

# CHARTING THE COURSE

An integrated wellness and chronic disease prevention and management strategy for Nova Scotia



Working together, we support all Nova Scotians to live their healthiest life

## Principles

- POPULATION HEALTH APPROACH
- PREVENTION ORIENTED
- SELF-MANAGEMENT FOCUSED
- EQUITABLE
- COLLABORATIVE
- EVIDENCE INFORMED
- INCLUSIVE
- HOLISTIC
- INNOVATIVE
- SUSTAINABLE
- COLLECTIVELY RESPONSIBLE

**AIM 1** Develop a culture of self-management where Nova Scotians are the driver of their own health and wellness

**AIM 2** Shift the focus to wellness, risk factor management and chronic disease prevention for all Nova Scotians

**AIM 3** Optimize care for all Nova Scotians living with chronic conditions

**AIM 4** Foster an integrated, coordinated, and responsive health system for Nova Scotians at risk of, or living with chronic conditions

## Vision statements

### INDIVIDUALS, FAMILIES AND CAREGIVERS

- I am a valued member of my health care team; working in partnership to manage my health and make decisions about my health care.**
  - “ My information will be shared with the members of my health care team so that everyone involved in my care is aware of my needs, preferences, goals, and care plan.
  - “ I know my care will be coordinated among the health care providers and services I need.
  - “ When accessing care, I feel treated with dignity and respect in a non-judgmental environment; it is understood that my background, experiences, and culture shape who I am and how that impacts my health. It is recognized that I am the expert of my own life.
- “ I have the knowledge and confidence to be the driver of my own health and well-being, taking into consideration the broad range of factors that impact my ability to live a healthy life.
  - “ I can access the programs, services, and supports that help me to live my healthiest life.

### HEALTH CARE PROVIDERS

- We have the knowledge, skills and confidence to work collaboratively with individuals and families to ensure their needs, preferences, and goals are considered in the development of their care plans.**
  - “ We participate in organizing and coordinating care within the team and across the continuum in support of a person's care plan, leveraging the knowledge, resources, processes and technology to ensure communication is coordinated and efficient.
  - “ We know where and how to access information on resources, programs, services and supports within and beyond the health system to support individuals and their families.
- “ We are supported to participate in professional development and education opportunities that enable me to provide high quality care.
  - “ We understand and value the roles of the health care team; we support one another to provide high quality people-centered care.
  - “ The social determinants of health guide how each of us on the team practice. We use a non-judgmental approach and treat individuals, families and caregivers with dignity and respect recognizing that people are the experts of their own life and are valued members of the health care team.

### HEALTH CARE SYSTEM

- The system design, culture, and orientation is focused on wellness and prevention, to support people to live their healthiest life.**
  - “ Approaches to wellness and chronic disease management are coordinated, cost effective, equitable, innovative and informed by the evidence, population health needs and the social determinants of health.
  - “ Health care providers and leaders recognize, acknowledge, and articulate the importance of wellness and chronic disease management in the system, and can describe the work underway.
- “ System performance data is reported and monitored to inform decision making and understand impact and outcomes.
  - “ Relationships and partnerships within and across sectors enable coordinated action to maximize impact.
  - “ Integrated electronic health information systems, innovative technology and clear processes are in place to facilitate efficient communication and coordination of care across the health system.