

## OPHA Roundtable Discussion Summary and References

### ***Self-management for chronic conditions: Findings from the 2008 Canadian Survey of Experiences with Primary Health Care***

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It is well established that effective primary health care and health education are crucial to helping patients with chronic conditions achieve the best health outcomes. However, certain groups may not receive the required care or be able to access appropriate resources to manage their condition. We report on the primary health care experiences of Canadian adults with chronic conditions and examines the extent to which age, gender, and having multiple chronic conditions are related to the perceived quality of care. In 2008, The Health Council of Canada co-funded<sup>1</sup> a survey of nearly 12,000 respondents across Canada, asking about their experiences with primary health care. Self-management is a cornerstone of effective and sustainable chronic disease management and implies that the provider ensures that patients have the capacity and supports to learn about and appropriately manage their conditions. The findings will identify the extent to which Canadian adults with one or more chronic conditions are receiving some key components of recommended care to effectively support them in managing their conditions. Implications for how various providers can work together in collaborative teams to help patients manage their care are discussed. Implications for the role of public health within the healthcare system will be discussed in terms of improving access to health education initiatives by vulnerable populations.

**Note: Our report on these data will be released in January 2010. Please see our website [www.healthcouncilcanada.ca](http://www.healthcouncilcanada.ca) to subscribe to our e-newsletter and to visit our online library for our past reports and videos.**

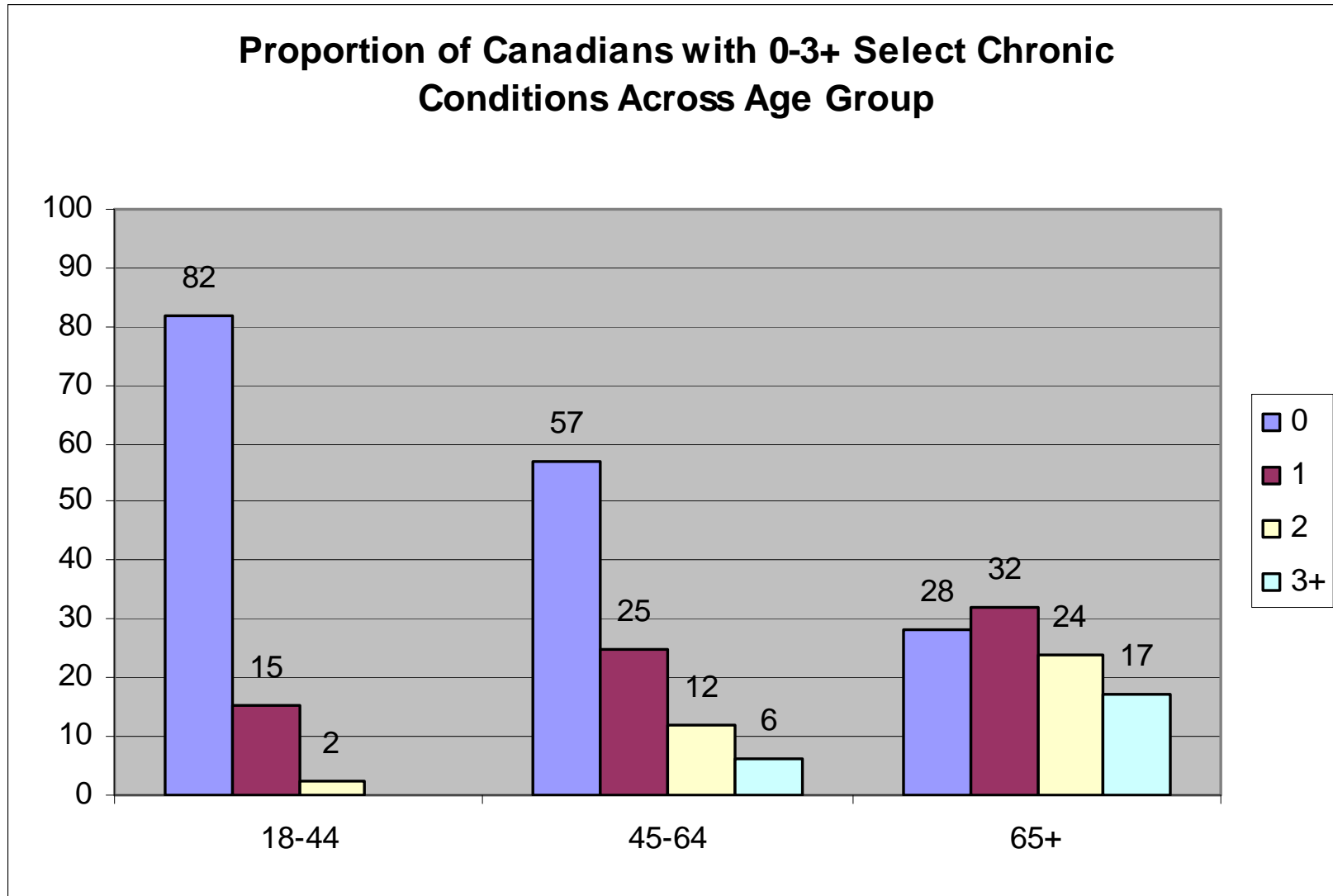
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<sup>1</sup> The 2008 Canadian Survey of Experiences of Primary Health Care was co-funded by the Canadian Institute of Health Information and the Health Council of Canada and carried out by Statistics Canada. This survey is the source of all data reported in all the figures in this handout.

**Figure 1**

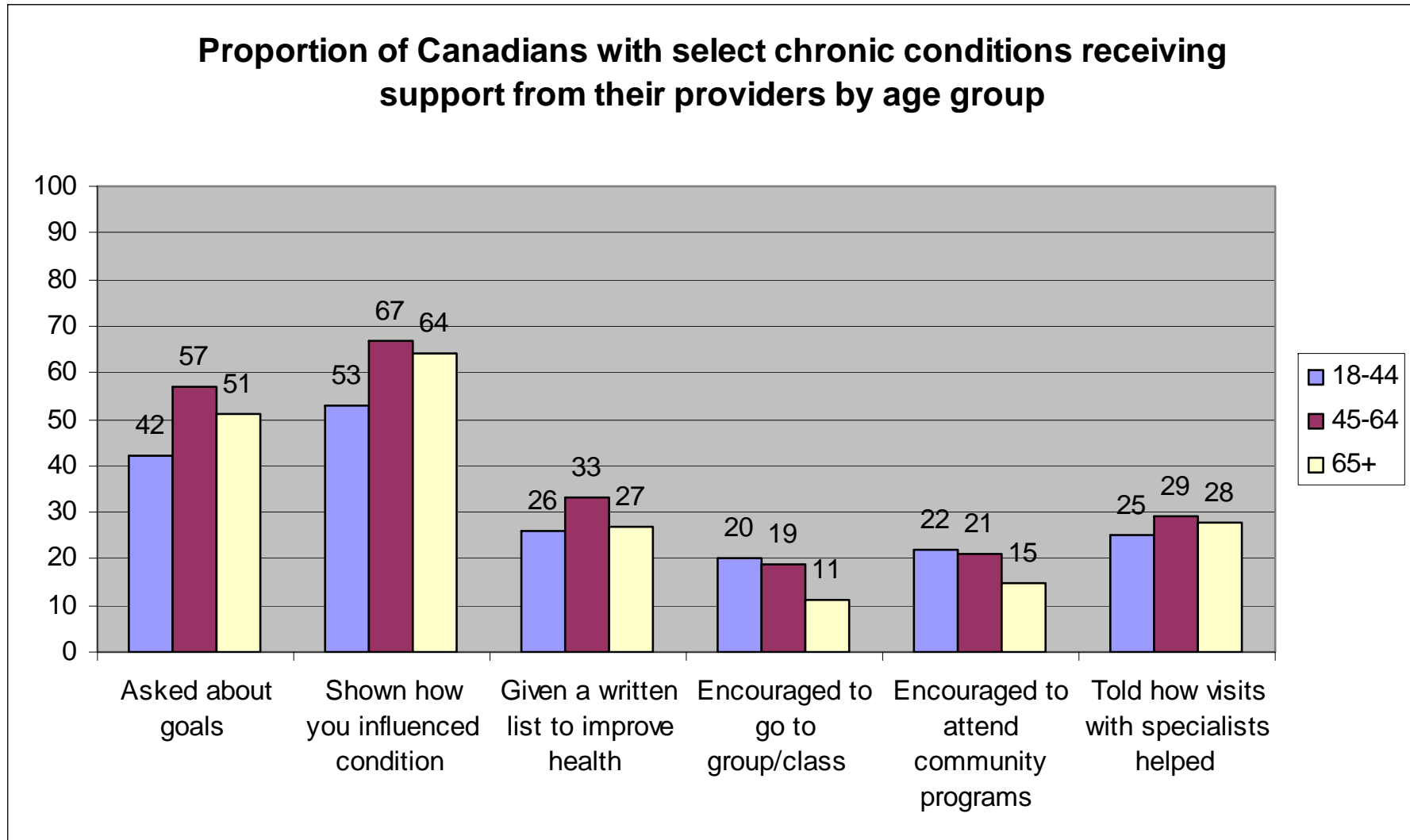


Household population aged 18 and older with valid responses on the select chronic conditions (n=11,479)

Note: - Each age group is significantly different from the others.

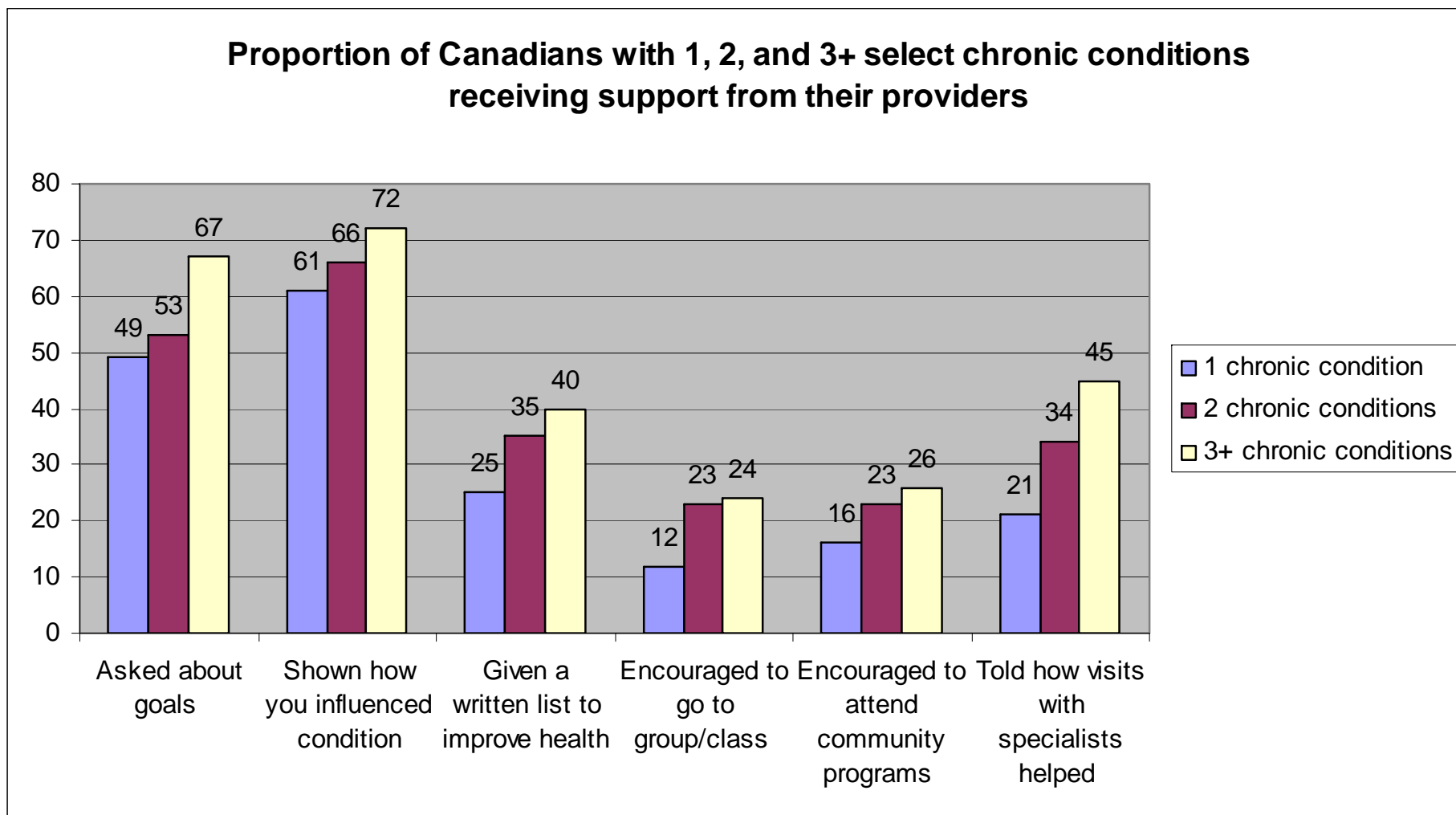
- In the 18-44 age group, proportion of 3+ conditions is suppressed due to extreme sampling variability; proportion of 2 conditions should be interpreted with caution.

**Figure 2**



Household population aged 18 and older with a select chronic condition and who had seen a doctor at least once in the previous 12 months (n=5,137).

**Figure 3**



Household population aged 18 and older with a select chronic condition and who had seen a doctor at least once in the previous 12 months (n=5,137)