Overview

With an estimated 15 million people in England living with long-term health conditions, there is increasing need for technology-based self-care and support, to reduce the burden on follow-up and hospital appointments.

Developed by Activ8rlives (Aseptika Ltd) in collaboration with Huntingdonshire District Council (HDC), Active+ is an effective, evidence-based exercise class, supported with self-care vital signs monitoring, education and training, in a peer-to-peer supported programme.

It provides patients with the support to improve their overall health through appropriate physical activity, monitoring vital signs, earlier identification of health decline, patient activation and empowerment, thereby reducing their reliance on formal healthcare services.

The AHSN’s role

Eastern AHSN funded Activ8rlives’ self-care monitoring kit, and is working to expand the functionality of the existing programme to more comprehensively track progress for cancer patients.

The AHSN produced an implementation guide for Active+ and supported the training of new Physical Activity Specialists to deliver cancer rehabilitation in the community.

Results / impacts

15% improvement in Patient Activation Measure (PAM) score; 7% improvement in mobility; 3% improvement in pain management; and 5% improvement in overall health score.

Qualitative reports show that participants enjoy the sessions, value the peer support, the security of their vital signs being self-monitored, and feeling more in control of their health.

Through increasing activation and self-care, we can delay the need for interventions from adult social care services by up to four years, delaying costs per person of £115 - £232 a week in a social care setting.

Adoption and spread

In 2018/19, the plan is to expand the Active+ model to another disease area or geographical location in the Eastern region, and formally evaluate the programme using the PAM.

The Eastern AHSN is working towards the model becoming sustainable and supporting Activ8rlives (Aseptika) to have the tools to enable this.

Find out more

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