

Session 2 – “Challenge accepted”: Inspirational transformations of healthcare systems in Europe

“How sharing decision making between doctors and patients will improve outcome and efficiency in the UK”

19th March 2015

Brussels

Professor Michael Dixon

Chair of Council, College of Medicine

“The greatest single advance in medicine will not be some new drug or procedure but an increased ability of patients to care for themselves”

Ivan Illich

“Medical Nemesis”

“The future needs to be a future that empowers patients to take much more control over their own care and treatment”.

NHS Five Year Forward View 2015

“Evidence shows that when patients are involved in decisions about their health and care the decisions are better, health outcomes improve, and resources are allocated more efficiently”.

King’s Fund Report November 2014
“The State of Involvement”

Patient-centred consultations are in association with:

- Patients feel understood.
- Better resolution of their symptoms.
- Less prescriptions.
- Better compliance with any prescription given.
- Better health outcome.

How can we best share decision making?

- Information is key.
- The interaction must include the perspective, beliefs, history and culture of the patient.
- A patient with a disease is not always his/her normal self, plus disease, but often a changed person.
- The path towards an “activated patient” is evolutionary and must respect where each patient is on that path.
- Personal budgets.

Policy Implications

- Education – Seeing the patient as expert (Lewisham).
- Measure involvement and hold organisations to account (e.g. PROMS).
- Enable local organisations to focus on patients, not politicians.
- National approach – Performance support organisations that lead change locally.



Culm Valley
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Culm Valley Integrated Centre for Health



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“We need to engage the communities and citizens in new ways building on the energy and compassion that exists in communities across England through better support for carers; creating new options for health related volunteering and designing easier ways for voluntary organisations to work alongside the health service”.

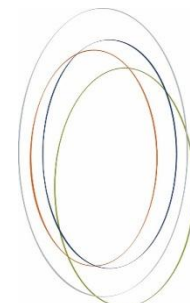
NHS Five Year Forward View 2015

Asset-based community development

Harnessing social networks:

- Statutory services become more responsive
- Promotes health protection and community resilience
- Helps tackle health inequalities
- Has an impact on behaviour change
- Saves money - £15 saved for every pound invested.

www.healthempowerment.co.uk



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