

Self-Management

From rhetoric to reality

Renata Drinkwater
Chief Executive
self management uk

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- Formerly the Expert Patients Programme Community Interest Company, now a registered Charity
- Over 12 years' experience working within/for the NHS
- At the forefront of self-management education and training
- Facilitated delivery of programmes to **100,000+** patients with long-term conditions
- Also programmes for clinicians/healthcare professionals

Benefits of Programmes to Patients

- Some **70%-80%** of care can be undertaken by patients **themselves**
- Improved physical symptoms and clinical outcomes
- Reduced stress/improved quality of life
- Increased self-confidence/self-esteem

The Benefits to Patricia

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Helping patients to help themselves

25%

Say 'Being able to connect with others living with my condition'

43%

Say 'Having a GP that understands the difficulties of living with a long-term condition'

38%

Say 'Healthcare professionals treating me as an equal with a say in my treatment'

62%

Say 'Getting the right advice to support me in managing my condition'

Benefits of Programmes to Commissioners

- New **self management uk** tool developed for Commissioners to demonstrate benefits
- Based on model originally co-developed with the Department of Health, now significantly enhanced
- Shows financial benefits of delivering our programmes patients (e.g. Self Management for Life/Expert Patients Programme)
- Uses Department of Health/Office for National Statistics figures and evidence from other key studies
- Calculates impact for **any** Clinical Commissioning Group

Case Study CCG - Typical system usage and medication spend

Statistics for CCG	Value
People with a Long-Term Condition	61,539
People Newly Diagnosed (Per year)	4,308
Total GP Visits	300,347
Total Nurse Visits	165,191
Total A&E visits	67,941
Total Emergency Admissions	17,015
Total Hospital Admissions	40,004
Total Outpatients Visits	203,576
Total Medication Spend	£27,968,172

Typical reduction in use of NHS resources post training

Self-management programmes savings %			
GP visits	2.3%	In-patient visits	50%
Nurse visits	13.8%	Out-patient visits	6.2%
A&E visits	12%	Medication saved	5.4%

Source: Extrapolated from Manchester University GP R&D Unit Report – Rogers et al 2006

Typical Savings

- Population with long-term conditions: 61,539
- If training delivered to just 240 patients per annum (15 x 7 week programmes)
- Potential gross saving due to reduced healthcare utilisation: **£210,000** per annum

Typical Return on Investment

Cost Benefit	Default Costs
Total Cost of Programme	£93,750
Total Practice and Commissioner Savings	£210,073
Total Saving over Contract Length	£116,323
Saving per Year	£116,323
Return on Investment: For every £1 spent:	£2.24 is saved

Yes, £2.24 saving per £1.00 spent

Potential savings across England

If **self management uk** programmes commissioned across England on same basis for approx 10% of population with LTCs (c1.57m people):

- **Gross potential savings of £1.38bn pa**
- **Net potential savings of £763m pa**

From rhetoric to reality

My challenge

- **Self management programmes deliver demonstrable benefits to patients and commissioners**
- **Our vision – self management training as a ‘must-have’ for people with long term conditions**
- **My challenge – it’s time to move from rhetoric to reality - take the business case for self management seriously and, more importantly, act upon it.**

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