

Project proposal template

Summer 2015

<i>Project title</i>	<input style="width: 100%;" type="text" value="The challenges of Long term conditions prevention and management - what can influence behavioural change?"/>	
<i>First Supervisor</i>	<input style="width: 15%;" type="text" value="Dr"/> ▼	<input style="width: 80%;" type="text" value="Reem kayyali"/>
<i>Second Supervisor</i>	<input style="width: 100%;" type="text" value="Dr. John Chang (consultant in Croydon University Hospital)"/>	
<i>School</i>	<input style="width: 100%;" type="text" value="Pharmacy and Chemistry"/> ▼	
<i>Other member of supervisory team</i> <i>(no more than three KU supervisors in total)</i>	<input style="width: 100%;" type="text"/>	
<i>Specific requirements</i> <i>beyond 2:1 degree</i>	<input style="width: 100%;" type="text"/>	

Project summary
(max 4,000 characters)

The increase in the ageing population is well documented. The prevalence of long-term conditions (LTC) such as diabetes, hypertension and depression rises with age, affecting about 50% of people aged 50, and 80% of those aged 65. One of the great challenges of the older population is how to maintain good health, prevent morbidity, ensure optimal life style and medication adherence and enhance independent living. Medications are the mainstay intervention for long term conditions management; however, about 30-50% of medicines prescribed to patients with LTC are not taken as recommended. Life style changes are also another intervention that is required to ensure a healthier life with better disease control; the adherence to which is also not optimal.

With the rising use of technology, many innovative LTC self-management systems have been produced. This project will be a form of a need assessment investigating factors influencing behavioural change, what motivates patients to change, outlining an implementable framework to inform the design of self-management technical platforms and innovative solutions designed for independent living.