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The role of self-care and the use of smart sensors in the UK's health provision

Abstract. Self-care is an inseparable part of maintaining health, recovering from acute illnesses and living with long-term conditions. The individual's health literacy, personal goals, circumstances and opportunities all play a part. Person-centred healthcare recognizes this and seeks to work with the patient to help them achieve the best outcomes. This paper explores the evidence regarding how two-way electronic data flows between patients and their general practice may contribute to self-care, and explores new systems being developed to facilitate such flows.

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