Patients

An integrated approach to self-management

self management uk delivers generic and disease-specific programmes for patients with long-term conditions, such as diabetes, arthritis, chronic obstructive pulmonary disease (COPD) and heart disease.

Programmes are delivered by fully-trained peer tutors who live with a long-term condition or care for someone with a long-term condition and have previously attended a self management uk course.

self management uk programmes use cognitive-behavioural and psychosocial approaches, empowering patients to manage their conditions.

Patients who attend self management uk programmes report an improved sense of well-being and better understanding of their condition. With greater ownership, patients require less support from healthcare professionals, attend accident and emergency (A&E) less frequently, and report more effective adherence to drug regimes, in turn lowering medication costs for prescribers.

We work in partnership with commissioners and healthcare professionals to identify patients who will benefit most from self-management support and to suggest which services will deliver the best outcomes.
Self Management for Life Patients

For

This programme is aimed at individuals of all ages, with single or multiple long-term physical and/or mental health conditions, such as diabetes, COPD, asthma, depression, chronic pain, arthritis, among others.

Course Type

6 week course • 3 hours per week • Up to 16 participants

Benefits to patients

- Adoption of positive self-care behaviours
- Better quality of life
- Reduced stress
- Understanding adoption of self-management tools & techniques
- Peer support

Benefits to commissioners

When patients attend this programme, they take a more active role in managing their health which results in fewer consultations with healthcare professionals, visit A&E less frequently and use less medication. This results in more efficient and effective use of healthcare resources.

Programme Content (6-Week Course)

Session 1
What is self-management?
Balancing life with a long-term condition
Goal-setting
Planning for action

Session 2
What we believe about our long-term condition
Pursed-lip breathing
Dealing with exercise
Being thankful
Planning for action

Session 3
Handling challenging or unhelpful emotions
Breathing
Becoming and staying active for everyone
Muscle relaxation
Planning for action

Session 4
Eating well for our health
Introduction to mindfulness
Communicating with family and friends
Problem-solving
Planning for action

Session 5
Recognising and managing fatigue
Being positive, pacing
Managing our medication
Planning for action

Session 6
Setting the agenda with the healthcare team
Making choices, deals and decisions
Recognising and managing set backs
Becoming a resourceful self-manager
Sharing our successes and setting longer-term goals

For all your self-management needs, call us on 03333 445 840, email us at hello@selfmanagementuk.org or visit us at www.selfmanagementuk.org