Self-Care for Health: A National Policy Blueprint – Reference List

- 1. World Health Organization. *Who's Conceptual Framework for Self-Care*. 2019 [cited 2020.
- 2. Lipman, B.S., Elizabeth, *Enabling People to Manage Their Health and Wellbeing: Policy Approaches to Self-Care*. 2019, The Economist Intelligence Unit,: London, United Kingdom.
- 3. Riegel, B., D.K. Moser, H.G. Buck, V.V. Dickson, S.B. Dunbar, C.S. Lee, T.A. Lennie, J. Lindenfeld, J.E. Mitchell, D.J. Treat-Jacobson, and D.E. Webber, *Self-Care for the Prevention and Management of Cardiovascular Disease and Stroke.* Journal of the American Heart Association, 2017. **6**(9): p. e006997.
- 4. World Health Organization. *Self-Care Can Be an Effective Part of National Health Systems*. Sexual and reproductive health 2019 [cited 2019 3/10/2019]; Available from: <u>https://www.who.int/reproductivehealth/self-care-national-health-systems/en/</u>.
- 5. Riegel, B., S.B. Dunbar, D. Fitzsimons, K.E. Freedland, C.S. Lee, S. Middleton, A. Stromberg, E. Vellone, D.E. Webber, and T. Jaarsma, *Self-Care Research: Where Are We Now? Where Are We Going?* International Journal of Nursing Studies, 2019: p. 103402.
- 6. Duggan, M., W. Chislett, and R. Calder, *The State of Self-Care in Australia*, in *Australian Health Policy Collaboration Commissioned Paper no.02/2017*. 2017, Australian Health Policy Collaboration Melbourne
- 7. Duggan, M., *Self-Care and Health: By All, for All. Learning from Covid-19.* 2020, Mitchell Institute: Melbourne, Australia.
- 8. World Health Organization, *Health Education in Self-Care: Possibilities and Limitations*. 1984, WHO: Geneva.
- 9. World Health Organization, *Self Care for Health.* 2014.
- 10. Godfrey, C.M., M.B. Harrison, R. Lysaght, M. Lamb, I.D. Graham, and P. Oakley, *Care of Self Care by Other Care of Other: The Meaning of Self-Care from Research, Practice, Policy and Industry Perspectives.* International Journal of Evidence-Based Healthcare, 2011. **9**(1): p. 3-24.
- Fumagalli, L.P., G. Radaelli, E. Lettieri, and C. Masella, *Patient Empowerment and Its Neighbours: Clarifying the Boundaries and Their Mutual Relationships.* Health Policy, 2015. 119(3): p. 384-394.
- 12. El-Osta, A., D. Webber, S. Gnani, R. Banarsee, D. Mummery, A. Majeed, and P. Smith, *The Self-Care Matrix: A Unifying Framework for Self-Care.* Self care: Advancing the study and understanding of self-care, 2019.
- 13. Walker, R.J., M. Gebregziabher, B. Martin-Harris, and L.E. Egede, *Relationship between Social Determinants of Health and Processes and Outcomes in Adults with Type 2 Diabetes: Validation of a Conceptual Framework.* BMC endocrine disorders, 2014. **14**(1): p. 82.
- 14. Narasimhan, M., P. Allotey, and A. Hardon, *Self Care Interventions to Advance Health and Wellbeing: A Conceptual Framework to Inform Normative Guidance.* BMJ, 2019. **365**: p. 1688.
- 15. McCusker, J., S.D. Lambert, M.G. Cole, A. Ciampi, E. Strumpf, E.E. Freeman, and E. Belzile, *Activation and Self-Efficacy in a Randomized Trial of a Depression Self-Care Intervention*. Health Education & Behavior, 2016. **43**(6): p. 716-725.
- 16. Adams, R.J., *Improving Health Outcomes with Better Patient Understanding and Education*. Risk Manag Healthc Policy, 2010. **3**: p. 61-72.
- 17. Maftoon, F. and F.N. Moghari, *Self-Care in Health System: Prevention and Management Dimensions.* Payesh (Health Monitor), 2018. **17**(4): p. 361-370.
- 18. Willcox, S., Chronic Diseases in Australia: The Case for Changing Course: Background and Policy Paper. 2014.
- 19. World Health Organization, *Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013-2020.* 2013: Geneva, Switzerland.

- 20. World Health Organization. *Noncommunicable Diseases (Ncd) Country Profiles 2018: Australia* 2018; Available from: <u>https://www.who.int/nmh/countries/2018/aus_en.pdf?ua=1</u>.
- 21. Self Help UK, Self-Care: Everybody's Talking About It. A Discussion Paper. . 2017.
- 22. Challis, D., J. Hughes, K. Berzins, S. Reilly, J. Abell, and K. Stewart, *Self-Care and Case Management in Long-Term Conditions: The Effective Management of Critical Interfaces*, in *Report for the National Institute for Health Research Service Delivery and Organisation programme*, Q.s.P.a.C.o.H. 2010, Editor. 2010.
- 23. Jonkman, N.H., H. Westland, R.H. Groenwold, S. Agren, M. Anguita, L. Blue, P.W. Bruggink-Andre de la Porte, D.A. DeWalt, P.L. Hebert, M. Heisler, T. Jaarsma, G.I. Kempen, M.E. Leventhal, D.J. Lok, J. Martensson, J. Muniz, H. Otsu, F. Peters-Klimm, M.W. Rich, B. Riegel, A. Stromberg, R.T. Tsuyuki, J.C. Trappenburg, M.J. Schuurmans, and A.W. Hoes, *What Are Effective Program Characteristics of Self-Management Interventions in Patients with Heart Failure? An Individual Patient Data Meta-Analysis.* J Card Fail, 2016. **22**(11): p. 861-871.
- 24. Ditewig, J.B., H. Blok, J. Havers, and H. van Veenendaal, *Effectiveness of Self-Management Interventions on Mortality, Hospital Readmissions, Chronic Heart Failure Hospitalization Rate and Quality of Life in Patients with Chronic Heart Failure: A Systematic Review.* Patient Educ Couns, 2010. **78**(3): p. 297-315.
- 25. da Rocha, R.B., C.S. Silva, and V.S. Cardoso, *Self-Care in Adults with Type 2 Diabetes Mellitus: A Systematic Review.* Current diabetes reviews, 2020. **16**(6): p. 598-607.
- 26. Zimbudzi, E., C. Lo, M.L. Misso, S. Ranasinha, P.G. Kerr, H.J. Teede, and S. Zoungas, *Effectiveness of Self-Management Support Interventions for People with Comorbid Diabetes and Chronic Kidney Disease: A Systematic Review and Meta-Analysis.* Systematic reviews, 2018. **7**(1): p. 84.
- 27. Toukhsati, S., T. Jaarsma, A. Babu, A. Driscoll, and D. Hare, *Self-Care Interventions That Reduce Hospital Readmissions in Patients with Heart Failure; Towards the Identification of Change Agents.* Clinical Medicine Insights: Cardiology, 2019. **13**: p. 1179546819856855.
- 28. Purdy, S., *Avoiding Hospital Admissions: What Does the Research Evidence Say?*, T.K.s. Fund, Editor. 2010.
- 29. Boyde, M., R. Peters, N. New, R. Hwang, T. Ha, and D. Korczyk, *Self-Care Educational Intervention to Reduce Hospitalisations in Heart Failure: A Randomised Controlled Trial.* European Journal of Cardiovascular Nursing, 2017. **17**(2): p. 178-185.
- 30. Roberts, R., *The Physical Health of People Living with a Mental Illness: A Narrative Literature Review*. 2019, Equally Well.
- 31. Cossart, Y.E., *The Rise and Fall of Infectious Diseases: Australian Perspectives, 1914-2014.* Med J Aust, 2014. **201**(1 Suppl): p. S11-4.
- 32. Kieny, M.-P., D.B. Evans, G. Schmets, and S. Kadandale, *Health-System Resilience: Reflections* on the Ebola Crisis in Western Africa. 2014, SciELO Public Health.
- 33. Judith, R., *The Resilience Dividend: Being Strong in a World Where Things Go Wrong*. 2015.
- 34. Australian Institute of Health and Welfare, *Health Expenditure Australia 2016-17*, in *Health and welfare expenditure series no. 64. Cat. no. HWE 74.* . 2018, AIHW: Canberra.
- 35. Hibbard, J.H., J. Greene, and V. Overton, *Patients with Lower Activation Associated with Higher Costs; Delivery Systems Should Know Their Patients' 'Scores'*. Health Affairs, 2013. **32**(2): p. 216-222.
- 36. Brady, T.J., L. Murphy, B.J. O'Colmain, D. Beauchesne, B. Daniels, M. Greenberg, M. House, and D. Chervin, A Meta-Analysis of Health Status, Health Behaviors, and Health Care Utilization Outcomes of the Chronic Disease Self-Management Program. Prev Chronic Dis, 2013. **10**: p. 120112.
- 37. Dineen-Griffin, A., V. Garcia-Cardenas, K. Rogers, C. Vargas-Parada, K. Williams, and S. Benrimoj, *An Australian Minor Ailments Scheme*. 2019, Graduate School of Health, Discipline of Pharmacy: University of Technology Sydney.

- 38. Roughead, L., S. Semple, and E. Rosenfeld, *Literature Review: Medication Safety in Australia.* Sydney: Australian Commission on Safety and Quality in Health Care, 2013.
- 39. Basu, R., M.G. Ory, S.D. Towne, Jr., M.L. Smith, A.K. Hochhalter, and S. Ahn, *Cost-Effectiveness* of the Chronic Disease Self-Management Program: Implications for Community-Based Organizations. Front Public Health, 2015. **3**: p. 27.
- 40. Ahn, S., M.L. Smith, M. Altpeter, L. Post, and M.G. Ory, *Healthcare Cost Savings Estimator Tool for Chronic Disease Self-Management Program: A New Tool for Program Administrators and Decision Makers.* Front Public Health, 2015. **3**: p. 42.
- 41. Ahn, S., R. Basu, M.L. Smith, L. Jiang, K. Lorig, N. Whitelaw, and M.G. Ory, *The Impact of Chronic Disease Self-Management Programs: Healthcare Savings through a Community-Based Intervention*. BMC Public Health, 2013. **13**: p. 1141.
- 42. Willcox, S., Chronic Diseases in Australia: Blueprint for Preventive Action. 2015.
- 43. Ausili, D., E. Rossi, P. Rebora, M. Luciani, L. Tonoli, E. Ballerini, S. Androni, E. Vellone, B. Riegel, and S. Di Mauro, *Socio-Demographic and Clinical Determinants of Self-Care in Adults with Type 2 Diabetes: A Multicentre Observational Study.* Acta Diabetol, 2018. **55**(7): p. 691-702.
- 44. Britt, H.C., C.M. Harrison, G.C. Miller, and S.A. Knox, *Prevalence and Patterns of Multimorbidity in Australia.* Medical Journal of Australia, 2008. **189**(2): p. 72-7.
- 45. Academy of Medical Sciences, *Multimorbidity: A Priority for Global Health Research* 2018: London
- 46. Calder, R., R. Dunkin, C. Rochford, and T. Nichols, *Australian Health Services: Too Complex to Navigate: A Review of the National Reviews of Australia's Health Servie Arrangements*, in *Policy Issues Paper*, M. Institute, Editor. 2019, Australian Health Policy Collaboration.
- 47. Calder, R., R. Dunkin, C. Rochford, and T. Nichols, *Australian Health Services: Too Complex to Navigate: A Review of the National Reviews of Australia's Health Service Arrangements*. 2019, Mitchell Institute: Melbourne.
- 48. Tinetti, M.E., T.R. Fried, and C.M. Boyd, *Designing Health Care for the Most Common Chronic Condition--Multimorbidity.* Jama, 2012. **307**(23): p. 2493-4.
- 49. Aspin, C., T. Jowsey, N. Glasgow, P. Dugdale, E. Nolte, J. O'Hallahan, and S. Leeder, *Health Policy Responses to Rising Rates of Multi-Morbid Chronic Illness in Australia and New Zealand*. Australian and New Zealand Journal of Public Health, 2010. **34**(4): p. 386-93.
- 50. Oliver-Baxter, J. and L. Brown, *Primary Health Care Funding Models*. 2013.
- 51. Prior, E. and M. Kitts, *Innovative Funding Models to Incentivise Integrated Care*. International Journal of Integrated Care, 2017. **17**(3).
- 52. Rogers, A., I. Vassilev, H. Brooks, A. Kennedy, and C. Blickem, *Brief Encounters: What Do Primary Care Professionals Contribute to Peoples' Self-Care Support Network for Long-Term Conditions? A Mixed Methods Study.* BMC family practice, 2016. **17**(1): p. 1-9.
- 53. Franklin, M., S. Lewis, K. Willis, H. Bourke-Taylor, and L. Smith, *Patients' and Healthcare Professionals' Perceptions of Self-Management Support Interactions: Systematic Review and Qualitative Synthesis.* Chronic Illn, 2018. **14**(2): p. 79-103.
- 54. Kokanovic, R. and L. Manderson, *Exploring Doctor-Patient Communication in Immigrant Australians with Type 2 Diabetes: A Qualitative Study.* Journal of general internal medicine, 2007. **22**(4): p. 459-463.
- 55. Ritholz, M.D., E.A. Beverly, K.M. Brooks, M.J. Abrahamson, and K. Weinger, *Barriers and Facilitators to Self-Care Communication During Medical Appointments in the United States for Adults with Type 2 Diabetes.* Chronic illness, 2014. **10**(4): p. 303-313.
- 56. Bal, M.I., J.N. Sattoe, P.D. Roelofs, R. Bal, A. van Staa, and H.S. Miedema, *Exploring Effectiveness and Effective Components of Self-Management Interventions for Young People with Chronic Physical Conditions: A Systematic Review.* Patient Educ Couns, 2016. **99**(8): p. 1293-309.
- 57. European Innovation Partnership on Active and Healthy Ageing. *Eu/Tns Eurobarometer Qualitative Study on Patient Involvement in Healthcare*. 2012; Available from:

https://ec.europa.eu/eip/ageing/library/eurobarometerqualitative-study-patient-involvement-healthcare_en.

- 58. Australian Bureau of Statistics, *Health Literacy, Australia. Canberra: Australian Bureau of Statistics, 2008.* 2008.
- 59. World Health Organization, Who Health Evidence Network Synthesis Report 65. What Is the Evidence on the Methods, Frameworks and Indicators Used to Evaluate Health Literacy Policies, Programmes and Interventions at the Regional, National and Organizational Levels? Copenhagen Who Regional Office for Europe, 2019. 2019.
- 60. Institute of Medicine. *Health Literacy: A Prescription to End Confusion*. 2004 May 23]; Available from: <u>http://www.nationalacademies.org/hmd/Reports/2004/Health-Literacy-A-Prescription-to-End-Confusion.aspx</u>.
- 61. Ishikawa, H. and E. Yano, *Patient Health Literacy and Participation in the Health-Care Process*. Health Expectations, 2008. **11**(2): p. 113-22.
- 62. van der Heide, I., E. Uiters, J. Rademakers, J.N. Struijs, A.J. Schuit, and C.A. Baan, Associations among Health Literacy, Diabetes Knowledge, and Self-Management Behavior in Adults with Diabetes: Results of a Dutch Cross-Sectional Study. Journal of Health Communication, 2014.
 19 Suppl 2: p. 115-31.
- 63. Berkman, N.D., S.L. Sheridan, K.E. Donahue, D.J. Halpern, A. Viera, K. Crotty, A. Holland, M. Brasure, K.N. Lohr, E. Harden, E. Tant, I. Wallace, and M. Viswanathan, *Health Literacy Interventions and Outcomes: An Updated Systematic Review*. Evidence Report/Technology Assessment, 2011(199): p. 1-941.
- 64. Ioka, G., The Relationship between Health Literacy and Health Outcomes in Australian, Canadian and New Zealand Adults: A Scoping Review of Interventions within the Literature.
 An unpublished thesis submitted in partial fulfilment of the requirements for the degree of Master of Osteopathy, Unitec Institute of Technology, Auckland, New Zealand., 2018.
- 65. Palumbo, R., *Examining the Impacts of Health Literacy on Healthcare Costs. An Evidence Synthesis.* Health Services Management Research, 2017. **30**(4): p. 197-212.
- 66. Eichler, K., S. Wieser, and U. Brügger, *The Costs of Limited Health Literacy: A Systematic Review.* International journal of public health, 2009. **54**(5): p. 313.
- 67. Hosking, S.M., S.L. Brennan-Olsen, A. Beauchamp, R. Buchbinder, L.J. Williams, and J.A. Pasco, Health Literacy in a Population-Based Sample of Australian Women: A Cross-Sectional Profile of the Geelong Osteoporosis Study. BMC Public Health, 2018. **18**(1): p. 876.
- 68. Beauchamp, A., R. Buchbinder, S. Dodson, R.W. Batterham, G.R. Elsworth, C. McPhee, L. Sparkes, M. Hawkins, and R.H. Osborne, *Distribution of Health Literacy Strengths and Weaknesses across Socio-Demographic Groups: A Cross-Sectional Survey Using the Health Literacy Questionnaire (HIq)*. BMC Public Health, 2015. **15**: p. 678-678.
- 69. Rikard, R.V., M.S. Thompson, J. McKinney, and A. Beauchamp, *Examining Health Literacy Disparities in the United States: A Third Look at the National Assessment of Adult Literacy (Naal).* BMC Public Health, 2016. **16**(1): p. 975.
- 70. Stormacq, C., S. Van den Broucke, and J. Wosinski, *Does Health Literacy Mediate the Relationship between Socioeconomic Status and Health Disparities? Integrative Review.* Health Promotion International, 2018. **34**(5): p. e1-e17.
- 71. Piper, C.N., S. Chalakalal, N. Sebastian, J. Warren-Findlow, and M.E. Thompson, *Race, Socioeconomic Status, Health-Related Quality of Life, and Self-Care of Type 2 Diabetes Mellitus among Adults in North Carolina*. South Med J, 2015. **108**(4): p. 212-6.
- 72. Australian Commission on Safety Quality in Health Care, *Australian Commission on Safety and Quality in Health Care Annual Report 2011/12*. 2012, ACSQHC: Sydney.
- 73. Ethnic Communities' Council of Victoria, *An Investment Not an Expense: Enhancing Health Literacy in Culturally and Linguistically Diverse Communities*. 2012: Victoria, Australia.
- 74. The Royal Australasian College of Physicians, *Health and the National Disability Insurance Scheme Position Statement*, 2017.

- Gray, K., K. Elliott, and J. Wale, A Community Education Initiative to Improve Using Online Health Information: Participation and Impact. Informatics for Health and Social Care, 2013.
 38(3): p. 171-181.
- 76. Elmer, S., H. Bridgman, A. Williams, M. Bird, S. Murray, R. Jones, and M. Cheney, *Evaluation of a Health Literacy Program for Chronic Conditions*. HLRP: Health Literacy Research and Practice, 2017. **1**(3): p. e100-e108.
- 77. Muscat D., Shepherd H., Nutbeam D., Morony S., Smith S., Dhillon H., Trevenal L., Hayen A., Luxford K., and M. K., *Developing Verbal Health Literacy with Adult Learners through Training in Shared Decision-Making.*. HLRP: Health Literacy Research and Practice., 2017. **1**(4): p. e257e268.
- 78. Muscat D., Morony S., Trevena L., Hayen A., Shepherd H., Smith S., Dhillon H., Luxford K., Nutbeam D., and M. K., *Skills for Shared Decision-Making: Evaluation of a Health Literacy Program for Consumers with Lower Literacy Levels.* . . HLRP: Health Literacy Research and Practice., 2019. **3(3 Suppl)**: p. S58-S74.
- McCaffery, K.J., S. Morony, D.M. Muscat, A. Hayen, H.L. Shepherd, H.M. Dhillon, S.K. Smith, E. Cvejic, W. Meshreky, K. Luxford, and D. Nutbeam, *Evaluation of an Australian Health Literacy Program Delivered in Adult Education Settings*. Health Literacy Research And Practice, 2019. 3(3 Suppl): p. S42-S57.
- 80. Estacio, E.V., Action on Health Literacy in Stoke-on-Trent: Engaging South Asian Men and Young Men with Diabetes. 2012: Keele, UK.
- 81. Svensson P, Carlzen K, and A. A., *Exposure to Culturally Sensitive Sexual Health Information and Impact on Health Literacy: A Qualitative Study among Newly Arrived Refugee Women in Sweden*. Cult Health Sex., 2017. **19**(7): p. 752-66.
- 82. Scullion, G., *Evaluation of the Atelier Roma Men's Training, Diversion and Health Literacy Programme.* . 2016, Health Service Executive (Ireland): Dublin, Ireland.
- 83. Fernández-Gutiérrez, M., P. Bas-Sarmiento, M.J. Albar-Marín, O. Paloma-Castro, and J.M. Romero-Sánchez, *Health Literacy Interventions for Immigrant Populations: A Systematic Review.* International Nursing Review, 2018. **65**(1): p. 54-64.
- 84. Cyril, S., B.J. Smith, A. Possamai-Inesedy, and A.M.N. Renzaho, *Exploring the Role of Community Engagement in Improving the Health of Disadvantaged Populations: A Systematic Review.* Global Health Action, 2015. **8**: p. 29842-29842.
- 85. Scott, A., A. O'Cathain, and E. Goyder, *Socioeconomic Disparities in Access to Intensive Insulin Regimens for Adults with Type 1 Diabetes: A Qualitative Study of Patient and Healthcare Professional Perspectives.* International Journal for Equity in Health, 2019(1): p. 1.
- 86. Neil, S., K. Murphy, and G. Chapman, *Evaluating Health Literacy Environments in Australian Health Services*. Asia Pacific Journal of Health Management, 2018(2): p. 1.
- 87. Nutbeam, D., B. McGill, and P. Premkumar, *Improving Health Literacy in Community Populations: A Review of Progress.* Health Promotion International, 2018. **33**(5): p. 901-911.
- Mackey, L.M., C. Doody, E.L. Werner, and B. Fullen, *Self-Management Skills in Chronic Disease Management: What Role Does Health Literacy Have?* Medical Decision Making: An International Journal Of The Society For Medical Decision Making, 2016. **36**(6): p. 741-759.
- 89. Australian Commission on Safety and Quality in Health Care, *National Safety and Quality Health Service Standards*. 2012, Australian Commission on Safety and Quality in Health Care: Sydney, Australia.
- 90. Trezona, A., S. Dodson, and R.H. Osborne, *Development of the Organisational Health Literacy Responsiveness (Org-Hir) Self-Assessment Tool and Process.* BMC Health Serv Res, 2018. 18(1):
 p. 694.
- 91. Ministry of Health, *Health Literacy Review: A Guide*. 2015, Ministry of Health: Wellington, New Zealand.

- 92. Dietscher, C. and J. Pelikan, *Health-Literate Hospitals and Healthcare Organizations Results from an Austrian Feasability Study on the Self-Assessment of Organizational Health Literacy in Hospitals*, in *Health Literacy*, D. Schaeffer and J. Pelikan, Editors. 2017, Hogrefe: Bern.
- 93. Ostini, R., T. Kairuz, J. Summers, G. Swinburne, F.M. Boyle, L. Emmerton, and G. Duncan, *Communication: Better Health Literacy.* Australian Pharmacist, 2019. **38**(4): p. 76.
- 94. Stormacq, C., S.V.d. Broucke, and J. Wosinski, *Does Health Literacy Mediate the Relationship between Socioeconomic Status and Health Disparities? Integrative Review.* Health Promotion International, 2019. **34**(5): p. e1-e17.
- 95. Rowlands, G., S. Russell, A. O'Donnell, E. Kaner, A. Trezona, J. Rademakers, and D. Nutbeam, What Is the Evidence on Existing Policies and Linked Activities and Their Effectiveness for Improving Health Literacy at National, Regional and Organizational Levels in the Who European Region? 2018: Copenhagen.
- 96. Rowlands, G., A. Trezona, S. Russell, M. Lopatina, J. Pelikan, M. Paasche-Orlow, O. Drapkina, A. Kontsevaya, and K. Sørensen, *What Is the Evidence on the Methods, Frameworks and Indicators Used to Evaluate Health Literacy Policies, Programmes and Interventions at the Regional, National and Organizational Levels?* 2019.
- 97. Trezona, A., G. Rowlands, and D. Nutbeam, *Progress in Implementing National Policies and Strategies for Health Literacy-What Have We Learned So Far?* International journal of environmental research and public health, 2018. **15**(7): p. 1554.
- 98. Dussault, G., R. Kawar, S. Castro-Lopes, and J. Campbell, *Building the Primary Health Care Workforce of the 21st Century*, in *Technical Series*. 2018, World Health Organization: Geneva, Switzerland.
- 99. Franklin, M., K. Willis, S. Lewis, A. Rogers, and L. Smith, *Between Knowing and Doing Person-Centredness: A Qualitative Examination of Health Professionals' Perceptions of Roles in Self-Management Support.* Health, 2019: p. 1363459319889087.
- 100. Higgins, R., B. Murphy, M. Worcester, and A. Daffey, *Supporting Chronic Disease Self-Management: Translating Policies and Principles into Clinical Practice*. Australian journal of primary health, 2012. **18**(1): p. 80-87.
- Sadler, E., C.D.A. Wolfe, and C. McKevitt, *Lay and Health Care Professional Understandings of Self-Management: A Systematic Review and Narrative Synthesis.* SAGE open medicine, 2014.
 p. 2050312114544493-2050312114544493.
- 102. Lawn, S., M. Battersby, H. Lindner, R. Mathews, S. Morris, L. Wells, J. Litt, and R. Reed, *What Skills Do Primary Health Care Professionals Need to Provide Effective Self-Management Support? Seeking Consumer Perspectives.* Austr J Primary Health, 2009. **15**: p. 37.
- 103. Bogetz, J.F., C.E. Rassbach, S. Bereknyei, F.S. Mendoza, L.M. Sanders, and C.H. Braddock, 3rd, *Training Health Care Professionals for 21st-Century Practice: A Systematic Review of Educational Interventions on Chronic Care.* Acad Med, 2015.
- 104. Rochfort, A., S. Beirne, G. Doran, P. Patton, J. Gensichen, I. Kunnamo, S. Smith, T. Eriksson, and C. Collins, *Does Patient Self-Management Education of Primary Care Professionals Improve Patient Outcomes: A Systematic Review.* BMC Fam Pract, 2018. **19**(1): p. 163.
- 105. Sanchez-Reilly, S., L.J. Morrison, E. Carey, R. Bernacki, L. O'Neill, J. Kapo, V.S. Periyakoil, and J.d. Thomas, *Caring for Oneself to Care for Others: Physicians and Their Self-Care.* The journal of supportive oncology, 2013. **11**(2): p. 75.
- 106. Essue, B.M., T. Jowsey, Y.-H. Jeon, M. Mirzaei, C.L. Pearce-Brown, C. Aspin, and T.P. Usherwood, *Informal Care and the Self-Management Partnership: Implications for Australian Health Policy and Practice.* Australian Health Review, 2010. **34**(4): p. 414-422.
- 107. Imison, C., S. Castle-Clarke, and R. Watson, *Reshaping the Workforce to Deliver the Care Patients Need*, in *Research Report*, N. Trust, Editor. 2016.
- Strong, A., M. Stoutenberg, A. Hobson-Powell, M. Hargreaves, H. Beeler, and E. Stamatakis, An Evaluation of Physical Activity Training in Australian Medical School Curricula. J Sci Med Sport, 2017. 20(6): p. 534-538.

- 109. Walker, C., H. Swerissen, and J. Belfrage, *Self-Management: Its Place in the Management of Chronic Illnesses.* . Australian Health Review, 2003. **26**(2): p. 34-42.
- 110. Australian Better Health Initiative Senior Officials Working Group, *Australian Better Health Initiative National Implementation Plan 2006–2010,* Australian Government Department of Health and Ageing, Editor. 2006: Canberra.
- 111. Zoffmann, V., A. Hornsten, S. Storbaekken, M. Graue, B. Rasmussen, A. Wahl, and M. Kirkevold, *Translating Person-Centered Care into Practice: A Comparative Analysis of Motivational Interviewing, Illness-Integration Support, and Guided Self-Determination.* Patient Educ Couns, 2016. **99**(3): p. 400-407.
- 112. Lawn, S. and A. Schoo, *Supporting Self-Management of Chronic Health Conditions: Common Approaches.* Patient Educ Couns, 2010. **80**(2): p. 205-11.
- 113. Smith, S.M., E. Wallace, T. O'Dowd, and M. Fortin, *Interventions for Improving Outcomes in Patients with Multimorbidity in Primary Care and Community Settings.* Cochrane Database Syst Rev, 2016. **3**: p. Cd006560.
- 114. Battersby, M., M. Von Korff, J. Schaefer, C. Davis, E. Ludman, S.M. Greene, M. Parkerton, and E.H. Wagner, *Twelve Evidence-Based Principles for Implementing Self-Management Support in Primary Care.* Jt Comm J Qual Patient Saf, 2010. **36**(12): p. 561-70.
- 115. Shoor, S. and K.R. Lorig, *Self-Care and the Doctor-Patient Relationship.* Med Care, 2002. **40**(4 Suppl): p. II40-44.
- 116. Wagner, E.H., S.M. Bennett, B.T. Austin, S.M. Greene, J.K. Schaefer, and M. Vonkorff, *Finding Common Ground: Patient-Centeredness and Evidence-Based Chronic Illness Care.* J Altern Complement Med, 2005. **11 Suppl 1**: p. S7-15.
- 117. Ausili, D., M. Masotto, C. Dall'Ora, L. Salvini, and S. Di Mauro, *A Literature Review on Self-Care of Chronic Illness: Definition, Assessment and Related Outcomes.* Prof Inferm, 2014. **67**(3): p. 180-9.
- 118. Wagner, E., B. Austin, and M. von Korff, *Organising Care for Patients with Chronic Illness*. Millbank Quarterly, 1996. **74**: p. 511-44.
- 119. Barr, P., Elwyn, G. and Scholl, I., Achieving Patient Engagement through Shared Decision-Making, in The Wiley Handbook of Healthcare Treatment Engagement. 2020. p. 531-550.
- Liddy, C., V. Blazkho, and K. Mill, Challenges of Self-Management When Living with Multiple Chronic Conditions: Systematic Review of the Qualitative Literature. Can Fam Physician, 2014.
 60(12): p. 1123-33.
- 121. Baumann, L.C. and T.T. Dang, *Helping Patients with Chronic Conditions Overcome Barriers to Self-Care.* Nurse Pract, 2012. **37**(3): p. 32-8; quiz 38-9.
- 122. Huffman, M.H., Advancing the Practice of Health Coaching: Differentiation from Wellness Coaching. Workplace health & safety, 2016. **64**(9): p. 400-403.
- 123. Bennett, H.D., E.A. Coleman, C. Parry, T. Bodenheimer, and E.H. Chen, *Health Coaching for Patients with Chronic Illness.* Family practice management, 2010. **17**(5): p. 24.
- 124. Vassilev, I., A. Rogers, A. Kennedy, and J. Koetsenruijter, *The Influence of Social Networks on Self-Management Support: A Metasynthesis.* BMC public health, 2014. **14**(1): p. 719.
- 125. Rogers, A., I. Vassilev, C. Sanders, S. Kirk, C. Chew-Graham, A. Kennedy, J. Protheroe, P. Bower, C. Blickem, and D. Reeves, *Social Networks, Work and Network-Based Resources for the Management of Long-Term Conditions: A Framework and Study Protocol for Developing Self-Care Support.* Implementation Science, 2011. 6(1): p. 1-7.
- 126. Morris, R.L., A. Kennedy, and C. Sanders, *Evolving 'Self'-Management: Exploring the Role of Social Network Typologies on Individual Long-Term Condition Management.* Health Expectations, 2016. **19**(5): p. 1044-1061.
- 127. Schaffler, J., K. Leung, S. Tremblay, L. Merdsoy, E. Belzile, A. Lambrou, and S.D. Lambert, *The Effectiveness of Self-Management Interventions for Individuals with Low Health Literacy and/or Low Income: A Descriptive Systematic Review.* Journal Of General Internal Medicine, 2018. **33**(4): p. 510-523.

- 128. Phillips, R.L., A. Short, P. Dugdale, P. Nugus, and D. Greenfield, *Supporting Patients to Self-Manage Chronic Disease: Clinicians' Perspectives and Current Practices*. Australian Journal of Primary Health, 2014. **20**(3): p. 257-265.
- 129. Portillo, M.C., E. Regaira, M.J. Pumar-Méndez, A. Mujika, I. Vassilev, A. Rogers, M. Wensing, C. Foss, I.R. Knutsen, and E. Todorova, *Voluntary Organizations and Community Groups as New Partners in Diabetes Self-Management and Education: A Critical Interpretative Synthesis.* The Diabetes Educator, 2015. **41**(5): p. 550-568.
- 130. Bossy, D., I.R. Knutsen, A. Rogers, and C. Foss, *Moving between Ideologies in Self-Management Support—a Qualitative Study.* Health Expectations, 2019. **22**(1): p. 83-92.
- 131. Boote, J., R. Telford, and C. Cooper, *Consumer Involvement in Health Research: A Review and Research Agenda.* Health Policy, 2002. **61**(2): p. 213-236.
- 132. Harrison, R., M. Walton, U. Chitkara, E. Manias, A. Chauhan, M. Latanik, and D. Leone, *Beyond Translation: Engaging with Culturally and Linguistically Diverse Consumers.* Health expectations : an international journal of public participation in health care and health policy, 2020. **23**(1): p. 159-168.
- 133. Australian Commission on Safety and Quality in Health Care, *Consumer Health Information Needs and Preferences: Perspectives of Culturally and Linguistically Diverse and Aboriginal and Torres Strait Islander People*. 2017, ACSQHC: Sydney.
- 134. Australian Commission on Safety and Quality in Health Care, *Development of a Consumer Engagement Statement for the Commission Consultation Report* 2008, ACSQHC: Sydney.
- 135. National Mental Health Commission, *Consuner and Carer Engagement: A Practical Guide*, National Mental Health Commission, Editor. 2019: Sydney.
- 136. Martin, G.P., *Representativeness, Legitimacy and Power in Public Involvement in Health-Service Management.* Soc Sci Med, 2008. **67**(11): p. 1757-65.
- 137. Consumers Health Forum of Australia, *Shifting Gears Consumers Transforming Health: A White Paper*. 2018, Consumers Health Forum of Australia: Canberra.
- 138. Davidson, L., P. Ridgway, T. Schmutte, and M. O'Connell, *Purposes and Goals*, in *Handbook of Service User Involvement in Mental Health Research*. 2009. p. 87-98.
- 139. Faulkner, A. and P. Thomas, *User-Led Research and Evidence-Based Medicine*. British Journal of Psychiatry, 2002. **180**(1): p. 1-3.
- 140. Suomi A, F.B., and Banfield M, , *Framework for the Engagement of People with a Lived Experience in Program Implementation and Research: Review and Report Prepared for the Lifespan Suicide Prevention Project*. 2017, Australian National University: Canberra.
- 141. National Academy of, E.I.o.M.C.o., Engineering the Health Care System,, *The National Academies Collection: Reports Funded by National Institutes of Health*, in *Building a Better Delivery System: A New Engineering/Health Care Partnership*, P.P. Reid, W.D. Compton, J.H. Grossman, and G. Fanjiang, Editors. 2005, National Academies Press (US) Copyright © 2005, National Academy of Sciences.: Washington (DC).
- 142. Australian Commission on Safety and Quality in Health Care. *Partnering with Consumers Standard*. 2019; Available from: <u>https://www.safetyandquality.gov.au/standards/nsqhs-standards/partnering-consumers-standard</u>
- 143. Deloitte Touche Tohmatsu Ltd., *Mobile Consumer Survey 2018 : Behaviour Unlimited*. 2018.
- 144. Research 2 Guidance., *Mhealth App Economics: Current Status and Future Trends in Mobile Health*. 2017.
- 145. Hambleton, S.J. and J. Aloizos AM, *Australia's Digital Health Journey.* The Medical Journal of Australia, 2019. **210**(6): p. S5-S6.
- Beaunoyer, E., M. Arsenault, A.M. Lomanowska, and M.J. Guitton, *Understanding Online Health Information: Evaluation, Tools, and Strategies.* Patient education and counseling, 2017.
 100(2): p. 183-189.
- 147. Bates, D.W., A. Landman, and D.M. Levine, *Health Apps and Health Policy: What Is Needed?* JAMA, 2018. **320**(19): p. 1975-1976.

- 148. Byambasuren, O., S. Sanders, E. Beller, and P. Glasziou, *Prescribable Mhealth Apps Identified from an Overview of Systematic Reviews.* npj Digital Medicine, 2018. **1**(1): p. 12.
- 149. Larsen, M.E., K. Huckvale, J. Nicholas, J. Torous, L. Birrell, E. Li, and B. Reda, *Using Science to Sell Apps: Evaluation of Mental Health App Store Quality Claims.* NPJ digital medicine, 2019.
 2(1): p. 1-6.
- 150. Nikolaou, C.K. and M.E. Lean, *Mobile Applications for Obesity and Weight Management: Current Market Characteristics.* Int J Obes (Lond), 2017. **41**(1): p. 200-202.
- 151. Rivera, J., A. McPherson, J. Hamilton, C. Birken, M. Coons, S. Iyer, A. Agarwal, C. Lalloo, and J. Stinson, *Mobile Apps for Weight Management: A Scoping Review.* JMIR Mhealth Uhealth, 2016. **4**(3): p. e87.
- 152. Byambasuren, O., E. Beller, and P. Glasziou, *Current Knowledge and Adoption of Mobile Health Apps among Australian General Practitioners: Survey Study.* JMIR Mhealth Uhealth, 2019. **7**(6): p. e13199.
- 153. Sharples, J.M., A.D. Oxman, K.R. Mahtani, I. Chalmers, S. Oliver, K. Collins, A. Austvoll-Dahlgren, and T. Hoffmann, *Critical Thinking in Healthcare and Education*. BMJ, 2017. **357**: p. j2234.
- 154. Semakula, D., A. Nsangi, A.D. Oxman, M. Oxman, A. Austvoll-Dahlgren, S. Rosenbaum, A. Morelli, C. Glenton, S. Lewin, M. Kaseje, I. Chalmers, A. Fretheim, D.T. Kristoffersen, and N.K. Sewankambo, *Effects of the Informed Health Choices Podcast on the Ability of Parents of Primary School Children in Uganda to Assess Claims About Treatment Effects: A Randomised Controlled Trial.* The Lancet, 2017. **390**(10092): p. 389-398.
- 155. Agarwal, S., A.E. LeFevre, J. Lee, K. L'Engle, G. Mehl, C. Sinha, and A. Labrique, *Guidelines for Reporting of Health Interventions Using Mobile Phones: Mobile Health (Mhealth) Evidence Reporting and Assessment (Mera) Checklist.* bmj, 2016. **352**: p. i1174.
- 156. World Health Organisation, 139th Executive Board, 2016; Geneva, Switzerland Mhealth: Use of Mobile Wireless Technologies for Public Health 27 May 2016.
- 157. Australian Digital Health Agency. *About the Agency*. 2020; Available from: <u>https://www.digitalhealth.gov.au/about-the-agency</u>.
- 158. Stead, L.F., J. Hartmann-Boyce, R. Perera, and T. Lancaster, *Telephone Counselling for Smoking Cessation.* Cochrane Database Syst Rev, 2013(8): p. Cd002850.
- 159. Foster, C., J. Richards, M. Thorogood, and M. Hillsdon, *Remote and Web 2.0 Interventions for Promoting Physical Activity.* Cochrane Database Syst Rev, 2013. **9**: p. Cd010395.
- Goode, A.D., M.M. Reeves, and E.G. Eakin, *Telephone-Delivered Interventions for Physical Activity and Dietary Behavior Change: An Updated Systematic Review.* Am J Prev Med, 2012.
 42(1): p. 81-8.
- 161. Laranjo, L., A. Lau, B. Oldenburg, E. Gabarron, A. O'Neill, S. Chan, and E. Coiera, *Mhealth Technologies for Chronic Disease Prevention and Management*. 2015.
- 162. Keesara, S., A. Jonas, and K. Schulman, *Covid-19 and Health Care's Digital Revolution*. New England Journal of Medicine, 2020.
- 163. Schofield, P., T. Shaw, and M. Pascoe, *Toward Comprehensive Patient-Centric Care by Integrating Digital Health Technology with Direct Clinical Contact in Australia.* J Med Internet Res, 2019. **21**(6): p. e12382.
- 164. Hunt, G. and M. Kidd, *Covid-19: Whole of Population Telehealth for Patients, General Practice, Primary Care and Other Medical Services - a Joint Media Release.* 2020.
- 165. Warriner, J. *The Rise of Telehealth in the Coronavirus Pandemic Could Lead to a Permanent Shift in Healthcare*. 2020; Available from: <u>https://www.abc.net.au/news/2020-05-05/move-to-telehealth-is-here-to-stay-after-coronavirus/12212680</u>.
- 166. Sweet, M. 'The Genie Is out of the Bottle': Telehealth Points Way for Australia Post Pandemic. 2020 [cited 2020 31.07.]; Available from: <u>https://www.theguardian.com/australia-news/2020/may/13/the-genie-is-out-of-the-bottle-telehealth-points-way-for-australia-post-pandemic</u>.

- 167. ORCHA. *About Us.* 2020 [cited 2020 20.06]; Available from: <u>https://www.orcha.co.uk/about-us/</u>.
- 168. Organisation for the Review of Care and Health Apps. *Organisation for the Review of Care and Health Apps*. 2018; Available from: <u>https://www.orcha.co.uk/about-us/</u>.
- 169. National Health Service. *Nhs Apps Library*. 2018; Available from: <u>https://www.nhs.uk/apps-library/</u>.
- 170. Health Navigator New Zealand. *Health Navigator App Library*. Available from: <u>https://www.healthnavigator.org.nz/apps-videos/</u>.
- 171. mpconsulting, Health Star Rating System : Five Year Review Report. 2019.
- 172. International Self-Care Foundation. *Measuring Self-Care*. 2020 [cited 2020 January 21st]; Available from: <u>https://isfglobal.org/what-is-self-care/measuring-self-care/</u>.
- 173. Lommi, M., M. Matarese, R. Alvaro, M. Piredda, and M.M. De, *The Evolution of the Concept of Self-Care in the Healthcare System: A Narrative Literature Review.* Professioni infermieristiche, 2015. **68**(2): p. 155-166.
- 174. The Health Foundation, *Evaluation: What to Consider*. 2015, The Health Foundation London: London.
- 175. Batterham, R., R.H. Osborne, C. McPhee, P. Mech, and B. Townsend, *Consumer Enablement: An Evidence Check Rapid Review Brokered by the Sax Institute for the Agency for Clinical Innovation. May 2016.* 2017, Sax Institute: Sydney.
- 176. Riegel, B., C. Barbaranelli, K.A. Sethares, M. Daus, D.K. Moser, J.L. Miller, C.A. Haedtke, J.L. Feinberg, S. Lee, and A. Stromberg, *Development and Initial Testing of the Self-Care of Chronic Illness Inventory.* Journal of advanced nursing, 2018. **74**(10): p. 2465-2476.
- 177. Chew, S., L. Brewster, C. Tarrant, G. Martin, and N. Armstrong, *Fidelity or Flexibility: An Ethnographic Study of the Implementation and Use of the Patient Activation Measure.* Patient Education and Counseling, 2018. **101**(5): p. 932-937.
- 178. Armstrong, N., C. Tarrant, G. Martin, B. Manktelow, L. Brewster, and S. Chew, *Independent Evaluation of the Feasibility of Using the Patient Activation Measure in the Nhs in England Final Report.* 2017, University of Leicester and The Health Foundation: Leicester, UK.
- 179. Reistroffer, C., L.R. Hearld, and J.M. Szychowski, *An Examination of the Relationship between Care Management with Coaching for Activation and Patient Outcomes.* Am J Manag Care, 2017. **23**(2): p. 123-128.
- 180. Kearns, R., B. Harris-Roxas, J. McDonald, H.J. Song, S. Dennis, and M. Harris, *Implementing the Patient Activation Measure (Pam) in Clinical Settings for Patients with Chronic Conditions: A Scoping Review.* Integrated Healthcare Journal, 2020. **2**(1): p. e000032.
- 181. Zimbudzi, E., C. Lo, S. Ranasinha, P.G. Kerr, K.R. Polkinghorne, H. Teede, T. Usherwood, R.G. Walker, G. Johnson, and G. Fulcher, *The Association between Patient Activation and Self-Care Practices: A Cross-Sectional Study of an Australian Population with Comorbid Diabetes and Chronic Kidney Disease.* Health Expectations, 2017. **20**(6): p. 1375-1384.
- 182. Altin, S.V., I. Finke, S. Kautz-Freimuth, and S. Stock, *The Evolution of Health Literacy Assessment Tools: A Systematic Review.* BMC public health, 2014. **14**(1): p. 1207.
- 183. Osborne, R.H., R.W. Batterham, G.R. Elsworth, M. Hawkins, and R. Buchbinder, *The Grounded Psychometric Development and Initial Validation of the Health Literacy Questionnaire (Hlq).* BMC Public Health, 2013. 13(1): p. 658.
- 184. Yadav, U.N., J. Lloyd, H. Hosseinzadeh, K.P. Baral, and M.F. Harris, *Do Chronic Obstructive Pulmonary Diseases (Copd) Self-Management Interventions Consider Health Literacy and Patient Activation? A Systematic Review.* Journal of Clinical Medicine, 2020. **9**(3): p. 646.
- Ownby, R.L., A. Acevedo, D. Waldrop-Valverde, R.J. Jacobs, and J. Caballero, *Abilities, Skills and Knowledge in Measures of Health Literacy*. Patient Education and Counseling, 2014. 95(2): p. 211-217.
- 186. Webber, D., Z. Guo, and S. MAnn, *Self-Care in Health: We Can Define It, but Should We Also Measure It.* SelfCare Journal, 2013. **4**(5): p. 101-106.

- 187. Eller, L.S., E.L. Lev, C. Yuan, and A.V. Watkins, *Describing Self-Care Self-Efficacy: Definition, Measurement, Outcomes, and Implications.* International Journal of Nursing Knowledge, 2018. **29**(1): p. 38-48.
- Bonomi, A.E., E.H. Wagner, R.E. Glasgow, and M. VonKorff, Assessment of Chronic Illness Care (Acic): A Practical Tool to Measure Quality Improvement. Health services research, 2002.
 37(3): p. 791-820.
- 189. Bowen, J.L., L. Provost, D.P. Stevens, J.K. Johnson, D.M. Woods, C.S. Sixta, and E.H. Wagner, *Assessing Chronic Illness Care Education (Acic-E): A Tool for Tracking Educational Re-Design for Improving Chronic Care Education.* Journal of general internal medicine, 2010. **25**(4): p. 593-609.
- 190. Schmittdiel, J., D.M. Mosen, R.E. Glasgow, J. Hibbard, C. Remmers, and J. Bellows, *Patient Assessment of Chronic Illness Care (Pacic) and Improved Patient-Centered Outcomes for Chronic Conditions.* Journal of general internal medicine, 2008. **23**(1): p. 77-80.
- 191. Narasimhan, M. and M. Kapila, *Implications of Self-Care for Health Service Provision*. Bulletin of the World Health Organization, 2019. **97**(2): p. 76.
- 192. Standing Committee on Health, *Report on the Inquiry into Chronic Disease Prevention and Management in Primary Health Care*. 2016, Commonwealth of Australia: Canberra.
- 193. Productivity Commission, *Shifting the Dial: 5 Year Productivity Review*, in *Report no. 84,*. 2017, Australian Government Canberra.
- 194. Lenert, L., *Transforming Healthcare through Patient Empowerment*. Stud Health Technol Inform, 2010. **153**: p. 159-75.
- McInnes, S., K. Peters, A. Bonney, and E. Halcomb, *The Influence of Funding Models on Collaboration in Australian General Practice.* Australian Journal of Primary Health, 2017. 23(1): p. 31-36.
- 196. McLean, E., Inquiry into Chronic Disease Prevention and Management in Primary Health Care - Daa Submission D.s.A.o. Australia, Editor. 2015, DAA.
- 197. Lawn, S., S. Zabeen, D. Smith, E. Wilson, C. Miller, M. Battersby, and K. Masman, *Managing Chronic Conditions Care across Primary Care and Hospital Systems: Lessons from an Australian Hospital Avoidance Risk Program Using the Flinders Chronic Condition Management Program.* Australian Health Review, 2018. **42**(5): p. 542-549.
- 198. Jackson, C.L. and S.J. Hambleton, *Australia's Health Care Homes: Laying the Right Foundations.* Med J Aust, 2017. **206**(9): p. 380-381.
- 199. Zurynski, Y., A. Vedovi, and K.-l. Smith. *Social Prescribing: A Rapid Literature Review to Inform Primary Care Policy in Australia*. 2020. Consumers' Health Forum of Australia.
- 200. Prior, E.S., Nathan *Healthcare: Funding for Value*. 2018, PricewaterhouseCoopers: Melbourne.
- 201. Oliver-Baxter, J., Blended Funding Models in Primary Health Care. 2015.
- 202. Primary Health Care Advisory Group, *Better Outcomes for People with Chronic and Complex Health Conditions*, Department of Health, Editor. 2016: Canberra.
- 203. Chatterjee, H., M. Polley, and G. Clayton, *Social Prescribing: Community-Based Referral in Public Health.* Perspectives In Public Health, 2018. **138**(1): p. 18-19.
- 204. Kings Fund, *What Is Social Prescribing*. Accessed on, 2017. **10**: p. 12-17.
- 205. Reddy, S., *Exploration of Funding Models to Support Hybridisation of Australian Primary Health Care Organisations*. Journal of Primary Health Care, 2017. **9**(3): p. 208-211.
- 206. Doull, M., A.M. O'Connor, V. Welch, P. Tugwell, and G.A. Wells, *Peer Support Strategies for Improving the Health and Well-Being of Individuals with Chronic Diseases.* The Cochrane Database of Systematic Reviews, 2017. **2017**(6): p. CD005352.
- 207. Jackson H, S.A., *Preventive Health: How Much Does Australia Spend and Is It Enough?* 2017, Foundation for Alcohol Research and Education.: Canberra.
- 208. Australian Institute of Health Welfare, *Risk Factors Contributing to Chronic Disease*. 2012, AIHW: Canberra.

- 209. Australian Institute of Health and Welfare, *Australian Burden of Disease Study: Impact and Causes of Illness and Death in Australia 2015*, in *Burden of disease*. 2019, AIHW: Canberra. p. 223.
- 210. Harris, B., H. Fetherston, and R. Calder, *Australia's Health Tracker by Socio-Economic Status* 2017, Australian Health Policy Collaboration, Victoria University: Melbourne.
- 211. Commonwealth of Australia, *Medical Research Future Fund Funding Agreements*. Department of Health.
- 212. Vos T., Carter R., Barendregt J., Mihalopoulos C., Veerman J.L., Magnus A., Cobiac L., Bertram M.Y., and Wallace A.L., *Assessing Cost-Effectiveness in Prevention (Ace–Prevention): Final Report*. 2010: University of Queensland, Brisbane and Deakin University, Melbourne.
- 213. McDaid, D., Using Economic Evidence to Help Make the Case for Investing in Health Promotion and Disease Prevention, in Policy briefs, Kluge, Hans and Figueras, Josep (eds.) (2). 2018, WHO Regional Office for Europe: Copenhagen, Denmark.
- 214. Owen L., Morgan A., Fischer A., Ellis S., Hoy A., and Kelly MP., *The Cost-Effectiveness of Public Health Interventions*. Journal of Public Health, 2011. **1**(34(1)): p. 37-45.
- 215. George B., Harris A., and Mitchell A., *Cost-Effectiveness Analysis and the Consistency of Decision Making*. PharmacoEconomics, 2001. **19**(11): p. 1103-1109.
- 216. Australian Institute of Health Welfare, *Health Expenditure in Australia Series*. 2017, AIHW: Canberra.
- 217. National HPV Vaccination Register, *Coverage Data 2007-2018*. 2018.
- 218. Mahumud, R.A., K. Alam, J. Dunn, and J. Gow, *The Cost-Effectiveness of Controlling Cervical Cancer Using a New 9-Valent Human Papillomavirus Vaccine among School-Aged Girls in Australia*. PLoS One, 2019. **14**(10): p. e0223658.
- 219. KPMG, Economic Impact of Medical Research in Australia. 2018.
- 220. Frew E.J., Bhatti M., Win K., Sitch A., Lyon A., Pallan M., and Adab P., *Cost-Effectiveness of a Community-Based Physical Activity Programme for Adults (Be Active) in the Uk: An Economic Analysis within a Natural Experiment*. Br J Sports Med, 2014. **1**(48(3)): p. 207-12.
- 221. Horne N., Khan N., and Corrigan P., *People Powered Health: Health for People, by People and with People*. 2013, NESTA: London.
- 222. Rogers, A., A. Kennedy, P. Bower, C. Gardner, C. Gately, V. Lee, D. Reeves, and G. Richardson, *The United Kingdom Expert Patients Programme: Results and Implications from a National Evaluation.* Medical Journal of Australia, 2008. **189**: p. S21-S24.
- 223. Commonwealth of Australia. *Pbac Outcomes*. 19 June 2020; Available from: <u>https://www.pbs.gov.au/info/industry/listing/elements/pbac-meetings/pbac-outcomes</u>.
- 224. Kennedy, A., D. Reeves, P. Bower, V. Lee, E. Middleton, G. Richardson, C. Gardner, C. Gately, and A. Rogers, *The Effectiveness and Cost Effectiveness of a National Lay-Led Self Care Support Programme for Patients with Long-Term Conditions: A Pragmatic Randomised Controlled Trial.* Journal of Epidemiology & Community Health, 2007. **61**(3): p. 254-261.
- 225. Greene, J. and J.H. Hibbard, *Why Does Patient Activation Matter? An Examination of the Relationships between Patient Activation and Health-Related Outcomes.* Journal of general internal medicine, 2012. **27**(5): p. 520-526.
- 226. World Health Organization, *Self-Care in the Context of Primary Health Care*. 2009, WHO Regional Office for South-East Asia: Geneva.
- 227. O'Brien, K., *Living Dangerously: Australians with Multiple Risk Factors for Cardiovascular Disease*. 2005, AIHW: Canberra.
- 228. Harris, B., H. Fetherston, and R. Calder, *Australia's Health Tracker by Socio-Economic Status* 2017. 2017, Australian Health Policy Collaboration, Victoria University: Melbourne.
- 229. Menzies Centre for Health Policy, *The Menzies-Nous Australian Health Survey 2010*. 2010.
- 230. Hanna, L.-A. and C.M. Hughes, *Public's Views on Making Decisions About over-the-Counter Medication and Their Attitudes Towards Evidence of Effectiveness: A Cross-Sectional Questionnaire Study.* Patient education and counseling, 2011. **83**(3): p. 345-351.

- 231. Australian Institute of Health and Welfare, *Australia's Health 2018*. 2018, Cat. no: AUS 221. AIHW: Canberra.
- 232. Black Dog Institute. *How You Can Empower Your Team with Self-Care Planning*. 2018.
- 233. The Homeless Hub. *Self-Care*. 2020 [cited 2020 March 2nd]; Available from: <u>https://www.homelesshub.ca/solutions/engaging-clients/self-care</u>.
- 234. Government of Western Australia Department of Health. *Healthy Wa: Self-Care*. 2020 [cited 2020 16/07/2020]; Available from: <u>https://healthywa.wa.gov.au/Articles/S_T/Self-care</u>.
- 235. Weekes, L.M., J.M. Mackson, M. Fitzgerald, and S.R. Phillips, *National Prescribing Service: Creating an Implementation Arm for National Medicines Policy*. British Journal of Clinical Pharmacology, 2005. **59**(1): p. 112-116.
- 236. Department of Health, *Public Report of the Review of the Quality Use of Medicines Program's Delivery by the National Prescribing Service (Nps Medicinewise)*. 2019, Australian Government: Canberra.
- 237. Adair, T. and A. Lopez, *Widening Inequalities in Premature Mortality in Australia, 2006-16.* Australian Population Studies, 2020. **4**(1): p. 37-56.
- 238. Fisher, M., F.E. Baum, C. Macdougall, L. Newman, and D. McDermott, *To What Extent Do Australian Health Policy Documents Address Social Determinants of Health and Health Equity?* Journal of Social Policy, 2016. **45**(3): p. 545-564.
- 239. WHO, W.H.O., *Health in All Policies- Framework for Country Action*, W.H. Organization, Editor. 2013.
- 240. Government of South Australia and W.H.O. WHO, *Progressing the Sustainable Development Goals through Health in All Policies: Case Studies from around the World*, V. Lin and I. Kickbusch, Editors. 2017: Adelaide.
- 241. International Self-Care Foundation. *Self-Care: 'Health in All Policies'*. 2015 13 Feb 2020]; Available from: <u>https://isfglobal.org/what-is-self-care/self-care-health-in-all-policies/</u>.
- 242. Rudolph, L., J. Caplan, C. Mitchell, K. Ben-Moshe, and L. Dillon, *Health in All Policies: Improving Health through Intersectoral Collaboration*. National Academy of Medicine, 2013.
- 243. Fitzgerald, L., A. Mutch, and L. Herron, *Responding to Hiv/Aids: Mobilisation through Partnerships in a Public Health Crisis*. 2019. p. 29-58.
- 244. Government of South Australia. *The South Australian Health and Wellbeing Strategy 2020 2025*. 2020; Available from: <u>https://www.sahealth.sa.gov.au/wps/wcm/connect/bde18d8f-2100-4331-92bb-</u>

5e71b4d0197c/Health+and+Wellbeing+Strategy+web+FINAL.pdf?MOD=AJPERES&CAC HEID=ROOTWORKSPACE-bde18d8f-2100-4331-92bb-5e71b4d0197c-n73ltuv.