

# What matters to people living with long term conditions?

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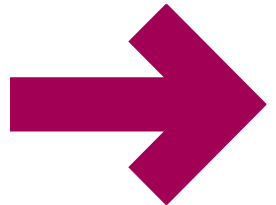
Thames Valley, June 7<sup>th</sup> 2017

<https://vimeo.com/138960712>

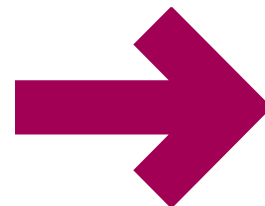
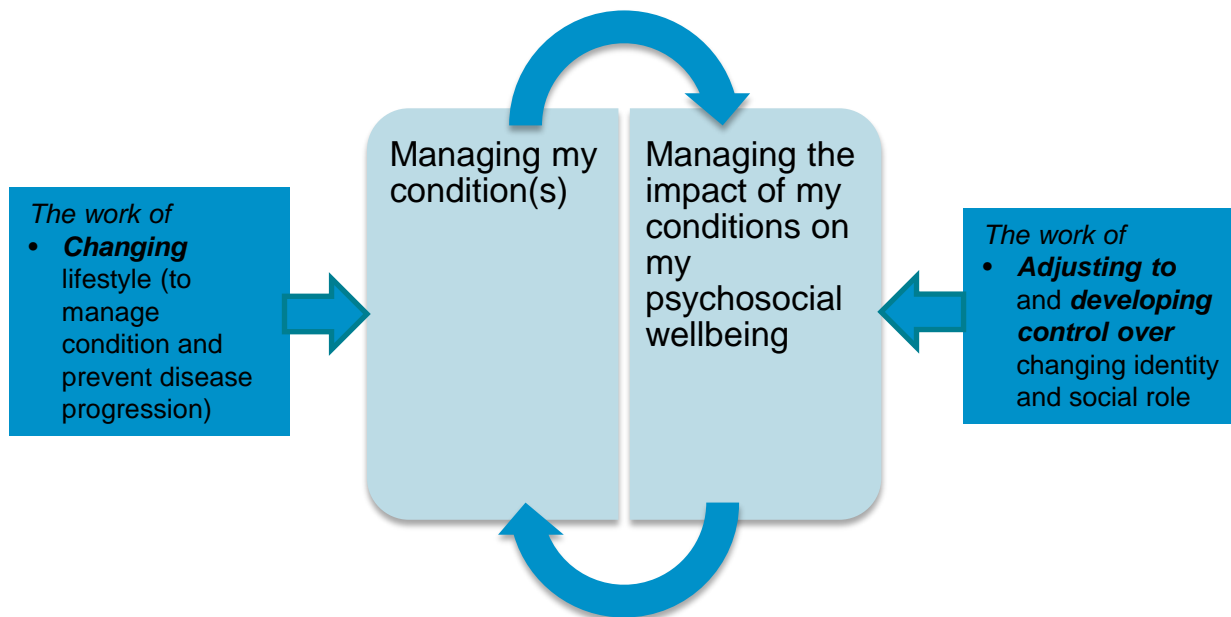
# The *burden* of living with health conditions: *multiple challenges/multiple trade-offs*



- <https://vimeo.com/ipsosethnography>
- 'This does my head in'- an ethnographic study of people who live with diabetes <http://www.biomedcentral.com/1472-6963/12/83>
- <http://www.sciencedirect.com/science/article/pii/S0277953617300254>



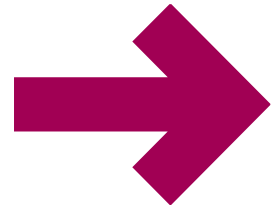
# Managing health and wellbeing is *work/burden*



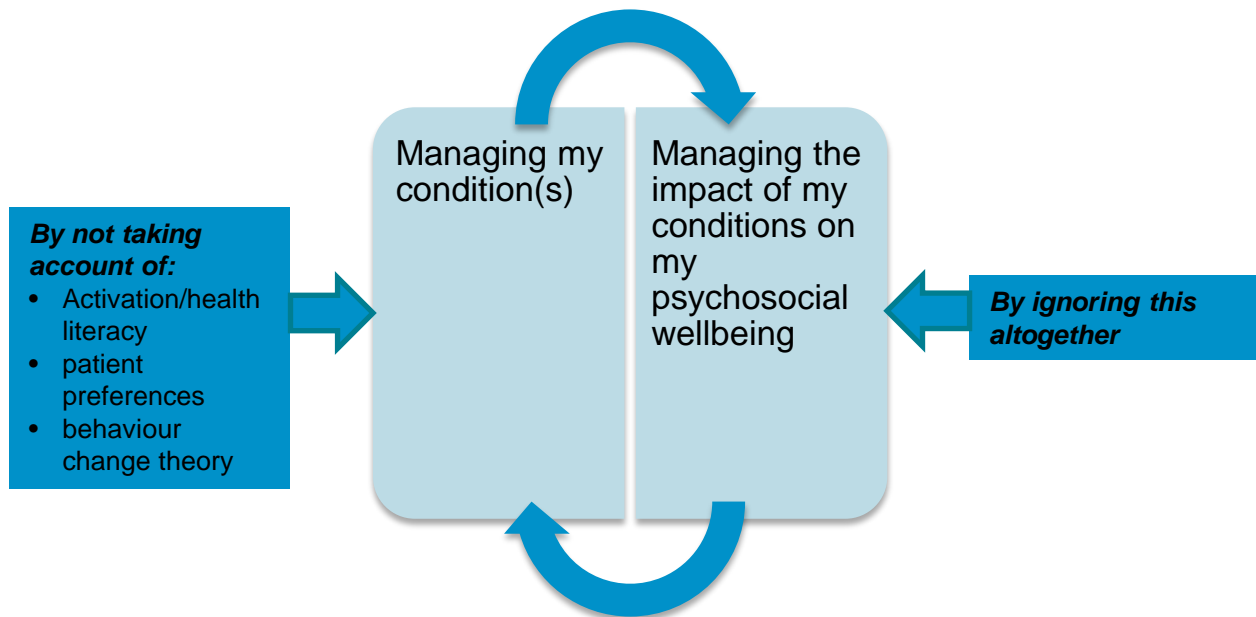
# The additional *burden of treatment:* *more challenges/more trade-offs*



- 'Thinking about the burden of treatment' Mair F, May C. BMJ November 10<sup>th</sup> 2014
- [www.minimallydisruptivemedicine.org](http://www.minimallydisruptivemedicine.org)

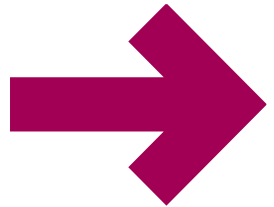


# How the system adds to the burden:



**How does the system add to the burden?.....**

***On the whole, patients (people) don't want what professionals think they want- or think they should have***





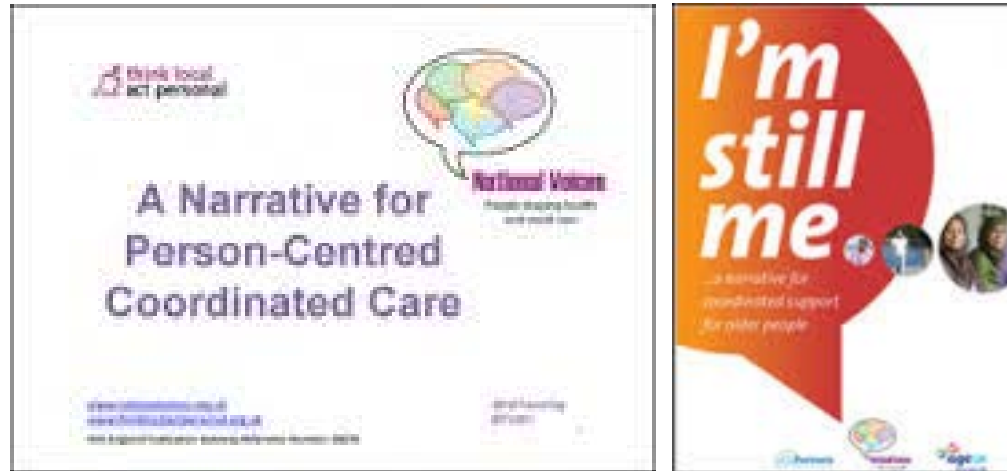




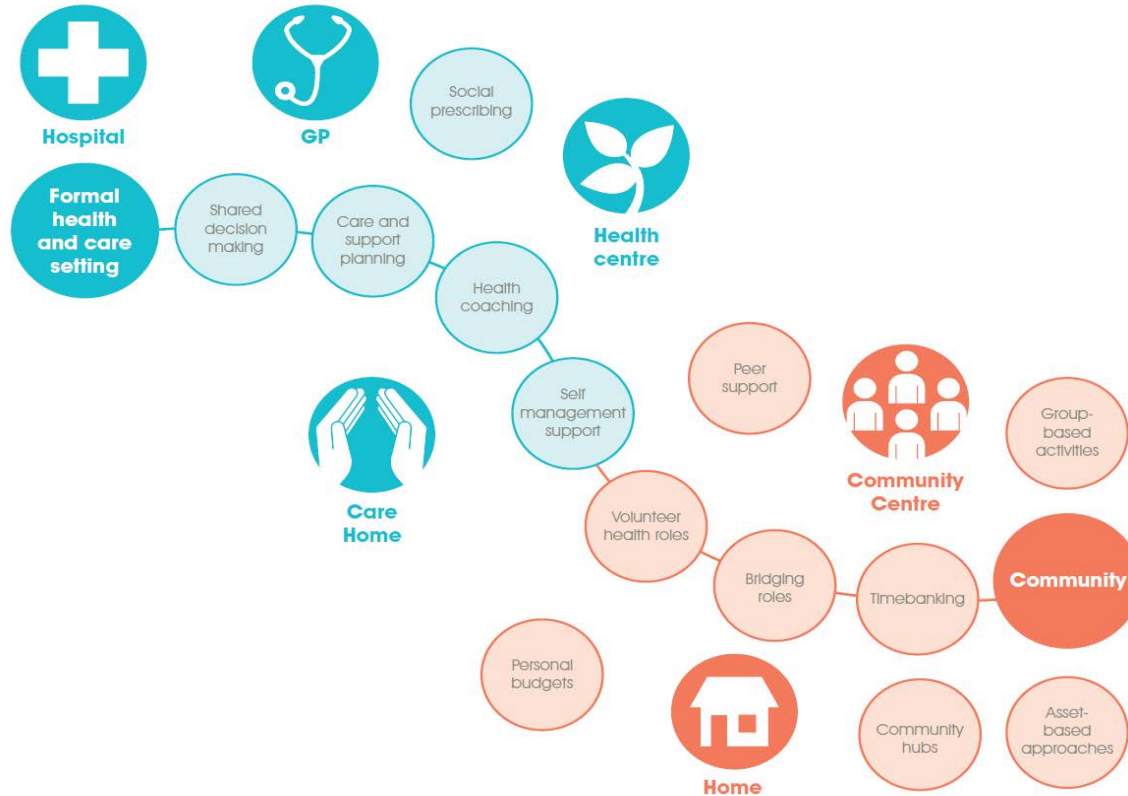
# I statements.....

“I can plan my care with people who work together to understand me and my carer(s), allow me control and bring together services to achieve the outcomes important to me”.

National Voices 2013. A narrative for person-centred coordinated care



# Person- and community- centred approaches



**2020/21. *High value* integrated health, care and support with the centre of gravity in the community**

