

## *Self-Care in People with Chronic Conditions*

Self-care has an important role to play in patients with chronic conditions. The term self-care refers to specific activities performed with the intention of improving or restoring health and well-being, as well as treating or preventing disease. Self-care refers to the general health decisions people make about physical exercise, healthy eating, good hygiene, self-medication and avoiding health risks such as smoking or excessive drinking. The spectrum of self-care ranges from taking care of minor ailments to long-term conditions and rehabilitation. Individuals perform self-care alone or with support from their next of kin and/or professionals such as nurses or GPs. *Enhancing selfCare* is a key concept of disease management for many types of chronic conditions. People with chronic conditions, their carers and family members are valued as co-producers of health. While self-care aligns well with the wish for greater patient autonomy there is also the risk of overburdening people. It needs to be recognised that self-care is not possible for everyone and that some people do not have family support available to help them. Thus, the aim of our research programme is to conduct cutting-edge research from the perspective of people with chronic conditions that seeks to shed light on wide-ranging aspects related to self-care that is relevant to their personal lives and to undertake rigorous research to provide an evidence base for *Enhancing selfCare*.

### **Mission statement**

Our mission is to enable people with chronic diseases to engage in on-going self-care up to a level acceptable to them and to conduct cutting-edge research that is relevant and close to their personal lives with the aim of improving health and well-being.



### **Contact details:**

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