

Health literacy

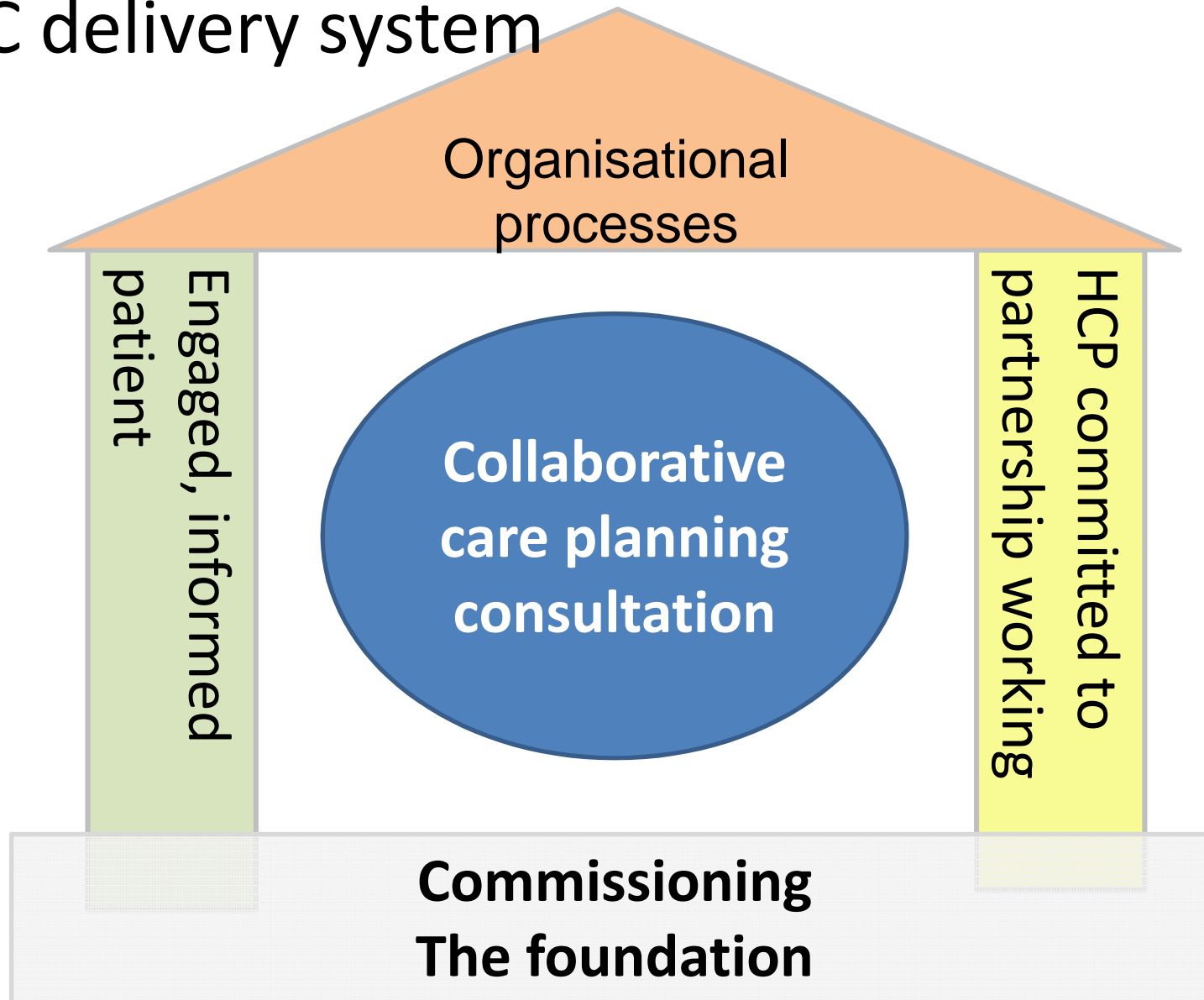
Jim Phillips

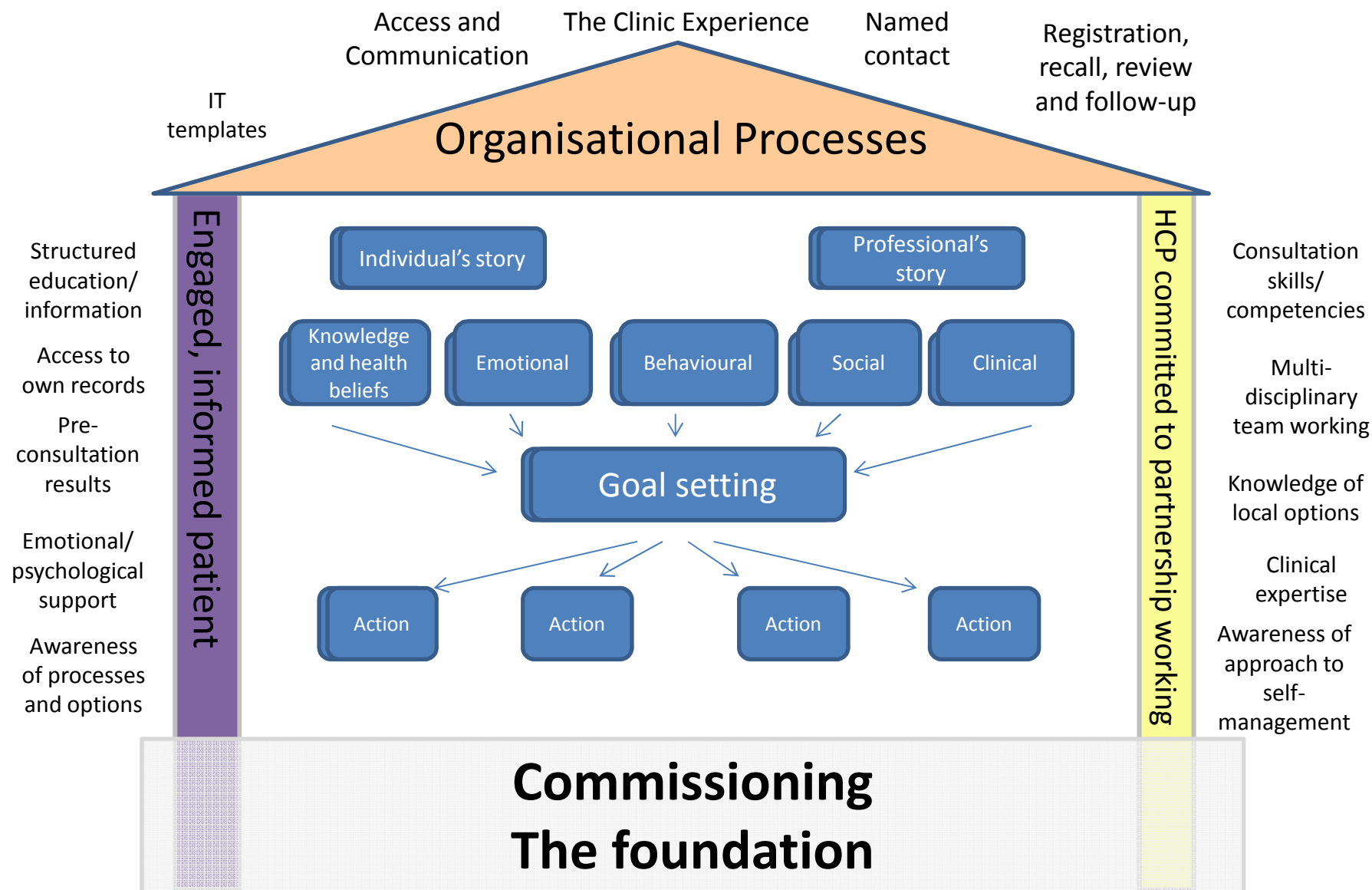
- Health literacy
- Self efficacy
- Activation

NHS Quality improvement

- Risk Stratification
- Integrated care teams
- Self management support

LTC delivery system

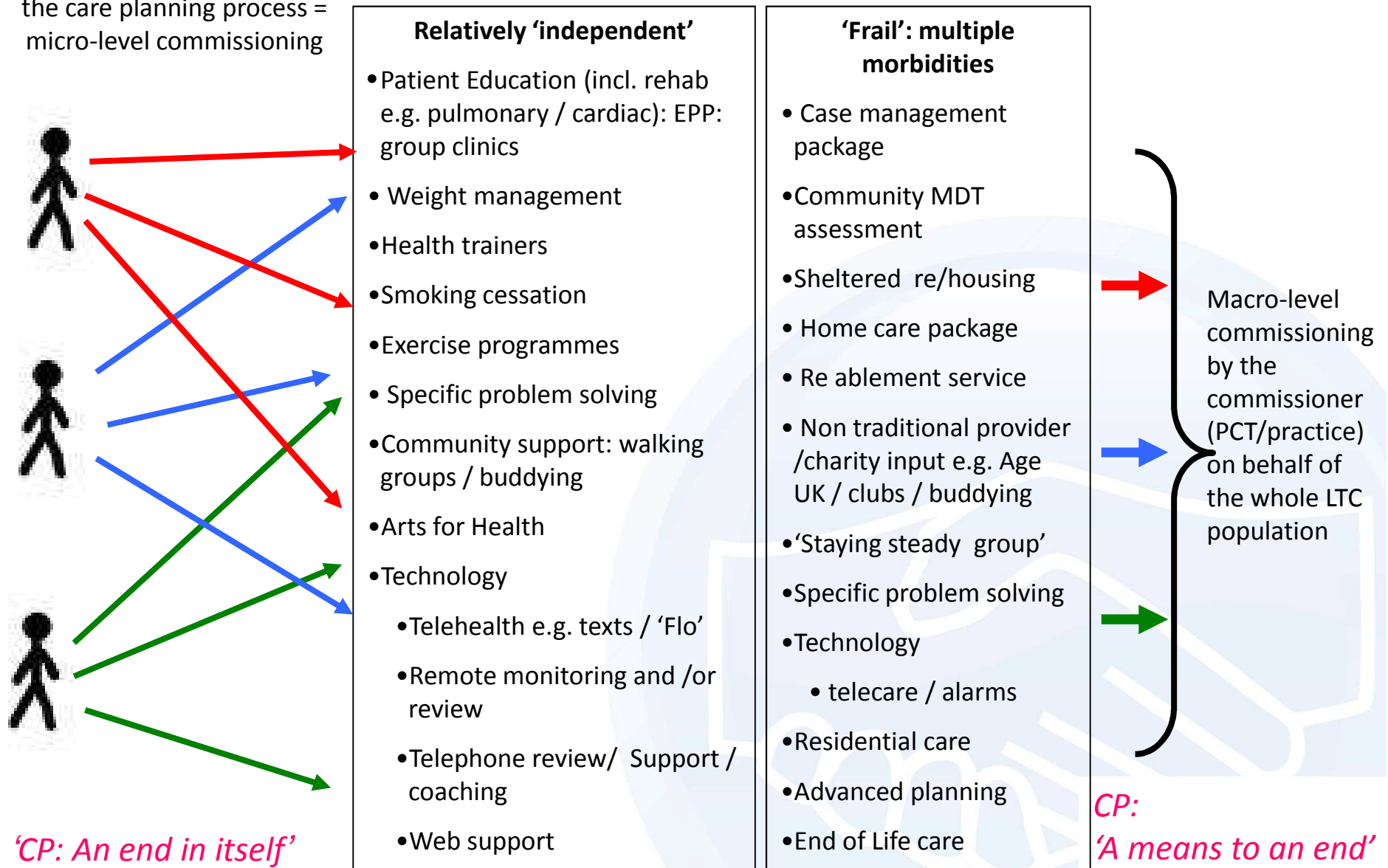




Care planning *links* clinical care and commissioning

Individual patient choices via the care planning process = micro-level commissioning

MENUS OF OPTIONS: Examples



Health literacy, activation and self efficacy

Key determinates of disease progression and
impact

Health literacy is correlated with age,
employment status, social status, financial
deprivation and education.

Definition

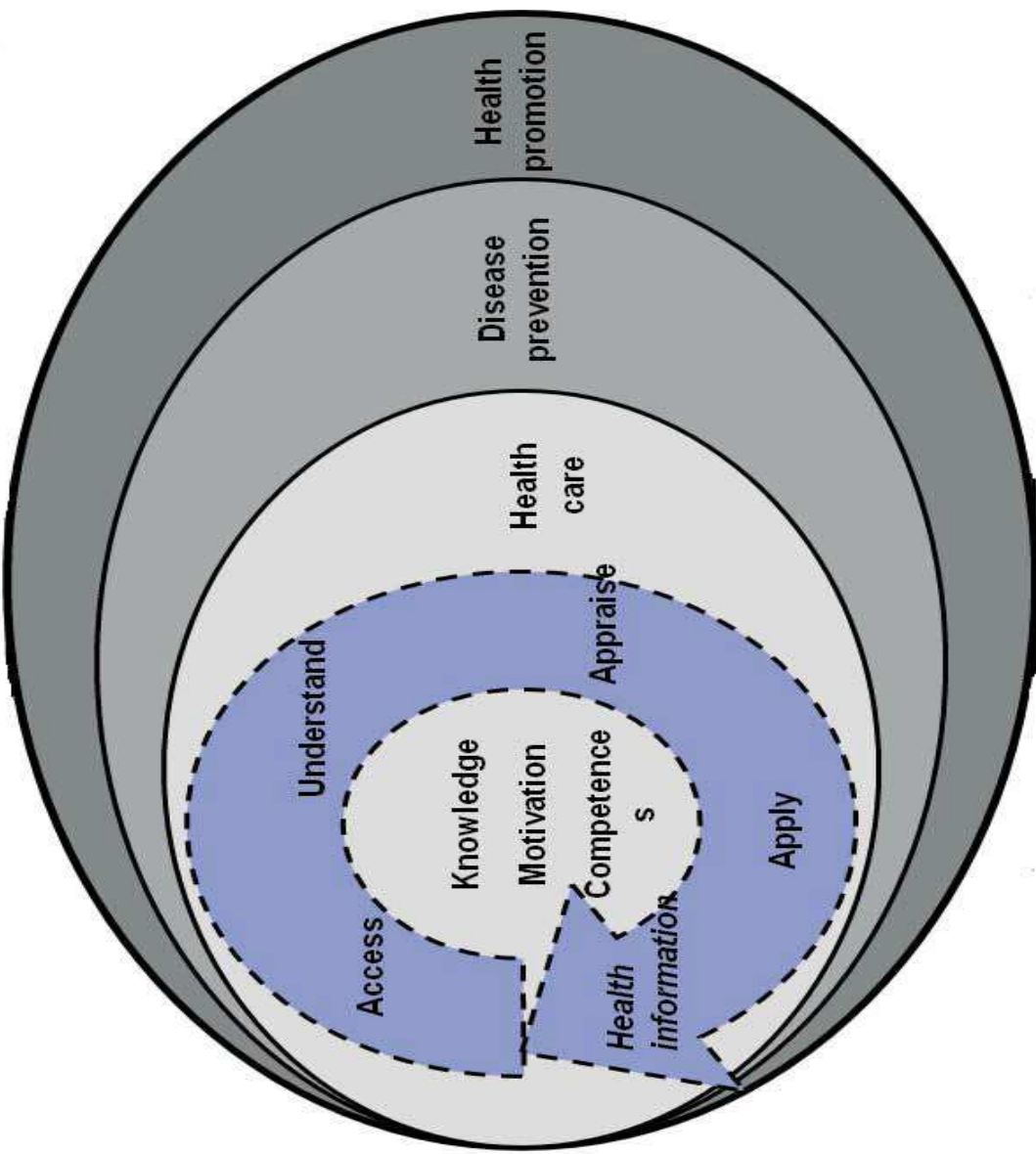
- *Health literacy- entails people's knowledge, motivation and competences to access, understand, appraise and apply health information to make judgments and take decisions in terms of healthcare, disease prevention and health promotion to maintain and improve quality of life throughout the life course.*

- Activation

Activation appears to involve four stages: (1) believing the patient role is important, (2) having the confidence and knowledge necessary to take action, (3) actually taking action to maintain and improve one's health, and (4) staying the course even under stress

- Self efficacy- a persons confidence to carry out a behaviour or action

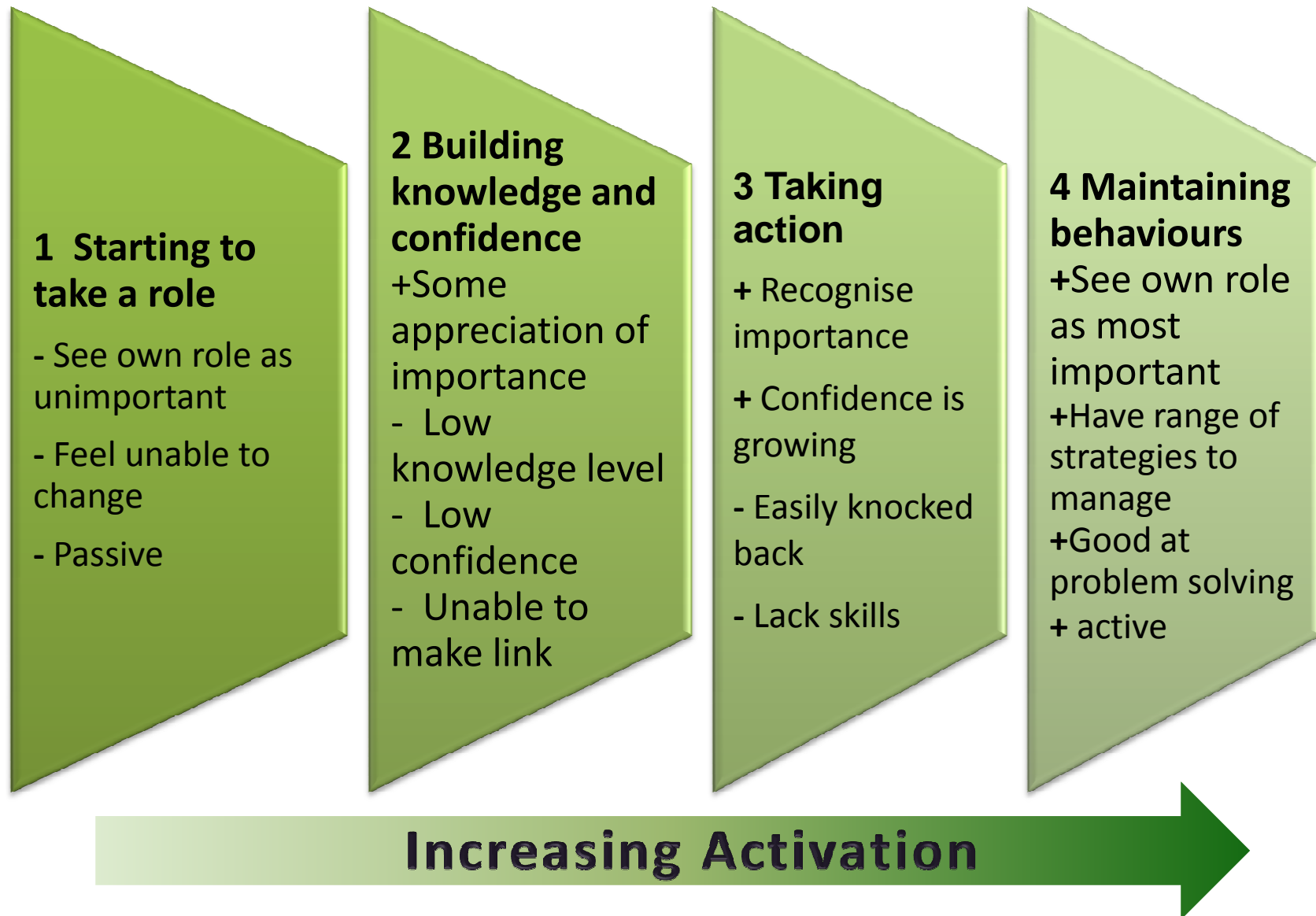
- Measure of change
- Inform team on what needs to happen next
- Population level
- Individual level



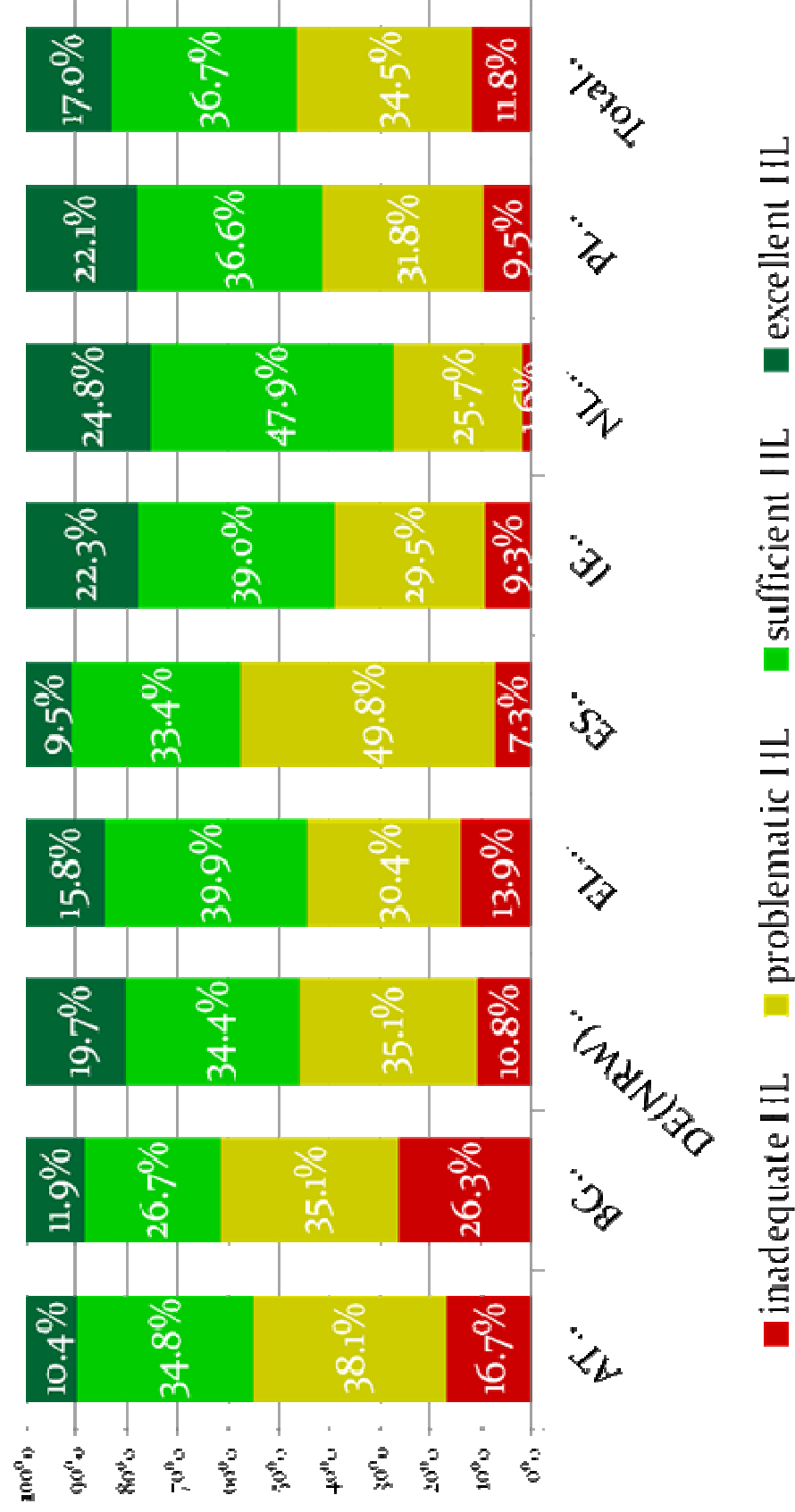
The role of importance and confidence

Level of Activation	Importance	Confidence	Ability to Problem Solve
1 Starting to take a role	Low	Low	Low
2 Building knowledge and confidence	High	Low	Low
3 Taking action	High	High	Low
4 Maintaining behaviours	High	High	High

Four Stages towards Self-management Activation



IHS-EU General Health Index



- The European Health Literacy survey showed that 11.83% of the respondents in the total sample have inadequate health literacy, and 34.47% have problematic health literacy – or a total of 46.3% have limited health literacy. Thus, on average, **nearly every second person participating in the survey has limited health literacy** as measured by the survey questionnaire.

- Vulnerable groups particularly at risk of having limited health literacy include:
 - 80% of those with no or very little education
 - More than 75% of persons with very bad health status
 - More than 70% of those who consider themselves as having a low social status
 - 60% of persons older than 75
 - More than 50% of unemployed or retired people



Know Your Own Health

Case Study:

How Somerset supports people to *live* with pain





Know Your Own Health

Problem:

95,000 in Somerset living with daily pain

13,000 being treated with opioid analgesics

Rising prescribing costs:

£2.1m in 2010 up from £1.7m in 2008

Resulting in:

Over reliance on costly injections and medicines with poor return

1000's patients in cycle of dependency and hopelessness





Know Your Own Health



How well can I manage my condition?

We want you to be able to make decisions that are right for you, so it will help us to help you if you answer the following statements.

There are no wrong answers.

Make your answers true for you and not just what you think I (or my colleagues) want you to say.

If a statement doesn't apply select N/A.

01

When all is said and done, I am the person who is responsible for managing my health condition.

☐ Disagree strongly ☐ Disagree ☐ Agree ☐ Agree strongly ☐ N/A

Next

IS KYOH right for me?

To help you decide if you may benefit from this sort of support take a few moments to complete a questionnaire

There are no right or wrong answers but please make sure that you answer every question the best you can.

section 1

section 2

section 3

section 4

1

On most days of the week, I do at least one activity to improve my health (e.g., walking, relaxation, exercise)

STRONGLY
DISAGREE

DISAGREE

DISAGREE
SLIGHTLY

AGREE

STRONGLY
AGREE

2

Most days I am doing some of the things I really enjoy

