A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women’s health – in fact anything that you ask for!

If you have a topic suggestion, please email it to Rachel Posaner.

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**Department of Health**

*Long term health conditions: self care*

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**Public Health England**

*Stoke-on-Trent: telehealth helps patients manage their own conditions*

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**National Voices**

*Supporting self-management: summarising evidence from systematic reviews*

*Supporting self-management*

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**Self Care Forum**

*Manifesto*

*Self Care Week 2015 Resources – Self care for life*

*Case Studies*

*Self care questionnaire*

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**National Association for Patient Participation**

*N.A.P.P. Self Care Forum*

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**The King’s Fund**

*Self-care in the digital age*

*Supporting people to manage their health*

*How do people become good managers of their own health?*

*A patient perspective: we can't afford to be patient about involvement any longer*

*People in control of their own health and care. The state of involvement*

*Being an Active Patient*

*Active support for self management,*

(= Transforming our health care system. Ten priorities for commissioners.)

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**Health Foundation**

*Self management support*

*About self-management support*

*What does quality mean when we are talking about self-management support?*

*Where is the support for self-management?*

*Can telehealth revolutionise self-management and how does it link with care from health professionals?*

More blog posts under: [http://personcentredcare.health.org.uk/blogs](http://personcentredcare.health.org.uk/blogs)
Skills for Care

Self care

Common core principles to support self care

Self Care Training Manual

Patient View

European Directory of Health Apps

myhealthapps.net

Reform UK

Expert patients

Reform UK

Expert patients

HSJ

Only a whole culture change can make self-care a reality

BMJ

Patients need support to self manage their long term conditions

Patient commentary: What I need to self manage my care

Programmes and Courses

Expert Patients Programme (NHS)

Self Management UK (formerly The Expert Patients Programme, a Community Interest Company)

Expert Patient Forum in the West Midlands

EPP Cymru

European Patients' Academy

Supporting Self Care (Health Education England; aimed at health professionals)

Pharmaceutical Services Negotiating Committee

NHS Evidence

The association between patient activation and medication adherence, hospitalization, and emergency room utilization in patients with chronic illnesses: A systematic review

Patient empowerment: for better quality, more sustainable health services globally

Patient information leaflets: informing or frightening? A focus group study exploring patients' emotional reactions and subsequent behavior towards package leaflets of commonly prescribed medications in family practices

HMIC

Self-management support interventions to reduce health care utilisation without compromising outcomes: a systematic review and meta-analysis.


A rapid synthesis of the evidence on interventions supporting self-management for people with long-term conditions: PRISMS - Practical systematic Review of Self-Management Support for long-term conditions.

Taylor et al: Health Services and Delivery Research 2014; 2 (53): (December 2014)

A systematic review of lay-led group-based self-management interventions for minority ethnic populations diagnosed with long-term conditions in high-income countries.


The ongoing support needs of people with long-term conditions following attendance at self-management programmes: a qualitative study.


It takes more than a magic wand to redesign care.

McShane, M.: Health Service Journal 2014; 124
Science Museum

Expert patients

Press the right buttons to activate your patients.

Promoting self care in the community: the evidence and why it is important.

The Conversation

How to avoid bogus health information on the web

If people are to manage their own conditions they’ll need wider support beyond their GP

EU funded research projects

Empower Project (coordinated at Salzburg Research, Austria; includes links to further resources on patient empowerment and self care)

EU-wise: Selfcare for Long-Term Conditions in Europe. (coordinated at Southampton University, UK)

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