Technological support for self-management

Professor Hilary Pinnock

Professor of Primary Care Respiratory Medicine, University of Edinburgh
General Practitioner, Whitstable, Kent
Digital technology to support self-management

What is supported self-management?

How might digital technology contribute?

So what is the future?
What is self-management?

“Self management is defined as the tasks that individuals must undertake to live with one or more chronic conditions.

These tasks include having the confidence to deal with:

medical management, role management & emotional management of their conditions”

US Institute of Medicine
What is supported self-management?

What is self-management support?

Self-management support is the assistance that professional and informal caregivers give patients with chronic disease in order to enable them to take decisions about their condition and to manage disease and health-related tasks.


Living with.....
What is self-management support?

- Information about the condition
- Information about resources
- Monitoring with feedback
- An action plan
- Regular clinical review
- Access to advice when needed
- Practical support for adherence
- Provision of equipment
- Rehearsal for communication
- Rehearsal of practical self-management skills
- Psychological strategies
- Social support
- Lifestyle advice/support

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Remote consultations

74% reviewed

48% reviewed

Pinnock H, et al. TONIC study BMJ 2003; 326: 477-479

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Flexible access to professional support

“It would be nice actually to be able to email somebody .. To remind me of the procedure of coming off a high steroid”
[50 – 59 year old man with asthma and COPD]

“I know if I have any worries, I just have to ring”. Extract from illness diary: 50 – 59 year old woman with asthma]

“..it’s nice to know that there’s somebody there if I need them, but I don’t need them until I shout, you know?” [60 – 69 year old man with COPD]

Kielmann T et al. From support to boundary. Pat Ed Counsel 2010; 79: 55-61
How might digital technology contribute?

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450 l/min  Can do usual activities

10 l/min  Very short of breath
How might digital technology contribute?

103 asthma apps in English...
... but none fit for purpose

Huckvale K, et al. *BMC Medicine* 2012, 10:144
How might digital technology contribute?

191 asthma apps in English...
... no more likely to include action plans, or offer guidance consistent with evidence

How might digital technology contribute?

Clinical outcome: Asthma Control

- Positive clinical effect
- No evidence of clinical effects
- Negative clinical effects

Intervention duration (month)

Total number of studies: 11

Features:
- Information Diary; PAAP
- Reminders
- Remote reviews
- CDSS

How might digital technology contribute?

Telehealthcare is a means of delivering care, not a panacea.

Telehealth in COPD

A contact every 2 weeks
How might digital technology contribute?

Telehealthcare is a means of delivering care, not a panacea.

Telehealth in other LTCs

- Reduced mean BP
- Reduced blood sugar
- Integrated! NO passwords!!
So what is the future?

Innovative devices

Silent watching...

Self-management – not just self-monitoring

Integrating data within existing healthcare systems

Medical device legislation

Developing potential for remote consultations

Facilitate (organisational) implementation of supported self-management

If you use an asthma action plan you are four times less likely to have an asthma attack than if you don’t.

Asthma UK has a range of resources to help with your asthma and a team of specialist asthma nurses if you need further advice.

Asthma UK Helpline 0800 121 62 44
info@asthma.org.uk Or visit our website www.asthma.org.uk

© 2014 Asthma UK registered charity number in England and Wales 802364 and in Scotland SCO39322

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If you have any concerns about managing your asthma, you can call an asthma nurse specialist on Asthma UK’s Helpline 0800 121 62 44

Contact number for GP/specialist asthma nurse:
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