

MODULE SPECIFICATION

KEY FACTS

Module name	Facilitating Self-management
Module code	APM015
School	School of Health Sciences
Department or equivalent	Division of Nursing
UK credits	15
ECTS	7.5
Level	7

MODULE SUMMARY

Module outline and aims

This module is aimed at health, social work and social care professionals seeking to explore the capacity for self-management in people living with long term conditions and support people to have more control of their conditions and their lives.

You will determine the effectiveness and cost effectiveness of various models, initiatives and technologies to enhance the management of self-care, independence and quality of life in people with long term conditions.

You will examine service-user, carer, and professional factors that are associated with effectively facilitating self-care management & consider the organisational factors that facilitate or impede their adoption.

Content outline

- Critiquing the evidence on self-management and self-management programmes
- Awareness of the impact of local and national drivers for self-care management in long term conditions & consideration of the complexity of economic, political, health and social care agendas.
- Assessing the self-care needs of those with long term conditions across the lifespan & evaluation of various decision support tools to inform good professional practice and patient autonomy, including:
 - Ethical issues around self-management
 - Mitigation of risk
 - Creation of incentives for change
 - Acquisition of new skills & practical strategies for coping with long term conditions
- Empowerment to manage self-care of long term conditions & comprehensive evaluation of emerging technologies and strategies for self-management, including:

- User and carer engagement
 - Patient experience & expert patient programmes
 - Individual budget management
 - Assistive technologies
 - Tele-health & use of IT
- Evaluation of self-management programmes
 - User, family and relationship centred approaches to care

WHAT WILL I BE EXPECTED TO ACHIEVE?

On successful completion of this module, you will be expected to be able to:

Knowledge and understanding:

- Demonstrate in-depth knowledge and understanding of current perspectives, theoretical concepts & ethical aspects of self-management for people with long term conditions.
- Explore and critically analyse the provision of interventions to address self-management in long-term conditions & consider existing models and interventions focused on promoting optimal function, independence and quality of life.
- Critically appraise the strengths and weaknesses of self-management programmes available to the public
- Challenge traditional modes of care delivery and evaluate existing models of self-care management, determine novel and creative ways of working within multi-professional and interdisciplinary contexts.
- Critically discuss when to appropriately refer service users to programmes for self-management
- Show a critical understanding of the nature of health and social care provision and further develop your role as an advocate of self-care management

Skills:

- Empower colleagues and clients, through dialogue, sharing expertise, facilitating, mentoring and modelling self-care management.
- Critically appraise and integrate different perspectives and theories within each module and across modules
- Lead innovative practices and professional developments in self-management for long term conditions
- Refer the public to robust programmes of self-management that have been evaluated appropriately and found to be good
- Demonstrate written and verbal communication skills appropriate to Masters level.
- Advance health and social care for people with long term conditions by contributing to the debate on the nature of appropriate self-management and

the boundaries and limitations of health and social care practice.

- Demonstrate written and verbal communication skills appropriate to Masters level.
- Manage your own levels of stress in a way that promotes your welfare and the quality of your work.

Values and attitudes:

- Challenge ageism, along with other inequalities
- Provide sensitive and ethical advice for colleagues, users and their carers that is value free and non-discriminatory
- Show an insight into and respect for the experience of service users (including those with dementia), carers and colleagues and also participants in research
- Demonstrate an appreciation of the subjective nature of both quality of life and quality of care and tolerate differences in opinion between lay and professional perspectives
- Recognise the importance of enhanced voice, choice and control for children and older people (including those with dementia)
- Demonstrate an understanding of the importance of complying with ethics requirements both in practice and for conduct of research with human participants
- Promote positive attitudes to self-management
- Foster enhanced partnership working between lay and professional/health and social care/public and private providers, through valuing and respecting the contributions of others around issues of self-management

HOW WILL I LEARN?

A variety of learning and teaching methods will be used including: lectures, group work, seminars, technology supported learning, self-reflection, academic reading and peer review.

We will encourage you to contribute to the module through actively participating within the class setting. You will be asked to relate to, and draw upon, your professional practice and share these with others

Teaching pattern:

Teaching component	Teaching type	Contact hours (scheduled)	Self-directed study hours (independent)	Placement hours	Total student learning hours
Seminar	Seminar	22	128	0	150
Totals:		22	128	0	150

WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?

Assessment

Oral presentation. You will:

- Critique how you have enabled self-management with a client, identifying what helped and hindered the process

Written assignment. You will:

- Identify which model of good practice in self-care management would most suit your client, giving supportive evidence from the research literature
- Discuss the strengths and weaknesses for the particular self-management approach, including any ethical issues and/or risks
- Identify what new skills & practical strategies might be needed to put this model into practice
- Reflect on the possible the implications for user and involvement, budget management, telehealth, telecare and telemedicine and/or technology based assistive devices in health and social care
- Highlight what incentives might be needed for change
- Demonstrate an awareness of the impact of local and national drivers for self-care management in long term conditions & consideration of the complexity of economic, political, health and social care agendas.
- Reflect on how you might change your own practice as a result of the learning from this assignment.

Assessment pattern:

Assessment component	Assessment type	Weighting	Minimum qualifying mark	Pass/Fail?
Summative	Oral assessment and presentation	50%	50%	N/A
Summative	1,500 word written assignment (essay)	50%	50%	N/A

Assessment criteria

Information on the above module assessment criteria and grade-related criteria can be found on the module space in Moodle.

Feedback on assessment

Following an assessment, you will be given your marks and feedback in line with the assessment regulations and policy. More information on the timing and type of feedback provided for the assessment will be available from the module leader.

Assessment Regulations

The Pass mark for the module is 50%. Any minimum qualifying marks for specific assessments are listed in the table above. The weighting of the different components can also be found above. The Programme Specification contains information on what happens if you fail an assessment component or the module.

INDICATIVE READING LIST

Abell, Jessica, et al. (2010) Case management for long-term conditions: the role of networks in health and social care services. *Journal of Integrated Care*; 18 (1): 45-52

Barlow, J., Wright, C., Sheasby, J., Turner, A. & Hainsworth, J. 2002, "Self-management approaches for people with chronic conditions: a review", *Patient education and counseling*, vol. 48, no. 2, pp. 177-187.

Berzins, K., Reilly, S., Abell, J., Hughes, J. & Challis, D. 2009, "UK self-care support initiatives for older patients with long-term conditions: a review", *Chronic Illness*, vol. 5, no. 1, pp. 56-72.

Bower, Peter, et al. (2011) A comprehensive evaluation of the impact of telemonitoring in patients with long-term conditions and social care needs: protocol for the whole systems demonstrator cluster randomised trial. *BMC Health Services Research*; 11 (184)

Carrier, J. (2009) *Managing Long Term Conditions and Chronic Illness in Primary Care: a guide to good practice*. Abingdon: Routledge.

Challis, David, et al. (2010) *Self-care and case management in long-term conditions: the effective management of critical interfaces*. Social Services Research Unit, SDO Project (08/1715/201)

<http://www.pssru.ac.uk/pdf/MCpdfs/SCCMfr.pdf>

Corbin, S. & Rosen, R., (2005) *Self-Management for Long-Term Conditions; patients' perspectives of the way ahead*. London. King's Fund.

Davies, NJ. (2010) Improving self-management for patients with long-term conditions. *Nursing Standard*; 24 (25): 49-56

Deloitte Centre for Health Solutions (2012) *Primary care: today and tomorrow - improving general practice by working differently*. London: Deloitte.

<http://www.deloitte.com/assets/DcomUnitedKingdom/Local%20Assets/Documents/Research/Centre%20for%20health%20solutions/uk-chs-primarycare.pdf>

Du, S. & Yuan, C. 2010, "Evaluation of patient self-management outcomes in health care: a systematic review", *International nursing review*, vol. 57, no. 2, pp. 159-167.

Expert Patients Programme (2010) *Self-care reduces costs and improves health: the evidence*. London: Expert Patients Programme.

<http://www.expertpatients.co.uk/sites/default/files/publications/self-care-reduces-cost->

[and-improves-health-evidence.pdf](#)

Falvo, D., (2005). *Medical and Psychosocial aspects of chronic illness and disability*. 3rd Ed. Boston: Jones Bartlett Publishers.

Featherstone, H & Whitham, L (2010) *Incentivising wellness: improving the treatment of long-term conditions*. London: Policy Exchange
<http://www.policyexchange.org.uk/images/publications/incentivising%20wellness%20-%20nov%2010.pdf>

Foster, G., Taylor, S.J., Eldridge, S.E., Ramsay, J. & Griffiths, C.J. 2007, "Self-management education programmes by lay leaders for people with chronic conditions", *Cochrane database of systematic reviews (Online)*, , no. 4, pp. CD005108.

Garside, P (2010) *Healthcare at Home - Lessons from the US: using technology and homecare to improve chronic disease management*. [Burton on Trent]: Healthcare at Home
<http://www.hah.co.uk/sites/default/files/upload/files/HaH%20lessons%20from%20the%20US.pdf>

Griffiths C, Foster G, Ramsey J, Eldridge S, Taylor S (2007). 'How effective are expert patient (lay led) education programmes for chronic disease?' *British Medical Journal* 334: 1254–56.

Gornall, Jonathan (2012) Does telemedicine deserve the green light? *BMJ*; 345 (7865): 20-23

Hale, Janine, et al. (2012) Making the economic case for prevention: a view from Wales. *BMC Public Health*; 12 (460)

Kyne, D (2012) From healthcare to self care. *Health Service Journal*; 122 (6303): 32-33

Lloyd, CE. & Heller, (2011) *Long-term conditions: challenges in health and social care*. London: SAGE

Luijks, Hilde, et al. (2012) GPs' considerations in multimorbidity management: a qualitative study. *British Journal of General Practice*; 62 (600): 362-365

Mooney, Helen (2012) The long answer. *Health Service Journal* 2012; 122 (6311): 1 (28 June Suppl.)

Nicol, J (2011) *Nursing Adults with Long Term Conditions* Exeter: Learning Matters LTD

Lubkin, I. M. & Larsen, P. D., (2009). *Chronic Illness: impact and interventions*. 7th Ed. Boston: Jones and Bartlett Publishers.

Nolte, E. & McKee, M. (Eds) (2008) *Caring for People with Chronic Conditions: a health system perspective*. Maidenhead: McGraw Hill Oxford University Press.

Presho, M. (2008). *Managing Long Term Conditions: a social model for community practice*. Chichester. John Wiley and Sons Ltd.

Protheroe, J., Rogers, A., Kennedy, A.P., Macdonald, W. & Lee, V. 2008, "Promoting patient engagement with self-management support information: a qualitative meta-synthesis of processes influencing uptake", *Implementation Science*, vol. 3, no. 1, pp. 44.

Steventon, A et al. (2012) Effect of telehealth on use of secondary care and mortality: findings from the Whole System Demonstrator cluster randomised trial. *BMJ* 345 (7865): 16

The Health Foundation (2011). *Evidence: Helping people help themselves*
<http://www.health.org.uk/publications/evidence-helping-people-help-themselves/>

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Appendix: see

http://www.hesa.ac.uk/component/option,com_studrec/task,show_file/Itemid,233/mnl,12051/href,JACS3.html/ for the full list of JACS codes and descriptions

CODES

HESA Cost Centre	Description	Price Group
B	Subjects Allied to Medicine	

JACS Code	Description	Percentage (%)
B702	Clinical practice nursing*	100%

*Also relevant to other professional disciplines working in health and social care