



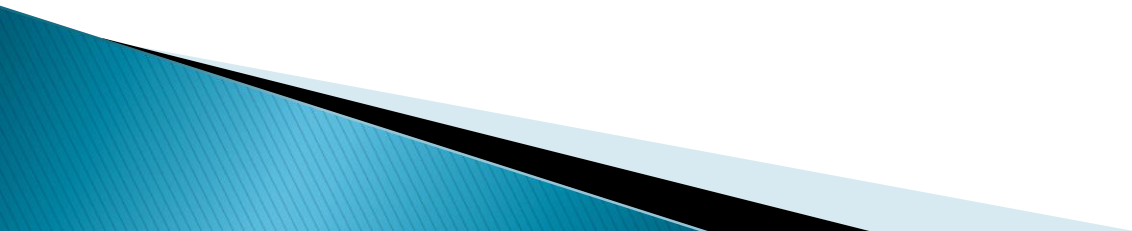
Living Well

Session 1

Wellbeing & Recovery College

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& Gareth Eccleston

Today's Topics


- ▶ What are long term conditions
 - ▶ Diagnosis and medical support
 - ▶ Managing symptoms:
 - Pain
 - Fatigue
 - Health and Nutrition
 - Long term conditions and you: Impact on Identity
- 

Long term conditions

- ▶ Cardiovascular Disease – Heart Disease, Heart Failure, Stroke, Peripheral vascular disease.
- ▶ Diabetes – Type I and Type II
- ▶ Chronic Respiratory Disease – Asthma, Brittle Asthma, COPD, Bronchiectasis
- ▶ Cancers – and the resulting symptoms
- ▶ Chronic Neurological – MS, Parkinsons , Epilepsy, Migraines
- ▶ Chronic Pain – Arthritis, Fibromyalgia
- ▶ Chronic Kidney Disease
- ▶ Inflammatory Disease – Rheumatoid arthritis, Crohns, Coeliac IBS, Lupus
- ▶ Mental Health – Anxiety, Depression, PTSD, EUPD, Eating Disorders, Postnatal Depression, etc.
- ▶ Psoriasis, Eczema
- ▶ Chronic Fatigue Syndrome

There are many more... what others affect you or someone you know?

What are Long Term Conditions?

- ▶ They cannot at present be cured but can be controlled by medications and/or other treatment therapies
 - ▶ 15 million people in England have one or more long-term health conditions, and the number of people with multiple conditions is rising
 - ▶ Mental health difficulties are a risk factor for developing long term conditions including cardiovascular disease
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Symptoms

Breathing
difficulties

Fatigue

Pain

Cognitive
difficulties

Problems with
staying conscious

Impact
on mood

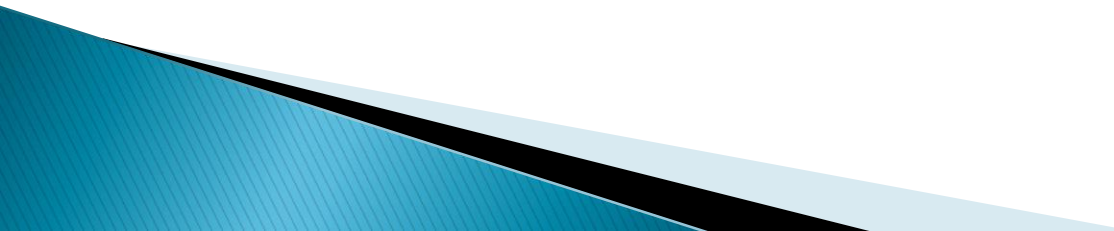
Mobility
problems

Sleeping
problems

Difficulties
with personal
care

Impact on
activities

Continence
issues





Diagnosis

- ▶ Medical terminology and understanding what it means
 - The internet can open a lot of doors and offer a lot of information but is this always helpful?
- ▶ Getting the right information
 - How do we know the right sources to gain this information from?
- ▶ Asking the right questions
 - And who should we ask?



Local experience of medical appointments?

- ▶ Always communicate with staff, and check out anything that you're not sure of



It's OK to ask

It is important that you understand the information you are given to help you get better and stay well

It's OK to ask:

- 1 What is my main problem?
- 2 What do I need to do?
- 3 Why is it important I do this?

Asking questions can help you to:

- Take care of your health
- Prepare for medical tests
- Take your medicines in the right way

Tips for clear health communication

It's ok to ask again if you don't understand something
Don't feel rushed or embarrassed


It's ok to bring a friend or someone from your family
It's ok for them to ask questions and to help you

It's ok to make a list of things you want to talk about

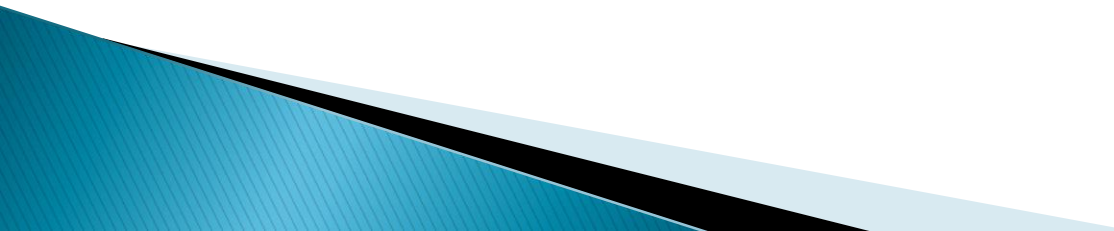
It's ok to make a list of the medicines you are taking, and take it with you
It's hard to remember all the names

It's ok to ask at the pharmacy too
They are there to help you

Produced by: North Staffordshire CCG and Stoke-on-Trent CCG in partnership with University Hospital of North Midlands NHS Trust and Stoke-on-Trent City Council

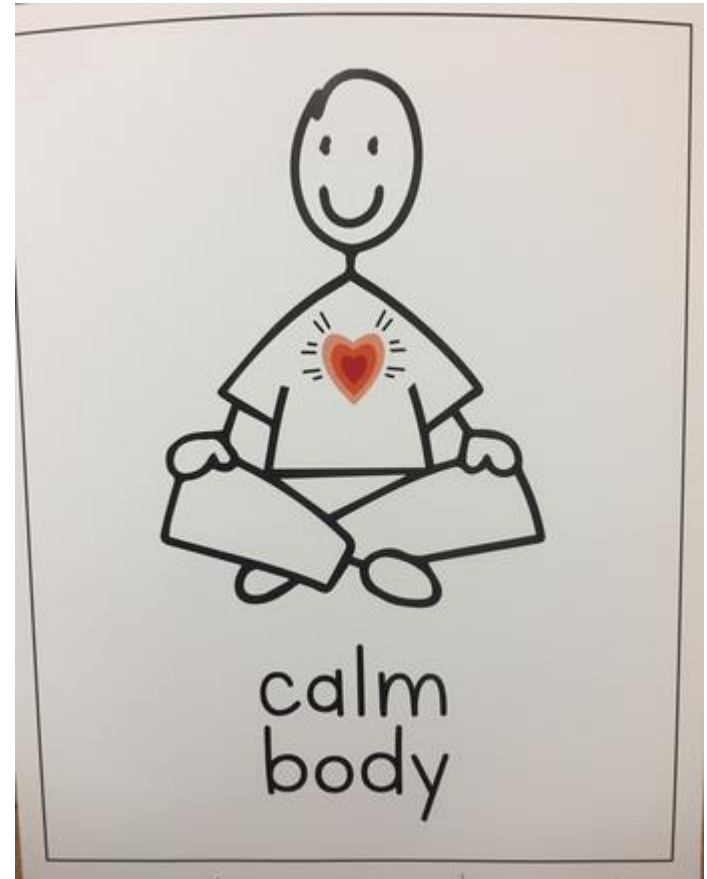


Additional considerations and demands on you:

- ▶ Medication?
 - ▶ Surgery?
 - ▶ Psychology?
 - ▶ Nutrition?
 - ▶ Physiotherapy?
 - ▶ Caring for others?
 - ▶ Complementary therapies?
 - ▶ Alternative therapies?
 - ▶ ...anything else?
- 

Self-care Practice

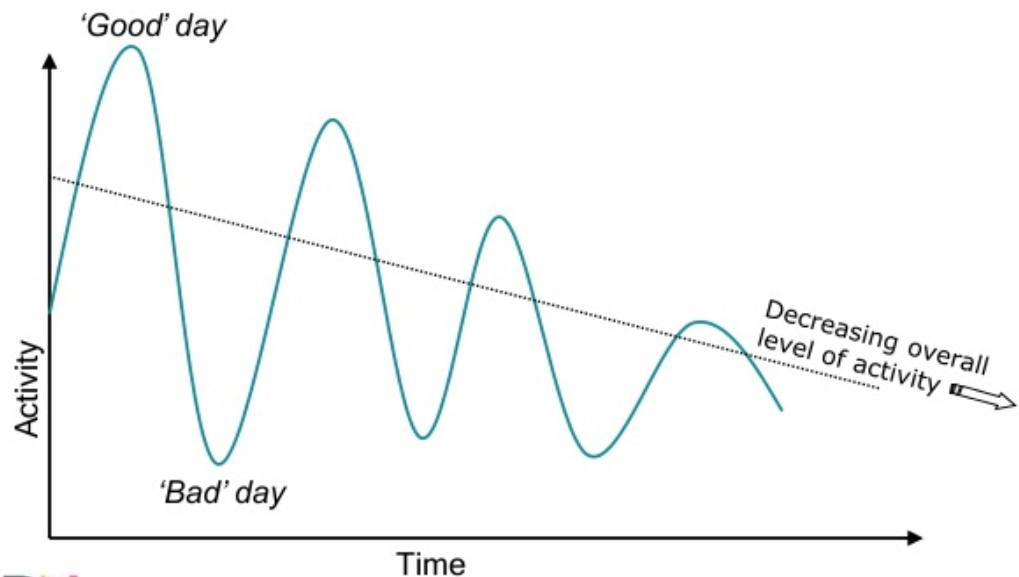
- ▶ Passive Gradual Muscle Relaxation
 - Helps to notice where we hold tension
 - Override bodies stress response by helping it to relax
 - Ease tension and pain during the day
 - Help relax the body to sleep at night



Symptoms 1: Fatigue

- ▶ Fatigue is a feature of many long-term health conditions
- ▶ **Energy management** – How do you spend yours?
- ▶ We can get into a pattern of “**boom and bust**”
- ▶ **Pacing** = balancing activity with rest
- ▶ Important to prioritise activities that fit with our **values**

The ‘boom-and-bust’ pattern



Understanding &
Managing Fatigue
course offered by
WRC

The 3 P's

Today: Pacing

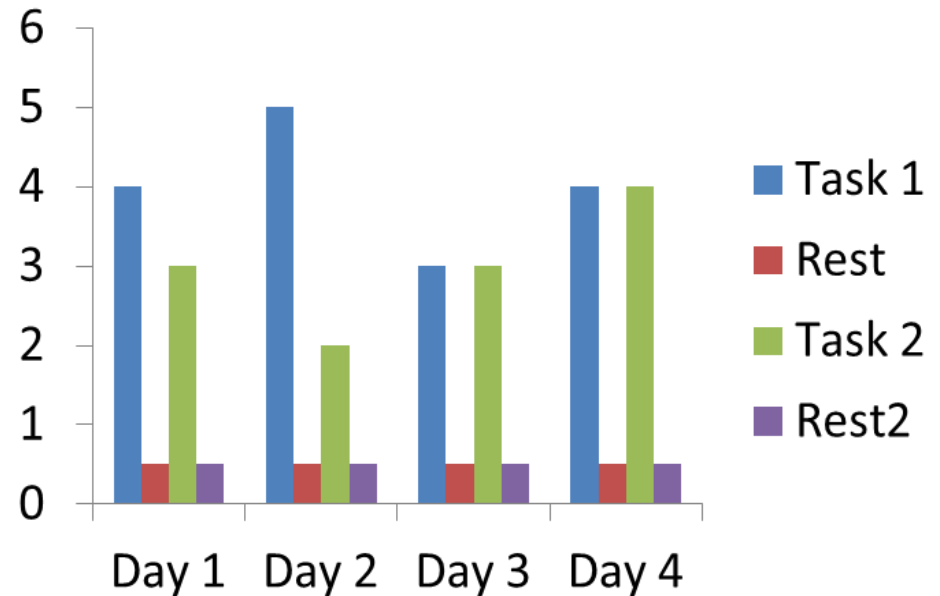


(325) How you can use pacing to help with fatigue – YouTube

The 3 P's

Pacing

- ▶ It's okay to rest.
- ▶ Plan and prioritise rest into your day when you know you'll need it.
- Balance your planned activities so that tougher ones are followed by easier ones e.g. Day 2.



Pacing...

(325) How you can use pacing to help with fatigue –
YouTube

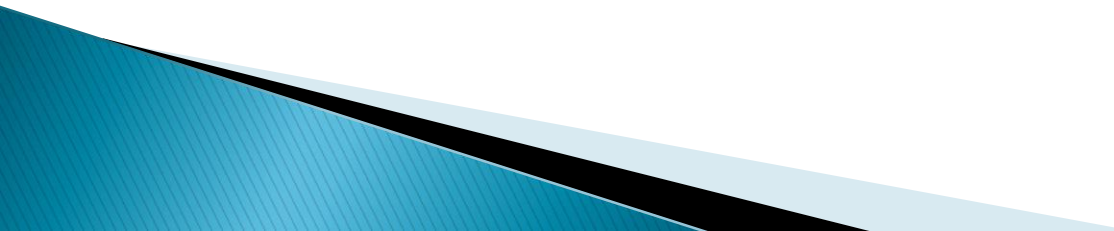
Graded Approach not suitable for all long term conditions

Give it a go!

- ▶ Can you think of a time where you could try this technique out? Give it a try!



Personal Identity and the Mind–Body problem

- ▶ What is identity?
 - ▶ How do you see yourself and define yourself?
 - ▶ Is this different from how other people might see or define you?
 - ▶ Are our minds and bodies separate from each other?
- 

We're more than one self



- ▶ We all have lots of different ‘hats’ or roles e.g. parent, colleague, stranger, friend, religious follower, carer...
- We choose which hat to put on depending on the situation
- Some hats are for everyday, some we like, some we rarely put on, and others we don't like wearing at all.
- How does this fit with illness? Are there some things about your condition(s) that you're more comfortable with than others?

What hats do you wear?

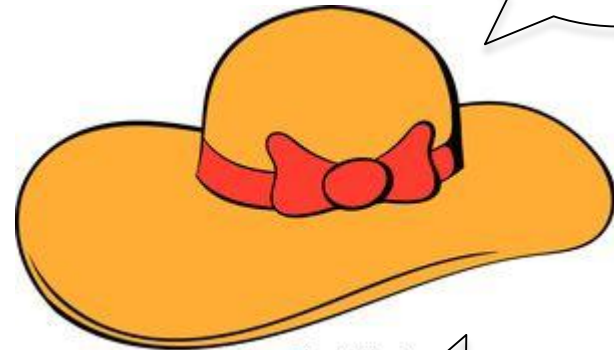
HAT THAT I LIKE



Wheelchair
user

What it means for
me:
Independent,
positive,
sports person

HAT THAT I RESIST



Asthma

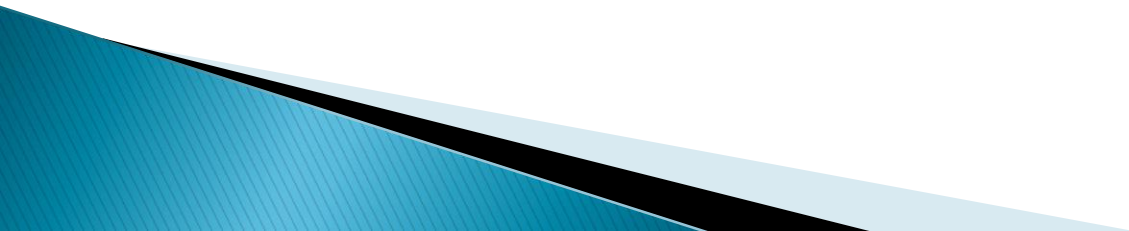
What it means for me:
Depend on medication,
panicky, miss some of
my football games

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What hats do you wear?

Hats that I enjoy

Hats that I resist



Resistance vs. Acceptance

- *“The secret of change is focusing all your energy not on fighting the old, but building the new.” Socrates*

Resistance



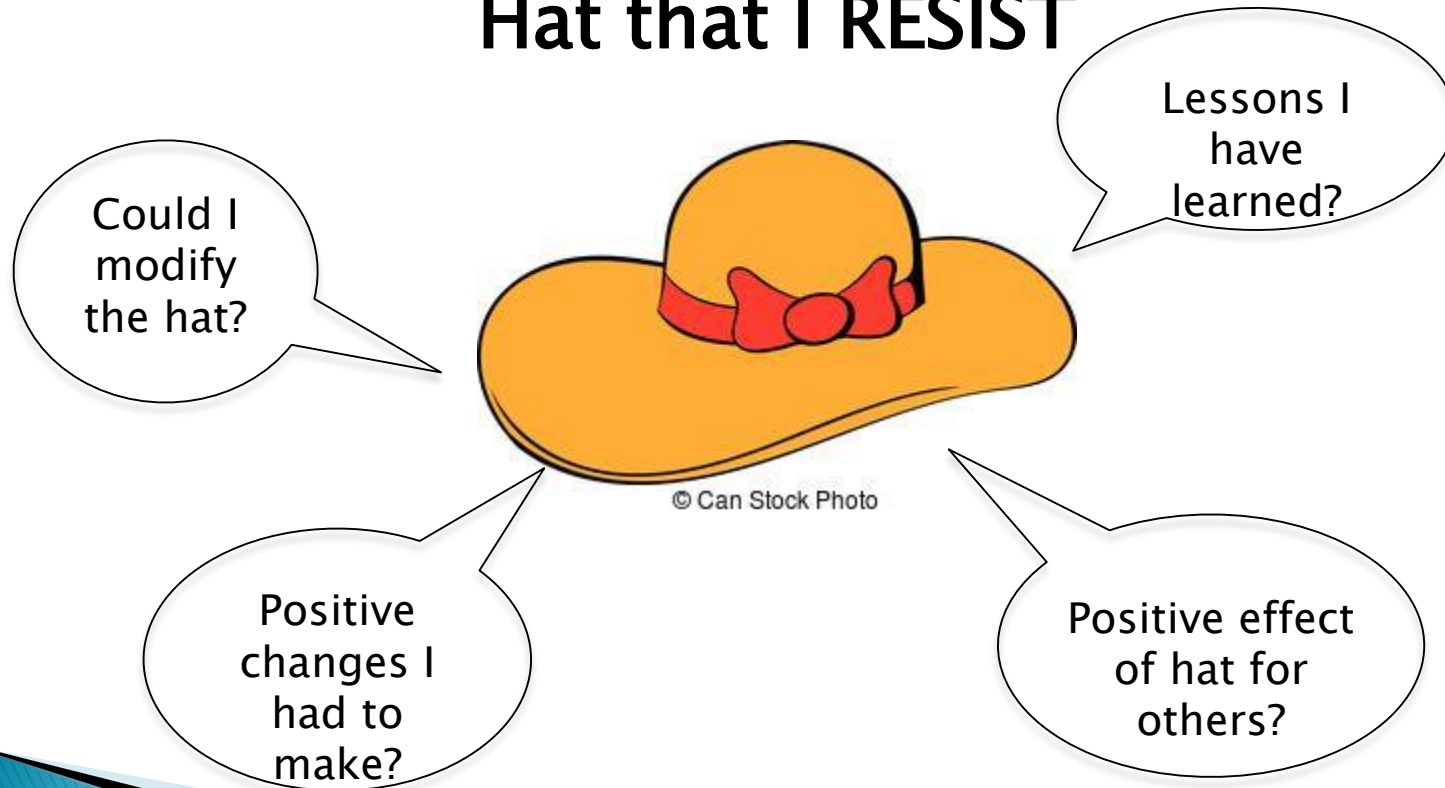
Acceptance



Think about the hat(s) that you resist.


What have you gained from owning this hat?

Hat that I RESIST



“...Reduce, Don't Avoid...” :

How to best deal with a 'Slump'

- ▶ If Pacing goes awry, and you hit a 'slump' where your physical/mental resources are depleted
 - ▶ It's easy to just give in and do as little as possible.
 - ▶ But keeping little things going can have real benefits down the line
 - ▶ *Avoidance* allows you to rest, but you can lose your tolerance to your previous levels of activity
 - ▶ *Reduction* can still allow rest, but you won't lost that tolerance, and can re-establish previous levels more easily
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What does *'Reduce, don't Avoid'* look like for you?

- ▶ Usual baseline



- ▶ Reduced Baseline