

# Technological support for self-management

Professor Hilary Pinnock

Professor of Primary Care Respiratory Medicine,  
University of Edinburgh  
General Practitioner, Whitstable, Kent



Asthma UK Centre  
for Applied Research



# Digital technology to support self-management



What is supported self-management?



How might digital technology contribute?



So what is the future?



# What is self-management?

“Self management is defined as the tasks that individuals must undertake to live with one or more chronic conditions.

These tasks include having the confidence to deal with:

**medical management, role management & emotional management** of their conditions”

US Institute of Medicine

## Living with.....

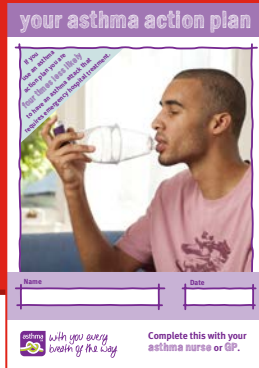




What is supported self-management?

# What is self-management support?

Self-management support is the assistance that professional and informal caregivers give patients with chronic disease in order to enable them to take decisions about their condition and to manage disease and health-related tasks.



Bodenheimer et al (2005). California Healthcare Foundation

## Living with.....



# What is self-management support ?



- Information about the condition
- Information about resources
- Monitoring with feedback
- An action plan
- Regular clinical review
- Access to advice when needed
- Practical support for adherence
- Provision of equipment
- Rehearsal for communication
- Rehearsal of practical self-management skills
- Psychological strategies
- Social support
- Lifestyle advice/support

How might  
digital  
technology  
contribute?



# How might digital technology contribute?

- Information about the condition
- Information about resources



## Resources to help you manage your asthma

All our booklets, leaflets and written asthma action plans have been developed alongside healthcare professionals who have a specialist interest in asthma and people with asthma who know what it's like to live with the condition. Certified by The Information Standard, they're designed to help you manage your asthma well. You can download them, or order print copies on 0300 222 5800 (Mon - Fri; 9am-5pm).

[Go to the resources section →](#)



## PATIENT ORGANISATIONS

*Find organisations in your country*



## AIR TRAVEL

*Find out the oxygen policy of your airline*



## MEDIA CENTRE

*Keep up to date with our latest news*



## GET INVOLVED

*Get involved in ELF activities*



## Remote consultations



74% reviewed



48% reviewed



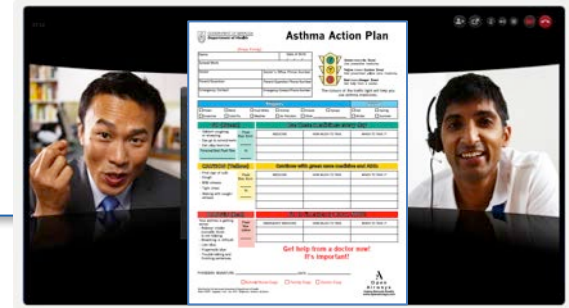
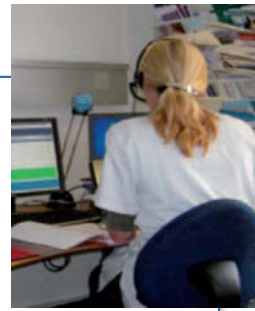
≡ QoL



-10.7mins

-£3.92

Pinnock H, et al. TONIC study *BMJ* 2003; 326: 477-479



Regular clinical review



Access to advice when needed

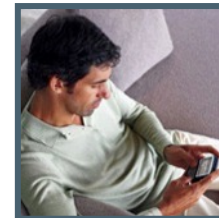


## Flexible access to professional support

*"It would be nice actually to be able to email somebody .. To remind me of the procedure of coming off a high steroid"*  
[50 – 59 year old man with asthma and COPD]

*"I know if I have any worries, I just have to ring".* Extract from illness diary: 50 – 59 year old woman with asthma]

*"..it's nice to know that there's somebody there if I need them, but I don't need them until I shout, you know?"* [60 – 69 year old man with COPD]



Kielmann T et al. From support to boundary. *Pat Ed Counsel* 2010; 79: 55-61

# How might digital technology contribute?



## Practical support for adherence

Provision of equipment

Rehearsal for communication

Rehearsal of practical self-management skills

Psychological strategies

Social support

Lifestyle advice/support

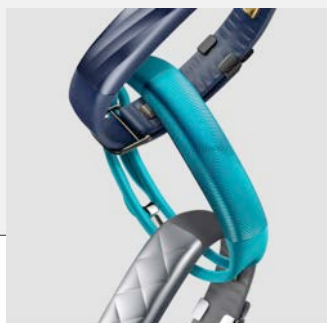




# How might digital technology contribute?



## Practical support for adherence

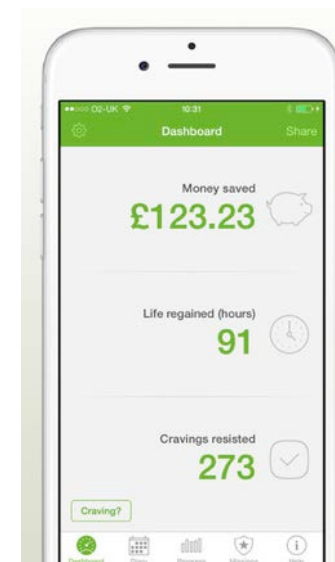


### ADVANCED SLEEP

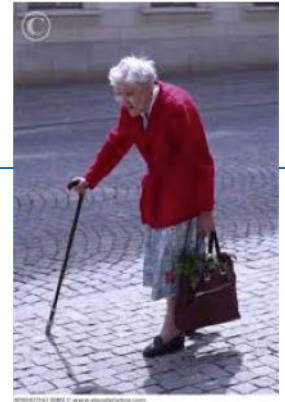
You spend a lot of your life asleep. If you get a good night's sleep tonight, you're going to have a better tomorrow. Your body will be refreshed and your mind will be sharp. UP3<sup>™</sup> tracks your sleep automatically measuring Deep, Light and REM, and gives tips to help you get a better night's rest, one night at a time.



## Lifestyle advice/support



# How might digital technology contribute?



Social support

Lifestyle advice/support



# How might digital technology contribute?

Information about the condition

Information about resources

■ Monitoring with feedback

■ An action plan

Regular clinical review

Access to advice when needed

Practical support for adherence

Provision of equipment

Rehearsal for communication

Rehearsal of practical self-management skill

Psychological strategies

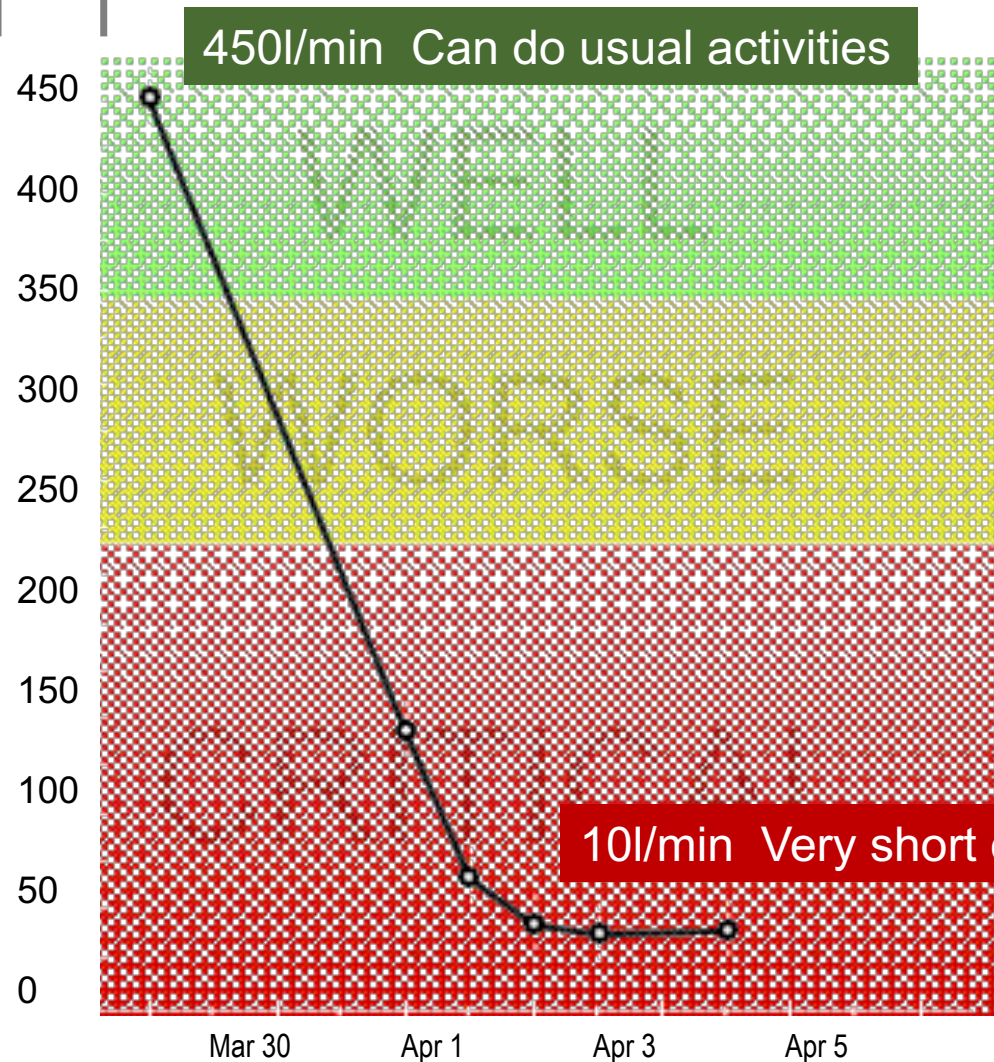
Social support

Lifestyle advice/support





# How might digital technology contribute?



# How might digital technology contribute?



**103** asthma apps in English...  
... but none fit for purpose



# How might digital technology contribute?

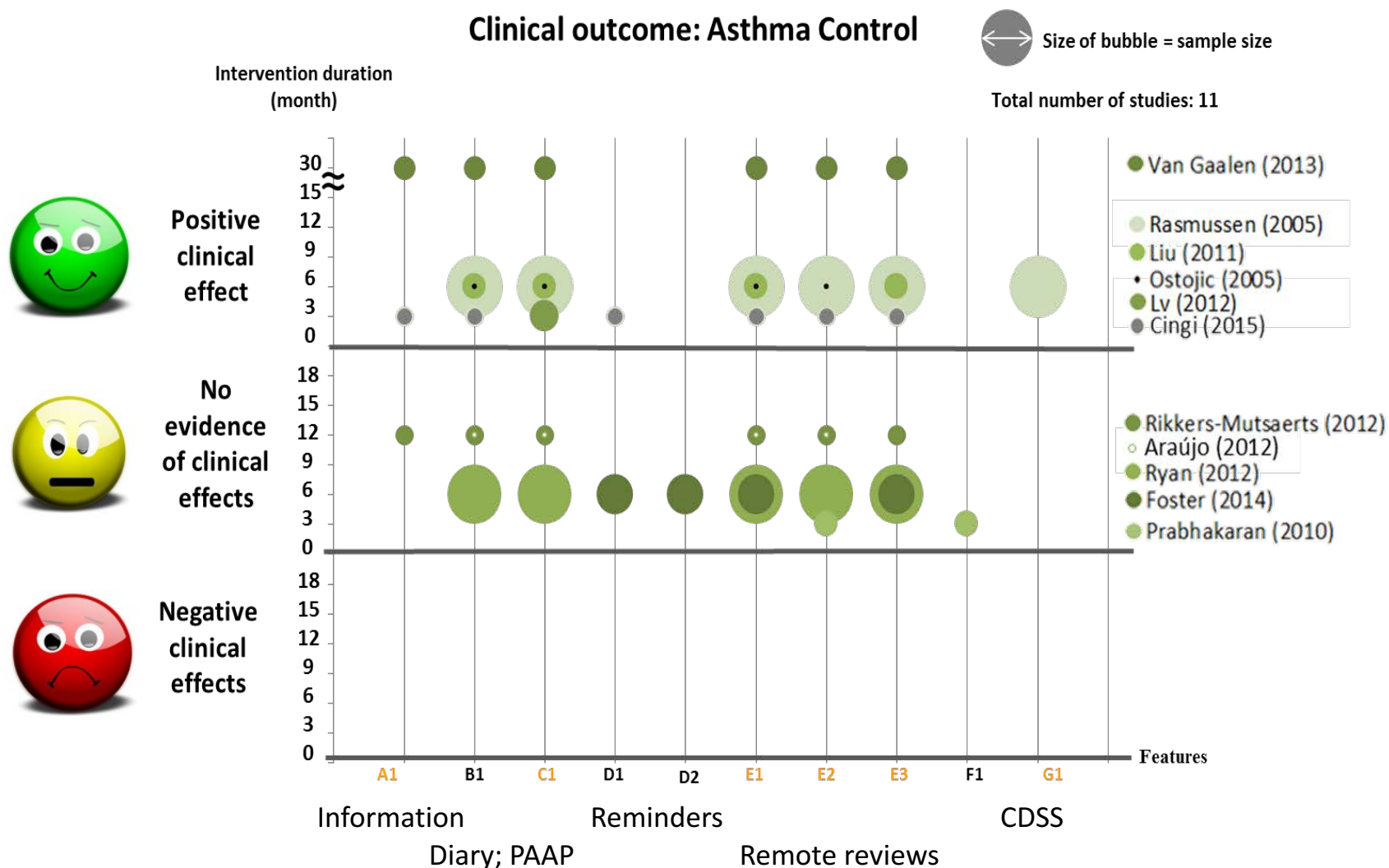


**191** asthma apps in English..  
... no more likely to include  
action plans, or offer  
guidance consistent with  
evidence





# How might digital technology contribute?

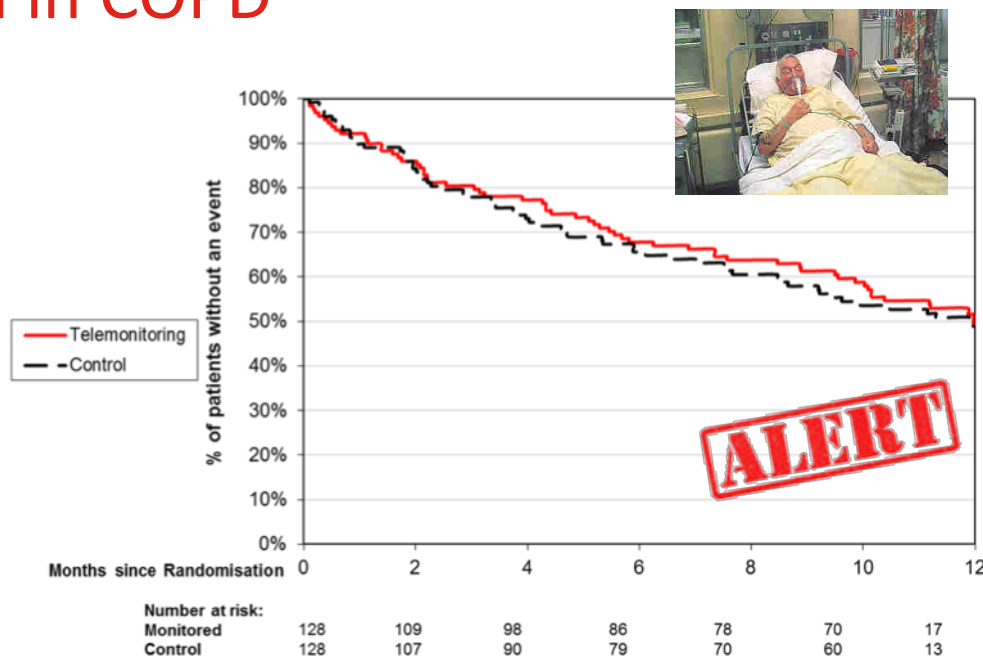
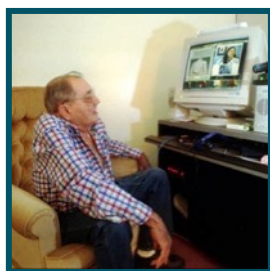


# How might digital technology contribute?



Telehealthcare is a means of delivering care, not a panacea

## Telehealth in COPD



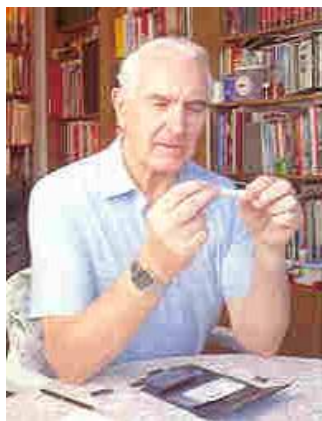
**A contact every 2 weeks**

# How might digital technology contribute?



Telehealthcare is a means of delivering care, not a panacea

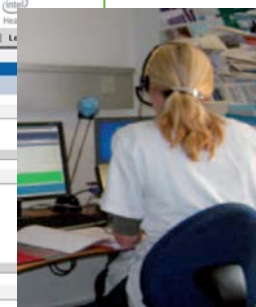
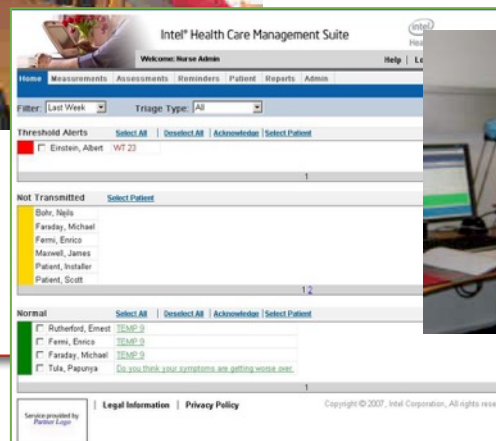
## Telehealth in other LTCs



Reduced blood sugar



Reduced mean BP

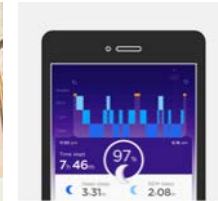


Integrated!  
NO  
passwords!!!



# So what is the future?

## Innovative devices



## Silent watching...

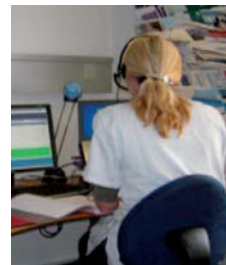
## Self-management – not just self-monitoring



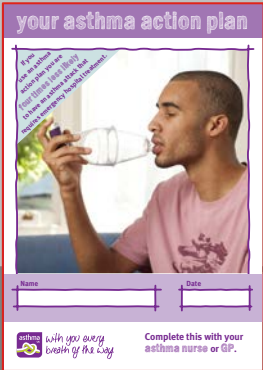
## Integrating data within existing healthcare systems

## Medical device legislation

## Developing potential for remote consultations



## Facilitate (organisational) implementation of supported self-management



# Technological support for self-management

Professor Hilary Pinnock

Professor of Primary Care Respiratory Medicine,  
University of Edinburgh  
General Practitioner, Whitstable, Kent



Asthma UK Centre  
for Applied Research

