

Manaaki Hauora-Supporting Wellness

Learning Session 2

Wednesday 24 June 2015

SMILE

Self-management is life enhancing

Organisational “Buy in”

Vision: Normalise self-management support (SMS) in general practice

Aim:

Phase 1 Aim:
By December 2015, reliable and sustainable general practice models of self-management in will be documented and act as a business case for uptake

Phase 2 Aim:
By December 2016, a reliable and sustainable general practice model of self-management will be trialled 10 practices for people with long term conditions

Buy In

Benefits to stakeholders- What's important to them

Communication

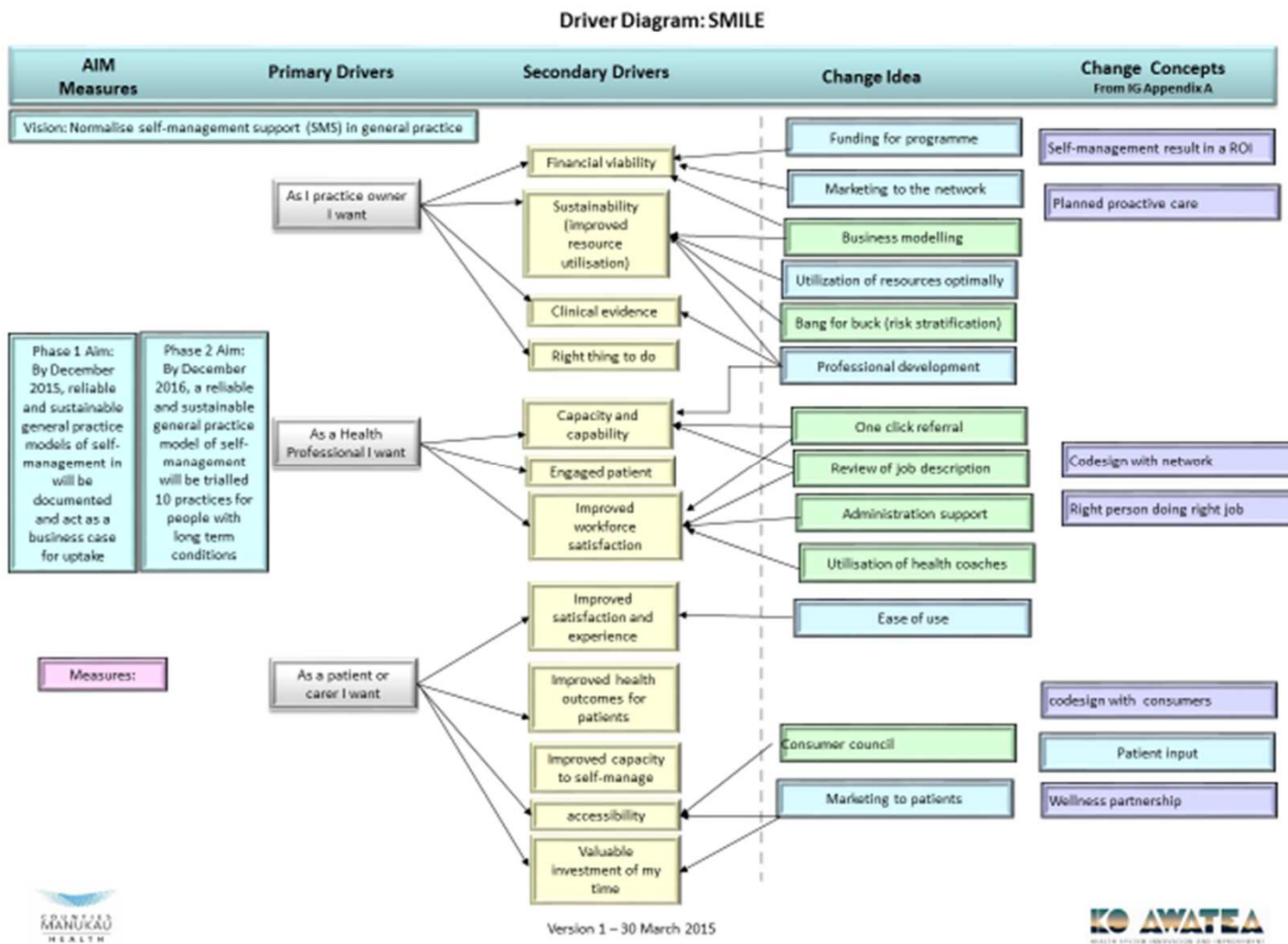
Link to other projects

Measures Summary

SMILE									
		May	June	July	August	September	October	November	December
Workstream 1	Group-self management	Plan engagement	Engage cohort (due 20th July)		complete process mapping	analysis	Tweaking		Document to upscale
				Review service utilisation changes as a result of group self-management in 1 cohort					
Workstream 2	Health coaches	Literature review	Engage cohort		analysis	tweaking			
			Document job roles	trial in 1 practice					
Workstream 3	Patient Centred Care planning		Literature review	Engage cohort		trial	analysis	Tweaking	Document to upscale
Workstream 4	6 session self-management intro		document objectives for session 1-6	Session 1 & 2 content developed	Session 3 content developed	Session 4 content developed	Session 5 content developed	Session 6 content developed	Finalise document to upscale
					Trial 1 & 2, tweak	Trial 1-3 Tweak	Trial 1-4, Tweak	Trial 1-5, Tweak	Trial all Tweak
Key									
Overdue									
Done									
To do now									

Accessibility, effectiveness and sustainability of group self-management facilitated in general practice at each step

Driver Diagram



Change Ideas - Themes

Funding for programme

Marketing to the network

Business modelling

Utilization of resources optimally

Bang for buck (risk stratification)

Professional development

One click referral

Review of job description

Utilisation of health coaches

Ease of use

Administration support

Consumer council

Marketing to patients

Self-management result in a ROI

Planned proactive care

Codesign with network

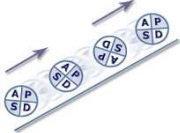

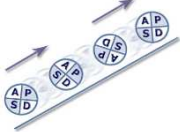
Right person doing right job

codesign with consumers

Patient input

Wellness partnership

What Changes have you tested?

	Change Idea	# PDSAs	Outcome
1	Use clearly outlined letter and meeting as a media to engage general practice	 1	
2	determine the role, skills and models of health coaches in primary care	 1	Several models which could be fully or in part adapted. Clear personality traits needed for the role, ide range of skilled individuals can be trained in the health coach role. Health coach definitions well defined. Next PDSA: compare health coaches with health care assistant roles. Offer summary of practice to determine palatability
3	Review service utilisation changes as a result of group self-management	 1	

Achievements to Date

- ✓ **Aim completed**
- ✓ **Working Group established and meeting regularly**
- ✓ **Project charter underway**
- ✓ **Practice engagement underway**
- ✓ **Staff for new service in place, ready to go for agreed start date**
- ✓ **Driver Diagram and Baseline Measures completed**
- ✓ **PDSAs started**

Collaborative Team Members



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Clinical lead



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