

# Reducing Care Utilisation through Self-management Interventions (RECURSIVE): a systematic review and meta-analysis

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## Plain English summary

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## Plain English summary

Many patients live with long-term conditions and the NHS needs to provide effective and patient-centred care to these patients. However, the NHS faces significant pressures on resources. One way of using NHS resources more effectively is to encourage people to engage in self-management, which refers to care taken by people to support their health and well-being, and can include adoption of a healthy lifestyle, actions taken to better manage long-term conditions, as well as meeting psychosocial needs.

Encouraging self-management means that it may be possible for the NHS to use less of the expensive forms of care, such as hospital admissions. We reviewed the current international evidence to see what types of self-management could reduce patient use of NHS services, without causing difficulties in their quality of life (QoL).

We found 184 studies that met our criteria, with most studies in patients with cardiovascular, respiratory and mental health problems. We also found many different types of self-management.

Generally, self-management support was associated with small improvements in QoL. Some self-management interventions also reduced utilisation of health care, with the best evidence in respiratory and cardiovascular disorders. However, the effects were generally modest. Further research is needed to explore self-management in patients with more than one long-term condition, and to test how self-management can be better encouraged across the wider population of patients.

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