

# Supported Self-Management Quiz

# Getting started

- Either work with the group as a whole OR
- Split into two teams
- Each team will be asked 4 multiple choice questions, and can score a maximum of 4 points. 1 point for each question answered correctly.
- Team members may confer before giving their final answer. Unanswered questions & bonus points will not be handed over to the other team.

1. How many people in the UK have a long-term medical condition that cannot be cured?

- a. 5 million people
- b. 10 million people
- c. 15 million people

1. How many people in the UK have a long-term medical condition that cannot be cured?

- a. 5 million people
- b. 10 million people
- c. 15 million people

## 2. What does Supported Self-Management mean?

- a. Supporting patients to become active in managing their own health
- b. Leaving patients to manage their health on their own
- c. Telling patients how to look after themselves

## 2. What does Supported Self-Management mean?

- a. Supporting patients to become active in managing their own health
- b. Leaving patients to manage their health on their own
- c. Telling patients how to look after themselves

### 3. What does supported self-management look like?

- a. You just give out leaflets with information. That's all patients need.
- b. Short visits with nurses/doctors who tell the patient what to do and when to do it
- c. Combination of technology that helps patients to monitor their own symptoms; input from the health care team when appropriate and directing patients to resources that can help them manage their own health

### 3. What does supported self-management look like?

- a. You just give out leaflets with information. That's all patients need.
- b. Short visits with nurses/doctors who tell the patient what to do and when to do it
- c. Combination of technology that helps patients to monitor their own symptoms; input from the health care team when appropriate and directing patients to resources that can help them manage their own health



## 4. How does Supported Self-Management help?

- a. Patients with long-term, physical health problems say they feel more confident about their health
- b. It reduces the number of unplanned hospital admissions
- c. Patients say their symptoms improve
- d. All of the above

## 4. How does Supported Self-Management help?

- a. Patients with long-term, physical health problems say they feel more confident about their health
- b. It reduces the number of unplanned hospital admissions
- c. Patients say their symptoms improve
- d. All of the above