# Supported Self Management in Cancer

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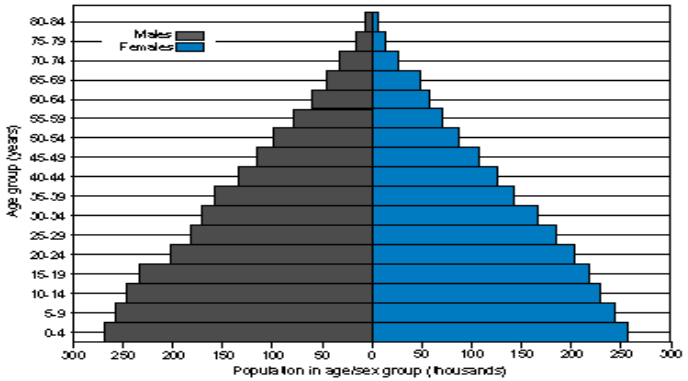
# Overview of presentation

- Background
- Supported self Management in cancer – collaborative approach
- Emerging picture
- Supported self management Model

# Building a Health Service Fit for the Future (2005)

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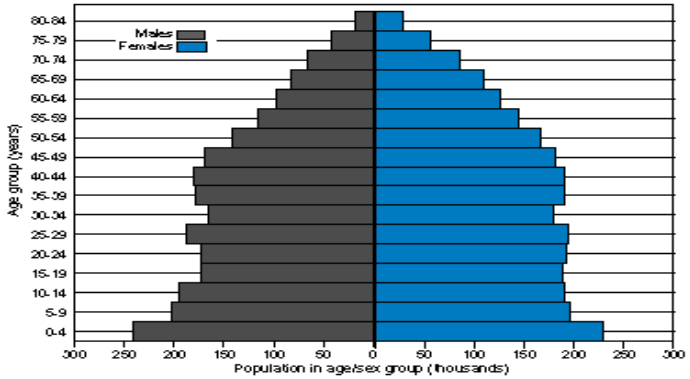


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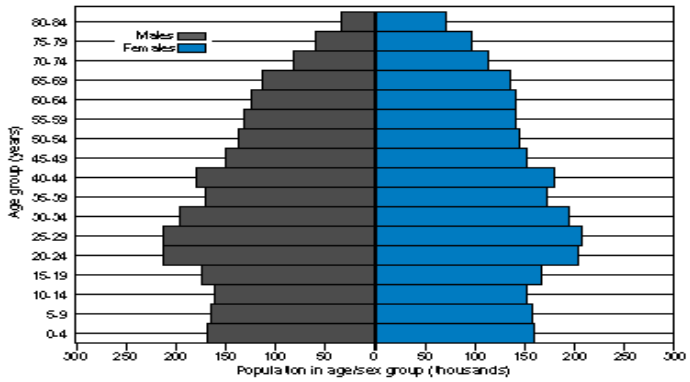


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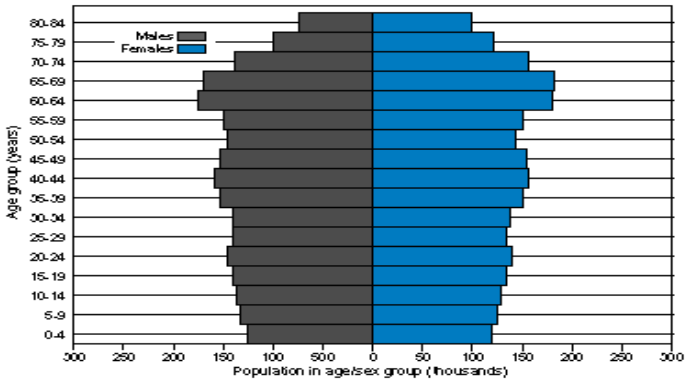



Projection to 2031

# Work to-date

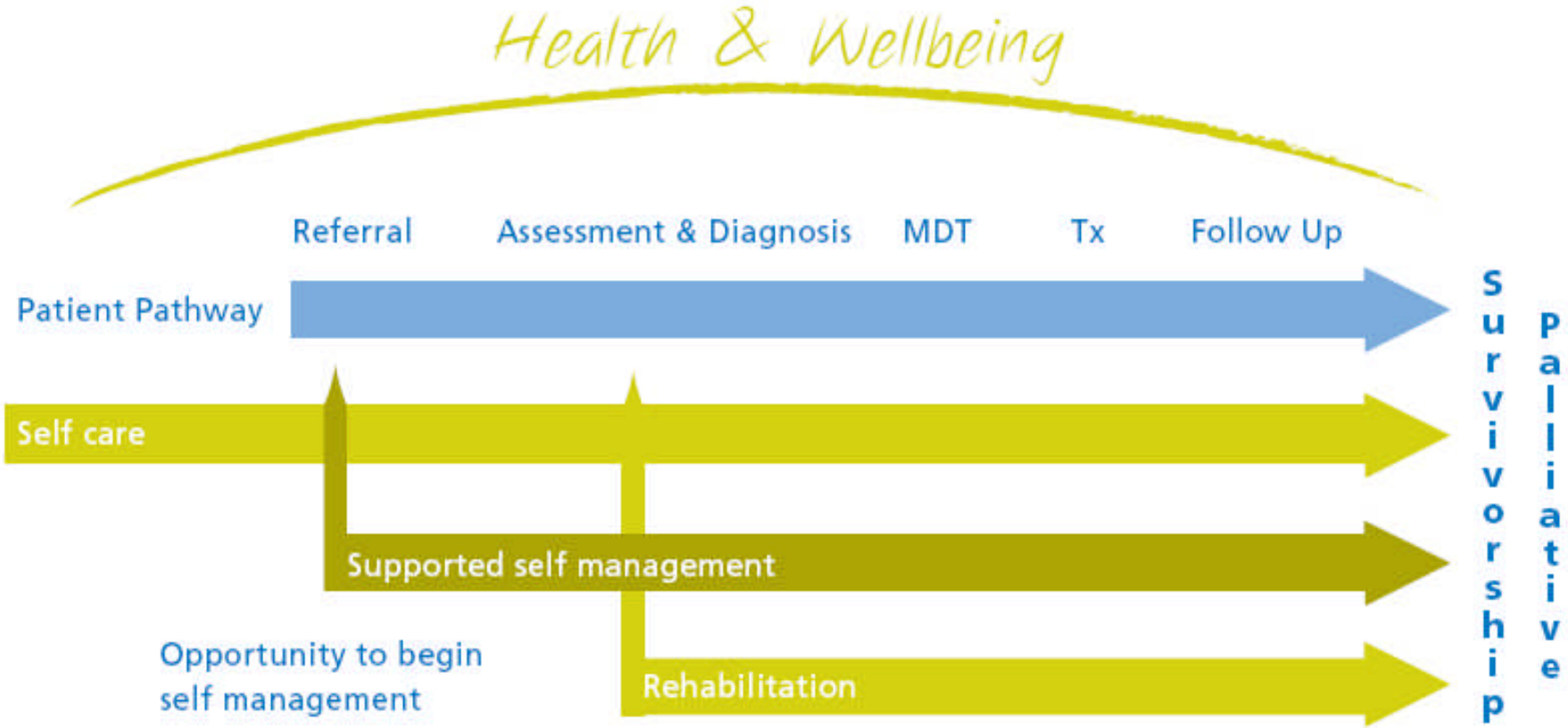
- Cancer Open Forum – May 2006
- 3 National Forums held with patients, carers and health professionals Nov 2006-Feb 2007
- Developing patient focussed model of supported self management

# Forum aims

- Explore and clarify the concepts of self care and self management
- Identify what self care means in cancer
- Consider core components
- Consider necessary actions
- Share ideas with people interested in supported self care management

# supported self care

Gillian Knowles and Claire Tester / Cancer Strategies Branch, Health Department, Scottish Executive




Delivering for Health (SEHD 2005)

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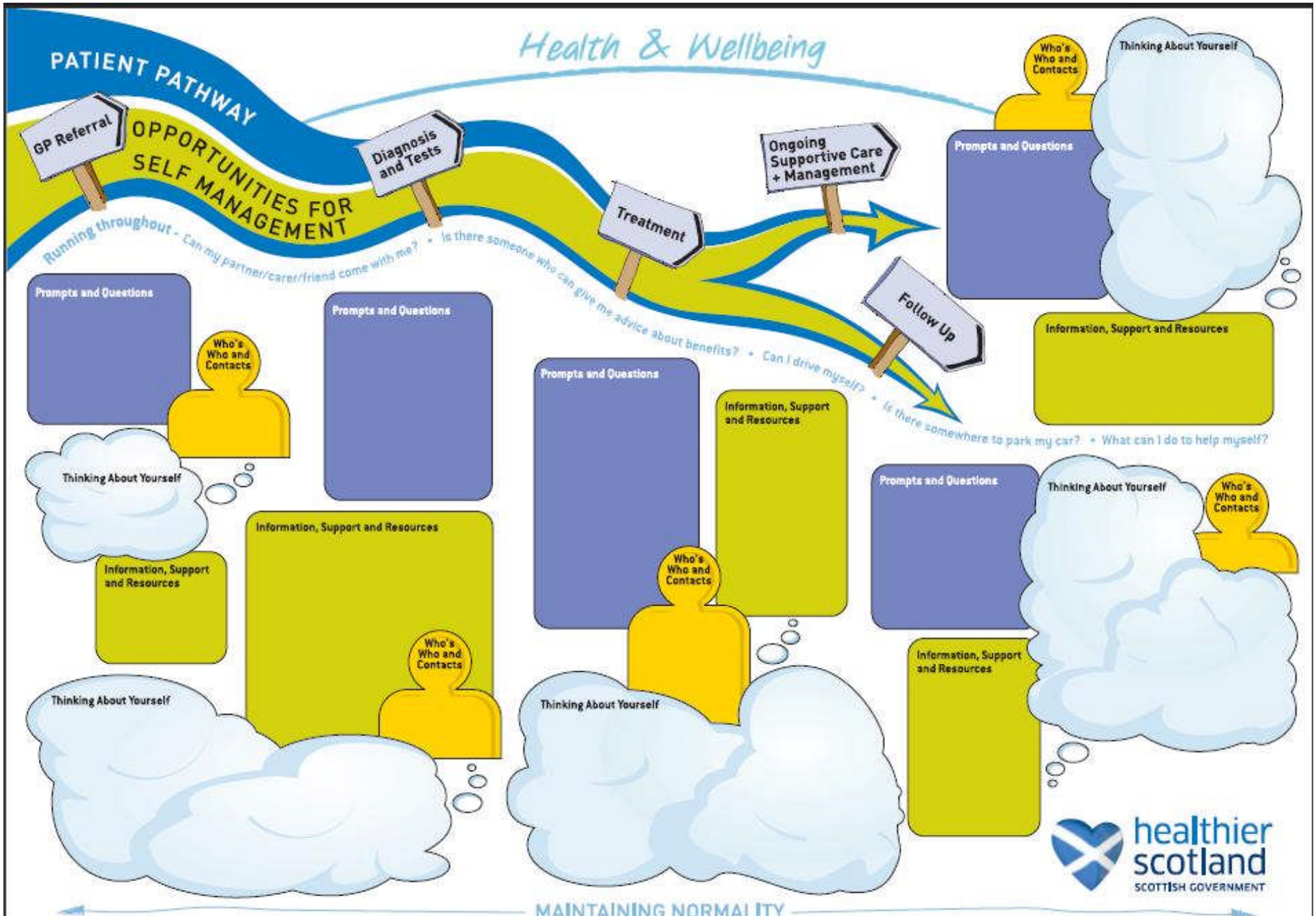
SCOTTISH EXECUTIVE

# What does supported self management mean to patients and HCPs? – summary findings

- People want to be proactive throughout their cancer experience in collaboration with HCPs
- Self care – needs to run across the board and not become a ‘bolt on’
- Cultural shift change
- Working in partnership
- Education and training
- Clear/honest communication/information
- Navigating the system
- Coping/confidence/encouragement

# Key themes identified

- Who's who and contacts – knowing where to go, and who and what will be there. Being able to navigate.
- Prompts and questions – what to ask and about what. 'Difficult to ask about what you don't know'.
- Information and resources appropriate to different stages along pathway and relevant to local services.
- What can I do to help myself? Lifestyle- diet/exercise; managing family/work and finance; emotional, psychological and physical well being.


PATIENT PATHWAY
Health & Wellbeing
OPPORTUNITIES FOR SELF MANAGEMENT
GP Referral
Diagnosis and Tests
Treatment
Ongoing Supportive Care + Management
Follow Up
Running throughout - Can my partner/carer/friend come with me? • Is there someone who can give me advice about benefits? • Can I drive myself? • Is there somewhere to park my car? • What can I do to help myself?
Prompts and Questions
Who's Who and Contacts
Thinking About Yourself
Information, Support and Resources
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SCOTTISH GOVERNMENT
MAINTAINING NORMALITY

# Next Steps

- Model in Better Cancer Care [SEHD 2008]
  - Living with Cancer
- Long Term Conditions Alliance Scotland [LTCAS] Strategy for Self Management – “Gaun Yersel!” [SEHD 2008]
- Long Term Conditions Collaborative- resources

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