

Enhancing Self Care - Helping People to Help Themselves

Conference 15 - 17 September 2008
Lower College Hall, University of St Andrews

The promotion of self care and self management is central to health policy in many countries. This 3 day inter-disciplinary conference brought together leading international researchers, practitioners and policy makers. The conference facilitated exchange of information about research findings and practice innovations, and stimulated discussion about their implications for health care provision and priorities for future research.

Topics included: developing and evaluating interventions to support self care; the relationship between self care research and practice; self care among disadvantaged groups; the roles of formal health services and the voluntary sector; and ethical issues in support for self care.

Speakers Included:

Nicola Sturgeon MSP, Cabinet Secretary for Health and Wellbeing

Audrey Birt, Director, Diabetes UK, Scotland; Chair, Long Term Conditions Alliance Scotland

Huw Davies, Director of Knowledge Mobilisation, NIHR SDO Programme

Ann-Louise Kinmonth, Professor and Head of Primary Care Research Unit, University of Cambridge

David Reilly, Consultant Physician, Centre for Integrative Care and Glasgow Homeopathic Hospital

Mary Wells, Lecturer, Cancer and Palliative Care; former Head of Maggie's Centre, Dundee

Stewart Mercer, Programme Lead: Living well with multiple morbidity, University of Glasgow

