

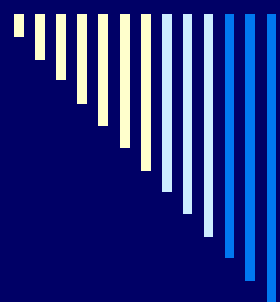
# SMaRT

**Self Management and Recovery  
Tool**

**Building a Partnership of Care**

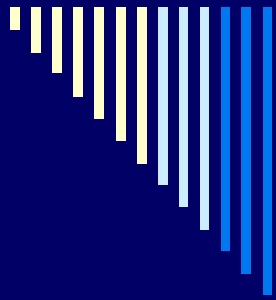
Tait, Evans, Newbury, Harvey. 2006

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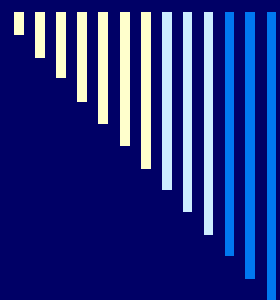
# SMaRT Introduction & Philosophy

- 30+ years General Practice UK & Australia
- The move from hospital based care to a patient centered, shared care system.
- Computer protocols/algorithms for diabetes, hypertension and asthma
- Siggins-Miller



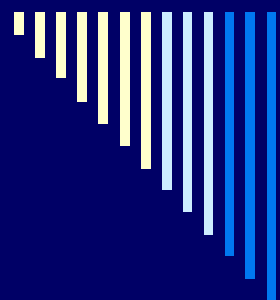
# SMaRT Self Management and Recovery Tool

- Self-management protocols and algorithms are based on clearly defined clinical indices like diabetes.
- Protocols based on perceptions are more difficult to construct as they are dependant on the patient/client interpretation of wellness or illness



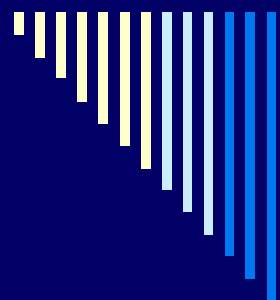
# SMaRT Self Management and Recovery Tool

- Mental health protocols are also based on clinical indicators and clinician interpretation of patient responses
- Patient self management algorithms are dependant on the patients own responses and perceptions of what is being asked and of their symptoms



# SMaRT Self Management and Recovery Tool

- Self-management & self-efficacy is intimately related to empowerment
- Based on **perceptions** of wellbeing
- Patient perceptions are as valid as clinician interpretations
- SMaRT is based on those perceptions
- Perceptions are the true essence of patient empowerment in mental health



# SMaRT

Self Management and Recovery Tool

- Project overview
- Paper-SMaRT and E-SMaRT
- The tool or the algorithm
- User-acceptability
- Clinical outcomes
- Efficacy trial.....