

Patient Self-Management Programme

Fact Sheet

The Patient Self-Management programme (PSM) has been developed by Worcestershire Health and Care NHS trust to support individuals with long term conditions in Worcestershire. The programme hopes to provide participants with the tools and techniques to work co-productively with professionals and others to play a more active role in managing their health condition(s).

Self-management is a vital component in health and wellbeing and encourages individuals to take more responsibility for their health and to develop the skills and knowledge to take control of their condition. The programme is about sharing and valuing the experience and knowledge of others in the group, volunteers and professionals, working co-productively to develop personal goals and action plans.

The programme consists initially of two half day sessions for participants covering the following key themes:

- **How to play an active role in self-management**
- **Goal setting**
- **Problem solving**
- **Healthy lifestyle**
- **What we mean by co-production**
- **Action planning**
- **Communication**
- **Mental / emotional wellbeing**

After this participants will be able to access an online resource where they will have access to additional information, factsheets, resources and signposting to groups and other websites. There will also be a private Facebook page where individuals can receive updates and discuss self-management. The online program will contain more detailed modular information on the above topics plus the following:

- **Having a healthy diet**
- **Mental wellbeing**
- **Relaxation**
- **Pain management**
- **Managing fatigue**
- **Breathing techniques**
- **Managing Day to Day**
- **Physical activity**
- **Understanding your health**
- **Smoking, drugs and alcohol**
- **Falls reduction**
- **Loneliness and isolation**
- **Negative emotions**

Participants will also have access to a monthly/bimonthly group session (times depending on demand). These will be based around the above modules as decided by participants based on their needs. Participants will sign up to the sessions they are interested in, the sessions where possible will include guest speakers and will be predominantly volunteer led.

If you are interested in referring someone for this programme and feel they would benefit from some advice around self-managing a long term condition then please complete the referral form and return to:

North:

**Patient Self-Management, Princess of Wales Community Hospital,
Stourbridge Road, Bromsgrove, B61 0BB**

South:

**Patient Self-Management, Isaac Maddox House,
Shrub Hill Road, Worcester, WR4 9RW**

Tel: **07715 634205**