

Researchers posit that self-driven health care in the UK could improve health outcomes and reduce costs

December 1 2022



Credit: Pixabay/CC0 Public Domain

A vision for building sustainable, self-driven health care spanning primary care, secondary care and the wider health and social care system

has been set out by medical innovators writing in the *Journal of the Royal Society of Medicine*.

Self-driven health care (SDH) is an umbrella term introduced by Innovate UK, the UK's national innovation agency, to conceptualize aspects of health care delivery that can support people in becoming more engaged in managing their own health and well-being, rather than being passive receivers of health care.

In their paper, the authors from Imperial College London and Innovate UK describe an SDH ecosystem that supports individuals to take more ownership of their health and well-being, and in recording their own data (e.g. weight, [blood pressure](#)) using a phone app, tablet, computer or Bluetooth device. This self-generated data would then be uploaded onto a secure online SDH portal containing all their [health records](#), including those generated in the wider health care system.

Lead author Dr. Austen El-Osta, Director of the Self-Care Academic Research Unit (SCARU) at Imperial College London, said, "Individuals would also enter other data such as what medication they had taken that day, the food they had eaten or the exercise they had done. They may even have a range of other devices that automatically record and upload useful information, such as environmental data about local air quality that day."

A personalized dashboard would automatically present the user with their "digital twin," and the portal could also be enabled to routinely offered insights and actionable advice, including microlearning and behavior change interventions, and a holistic picture of the person's overall health and well-being status.

Dr. El-Osta continued, "The vision for SDH is that these personal health care management systems are integrated with the wider health care

system, including the NHS." He added, "SDH would support better online interaction with health care professionals and improve the exchange of information, including shareable personal health care records and self-generated data."

Dr. El-Osta and his co-authors believe that by building a personal health care infrastructure capability that connects people to the wider [health care](#) system, SDH also has the potential to integrate a wider range of activities, such as AI-guided clinical coaching, preventative medicine and home clinical trials.

When applied at scale, SDH ecosystems could, say the authors, help governments and health organizations, including the NHS, to achieve their ambition of improving [health outcomes](#) while controlling costs and addressing priority areas such as equality, diversity and inclusion, leveling up, and net-zero.

The authors caution that the SDH approach must create better access to all sections of the community rather than just wealthier and more technically literate individuals. It is also crucial, they say, that the SDH movement does not exacerbate inequalities due to the digital divide.

Dr. Chris Rowe, Medical Technology Innovation Lead at Innovate UK, remarked, "How SDH is adopted in the future is very important, especially when it is applied to help enhance the consumer health system by trying to link it effectively with state-funded NHS health and social care systems. It will be important to determine if these online environments will be provided by expanding the NHS App, for example, or by commercial companies."

More information: Developing a shared definition of self-driven healthcare to enhance the current healthcare delivery paradigm, *Journal of the Royal Society of Medicine* (2022). [DOI:](#)

[10.1177/01410768221136245](https://doi.org/10.1177/01410768221136245)

Provided by SAGE Publications

Citation: Researchers posit that self-driven health care in the UK could improve health outcomes and reduce costs (2022, December 1) retrieved 27 April 2024 from

<https://medicalxpress.com/news/2022-12-posit-self-driven-health-uk-outcomes.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.