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# SELF-MANAGEMENT OF CHRONIC DISEASE IN CHILDHOOD: THE ESMART STUDY

SMART Innovative approaches to Self-MAnagement in childRen with long-Term conditions and their families

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A PhD is short for Doctor of Philosophy.

### WHAT IS ESMART?

**ESMART** is a research study looking at ways in which children, aged 4 to 11, with chronic disease are able to look after their own health, with the support of their families, friends, healthcare professionals and teachers.

LSMART is focusing on children with musculoskeletal conditions (such as arthritis and lupus).

## WHAT WILL ESMART DO?

Summarise previously published research.

Develop a menu of items to include in a new resource for children with musculoskeletal diseases.

Speak to children and young people with musculoskeletal diseases, their families, healthcare professionals, and teachers to find out how to support them.

## MEET THE ISMART TEAM AT THE ICAN SUMMIT





ROBYN

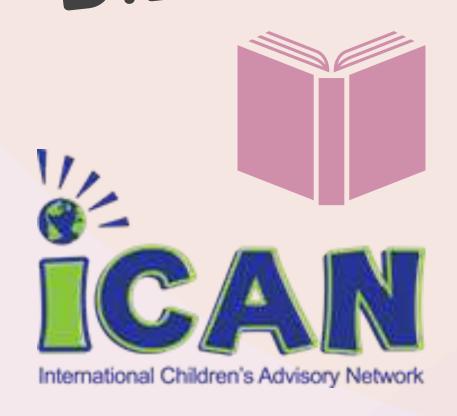


**JENNY** 

A PhD is the highest degree awarded by universities to people who submit a thesis (a

long piece of writing) based on research.

# DID YOU KNOW?



The word 'philosophy' comes from the Ancient Greek φιλοσοφία (philosophia), which translates to English as 'love of wisdom'.



SOPHIE



