



Manaaki Hauora-Supporting Wellness

SWITCH (Food Switch app and Self-management)



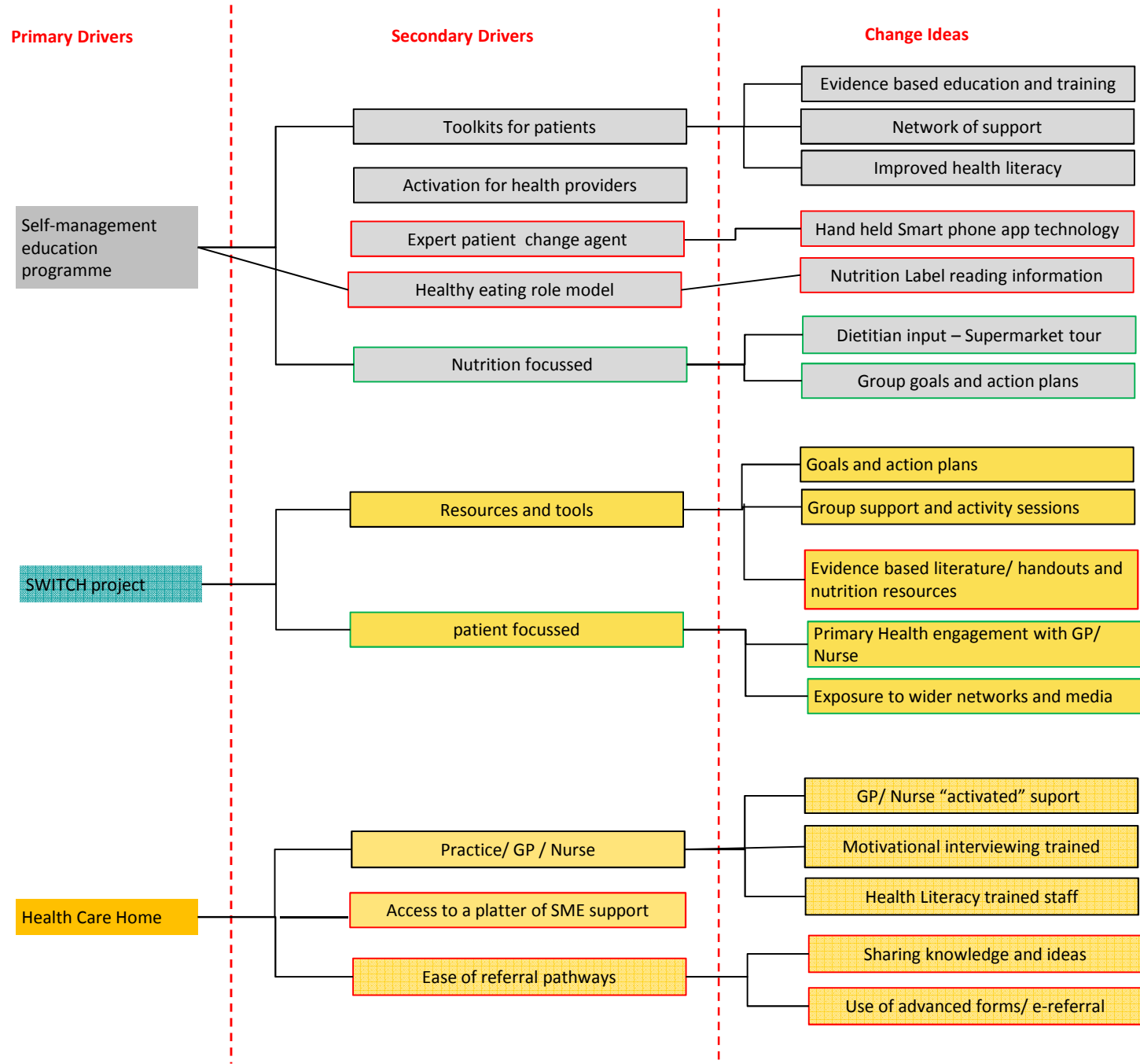
Aim

To build self-management capability between graduates from the 6-week self-management education programme facilitated by the PHO and the GP practice. Participants set goals and action plans and become familiar with healthy label reading during the course.

The use of the food switch app is incorporated in the programme. Graduates will use the label reading food switch app to continue setting goals and action plans with the practice team. This will both ensure sustainability of goals and action plans as well as activating the practice team to continue self-management support to course graduates.

Grow a patient empowerment model which is evidence based and sustainable

SWITCH aim to build self-management support through follow up and monitoring of course graduates at the practice. This will ensure sustainable long-term goals are achieved. It is intended to grow participant numbers from 2-3 up to 50 by Dec 2016



Change Package

| Secondary drivers (Theory of change) | Change concepts & change ideas tested | Evidence of Improvement |
|--|--|--|
| Food Switch app and self-management education programmes | Introduction of food switch app and label reading to practice teams to maintain SME support to patients | Seeking active patient engagement from practice team |
| Build additional support through the BRITE project to equip patients and practices with resources and tools | Case studies feedback and Group set up (team/group specific) Admin/manager appointed to SME group PMs & IAs promote membership Survey of members needs | Membership increased 3 groups set up SME group active post appointment of admin/manager Case studies found to be useful |
| Self management tools and resources (news letters, toolkits, etc.) | Resource packs for patients currently being developed and tested. Working collaboratively with the BRITE project to develop and introduce this resource to practices | Activated patients with additional skills, knowledge and resource able to maintain ongoing healthy lifestyle |

Potential for Spread

- Are there opportunities for this work to be continued/extended into other areas?
- If so? What are they?
- Do you have a plan for this?

The aim of the SWITCH project is to build self management capacity and capability for both health providers and patients into the clinic/ practice setting following completion of a 6-week course at the PHO.

This builds an ongoing relationship between the “activated” patient and practice team around label reading, goals and action plans. It will support the self care focus and direction as outlined in the Ministry of Health’s updated Health Services plan.

The project may link into the existing ARI (at risk individual) programme as goals and action plans are part of the e-shared care platform.

Achievements to Date

- *What has changed and what difference have the changes made?*
- Currently embryonic stage. The SME workshops are well established and have been evaluating well over 7 years. The missing link has been SME engagement within the practice/ clinic setting. The intent is to grow both practice “activation” and capability thorough shared goals and action plans as well as resources to deliver SME in the practice through the BRITE project.
- The BRITE project will build a network of SME capability and support across the PHO and ultimately Counties Manukau Health.

Most successful PDSA cycle

- What are your most successful PDSA's?
- Which PDSA's provided the most learning?
- Early PDSA to engage with key stakeholders as the project depends on practice level engagement to succeed and develop further.
- Using PDSA system change methodology is a relatively new concept and will become more familiar as the project develops further

Measures Summary

- An explanation of how your measures were used to understand and show improvement in the target process

DSME and WSME 6-week course evaluation

Dietitian education notes

Food Switch app

Label reading resources

Groups feedback

Tools and resources

Distribution

Feedback/recommendations

BRITE

Meetings with teams

Engagement level

Collaborative Team Members

- Earnest Pidakala – Improvement Advisor, Ko Awatea
- Jacqueline Schmidt-Busby – Project Manager, Ko Awatea
- Pat Flanagan – Project Lead, Health Navigator
- Loretta Hansen – CEO East Health Trust PHO
- Shirley Bernhard - SME Coordinator and Stanford SME Leader
- David Harrison – PHO Nurse Leader
- Anne Williamson – Coordinator for the Care of Older People