationships between statutory services, local people and VCSEs in order to strengthen community-centred approaches to health. The programme operated in seven geographical areas and across eight STP areas in 2017-2018, with activities mainly focused on co-design, social prescribing and community-centred approaches to support health and wellbeing.

McMillan, G (2019) [Participation: its impact on services and the people who use them](#) Iriss Insight 45

This summary identifies evidence on what participation means and how it encourages practice to encompass consultation, engagement, co-design and co-production. It also looks at evidence of impact and draws out implications for practice. Co-production methods such as peer support, volunteering and co-delivery of services were generally beneficial, particularly for more efficient use of services and cost savings.

Wilton, C (2021) [Coproductio](#)
[n and partnership with people and communities](#) BMJ Leader 2021;5:79-82

This paper describes the concept of coproduction, its origins, benefits and how it works at an individual and community level. It argues that partnership with people and communities needs to be an embedded approach for leaders at all levels within healthcare.

Additional resources

Hospice Isle Of Mann [Scholl Academic Centre](#)

The Scholl Academic Centre has three main areas of focus:
Education, Innovation and Research.

mPower (2022) [mPower Project 2017-2022: Impact](#)

mPower worked with communities to enable people to take the steps needed to live well, safely and independently in their homes by selfmanaging their own health and care in the community.

North East Sensory Services [Connect Include & Support](#)

Social support and activity groups for older people living with a sensory loss, to help reduce social isolation.