

Personal Health Plans - choice, control and self care



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Personal Health Planning

- ...is way of empowering people with Long Term Conditions to be able to take greater ownership and responsibility for their care and to have more control over the management of their Long Term Condition.
- It can be described as a journey over time, involving contact with a number of professionals and non-professionals (e.g. advocates and carers).
- During this journey people develop a greater understanding of themselves, their needs and wishes and the range of services they can access to improve their long term conditions, their health and most importantly, their quality of life.



What, how and why??

- What are Php'S – from pro-forma to principles and a 'new' working definition
- *How* do we **offer** PhP's (and count this)
- *What* do we offer and how (workforce and the 'types of planning' in the new metrics)
- Why? (self care and OUTCOMES)
- And implementation....processes and performance



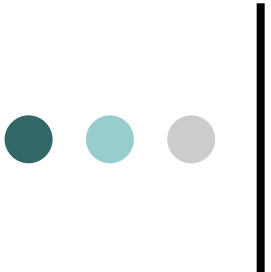
The pro-forma to principles

- Currently developing a set of principles
- Broader definition based upon principles
- Looking at types of planning that already meet that definition
- None of which is new....and will enable CHOICE and co-production (the what and with whom)



Principles

- Person-centred
- Owned by the person
- Co-produced with the clinician or health person of choice
- Include goal setting and outcomes
- Planned, proactive, with crisis contingency planning
- Promotes **choice and control** – holistic approach



Domains – what should a plan include?

- About Me
- My Preferences
- Important Information
- How I Am Now
- My Health Action Plan
- My Personal Support Directory and information relevant to my needs
- My Medicines
- My Recent Test Results
- What to do when things get worse
- Advance Planning: Questions to ask my Health Professional at my next appointment
- Additional information



Types of Planning...so far!

- Regional, local, user group specific, diagnostic specific, behaviour specific...
- Care planning, Health action plans – LD, BERTIE; XPERT, Cardiac services (cardiac rehab, heart failure and angina rehab, + use of Heart Manual + BHF Heart Failure Plan) , Pulmonary rehab, Behavioural change planning (Health Trainers), Expert patient program, Diabetes handbook, Smoking cessation , Shape up/ My Weight Matters/MEND (weight management), Documents issued through stroke services (through rehab services) and group education for stroke survivors, End of life documentation (PPC), Pain management courses, Essex Coalition of Disabled People course "How to manage your condition and not let it manage you“, "This is me" dementia material, outcome star....and so on

Regional pro - forma

Screen 1 of 22

NHS
East of England
Strategic leadership for your local NHS

My Health Plan

This is *your* plan to help you record information which is important and useful to you in managing your long term condition(s). Your plan can be completed in stages, over a period of time.

You can complete all sections or just the parts you feel are relevant to you, your condition and your needs.

Screen 2 of 22

You may wish to start filling this in on your own or you may want assistance from others such as your carer or your key worker (where appropriate).

A Key Worker is someone who can help navigate you through the healthcare system and be your primary contact.

A number of people can fill the role of a Key Worker, including health professionals such as Community Matrons, Case Managers, Practice Nurses, Physiotherapists, Occupational Therapists or General Practitioners alternatively Key Worker can be a carer, voluntary sector representative or other.



5. MY HEALTH ACTION PLAN

Personal goals for my health and wellbeing. This section is a record of the outcome of my discussions with my key worker (where appropriate).

To improve my health and wellbeing this is what I would like to achieve (my goals):

This is what I will do to help achieve these goals:

This is the support I need to help me to achieve my goals:

This should include the support I require and who I require it from.

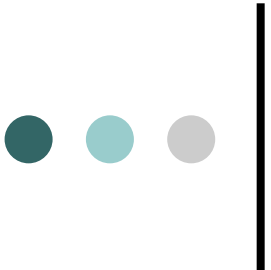
These are the actions I have agreed with my key worker:

Details of the support that will be provided

When I would like to achieve my goals by:

When I want to review my goals:





Workforce...support to plan offered by...

- Specialist nurses
- Health trainers
- Carers, family, friends
- GP's
- Community matrons
- Practice nurses
- Advocates
- Third sector
- Social care workers and workforce



The challenge is...

- To firm up the principles, aligned with self care/
patient education/ outcomes
- To gather the data about what is happening
NOW (based on principles and extended
definition)
- To gather accurate information about the
extended workforce...(Julie and co.)



And alignment with.....



Equity and Excellence: *Liberating the NHS* is a NHS White Paper setting out a future vision for the NHS '**Transparency in outcomes – a framework for the NHS**' is out for consultation with a deadline of 11 October 2010

Five national outcome goals or domains covering all treatment activity for which the NHS is responsible, across effectiveness, patient experience, and safety

- Preventing people from dying prematurely
- Enhancing the quality of life for people with long-term conditions
- Helping people to recover from episodes of ill health or following injury
- Ensuring people have a positive experience of care
- Treating and caring for people in a safe environment and protecting them from avoidable harm



Delivering outcomes for patients is the primary purpose of the NHS

- Suggested functional outcomes
- Children - able to attend school, be physically active
- Adults - able to work, be physically active, live independently
- Older people - able to live independently, be physically active

Suggested episodic outcome for everyone

- Fewer acute episodes where they can be avoided by better management of the conditions



Thank you!

- Any questions?

- ● ● | Website/ contacts

- http://www.eoe.nhs.uk/page.php?page_id=533
- **Video guide to Personal Health Planning**
- Last updated: 10 December 2009

- [Click here to launch the *video guide to Personal Health Planning and Interactive Journey*](#)