

# Self-Management for Success in Primary Care

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Pan-American Health Organization Webinar  
October 22, 2020

# Disclosures

- None to Report

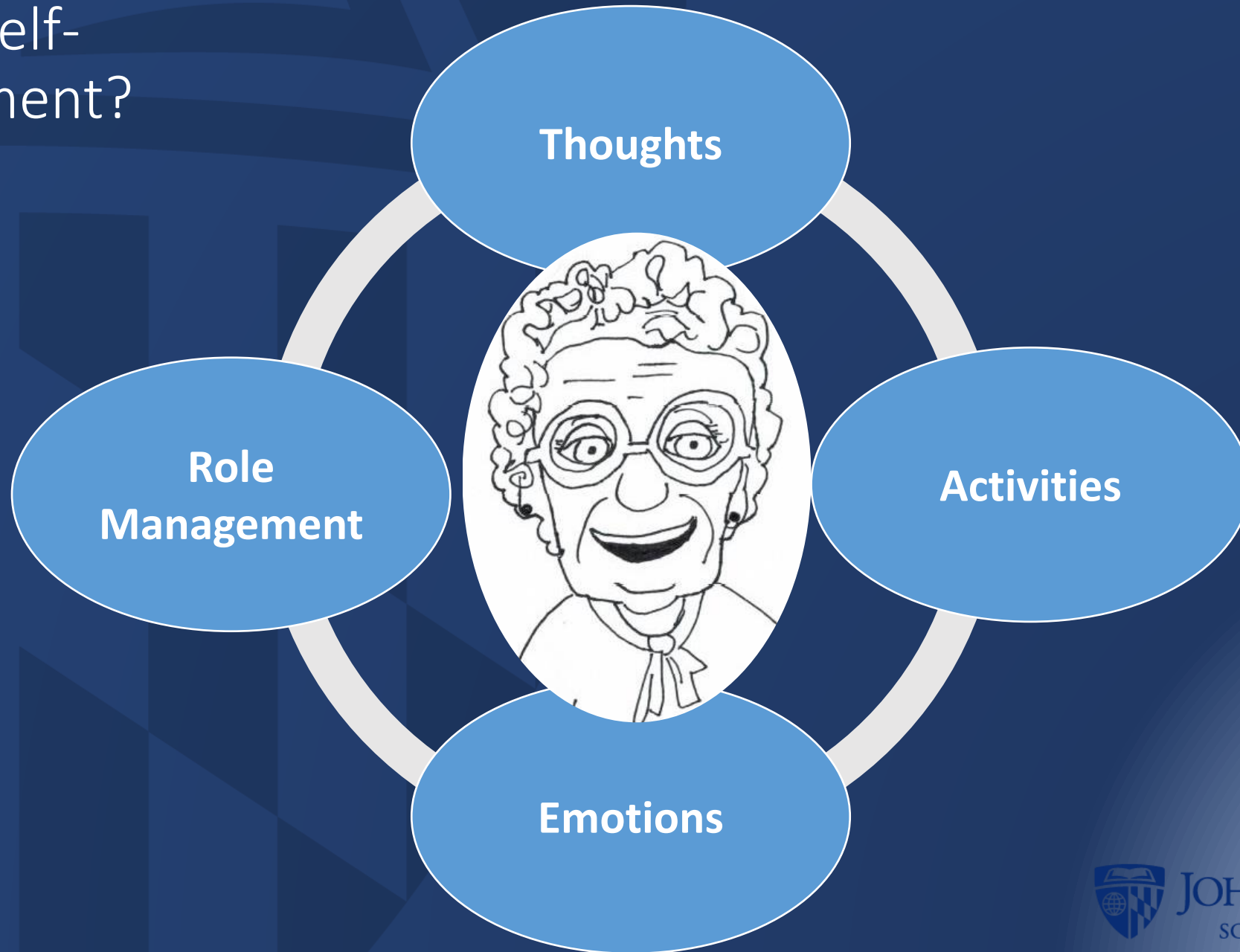
# What is Self-Management?

- Tasks that individuals must undertake to live with one or more chronic conditions

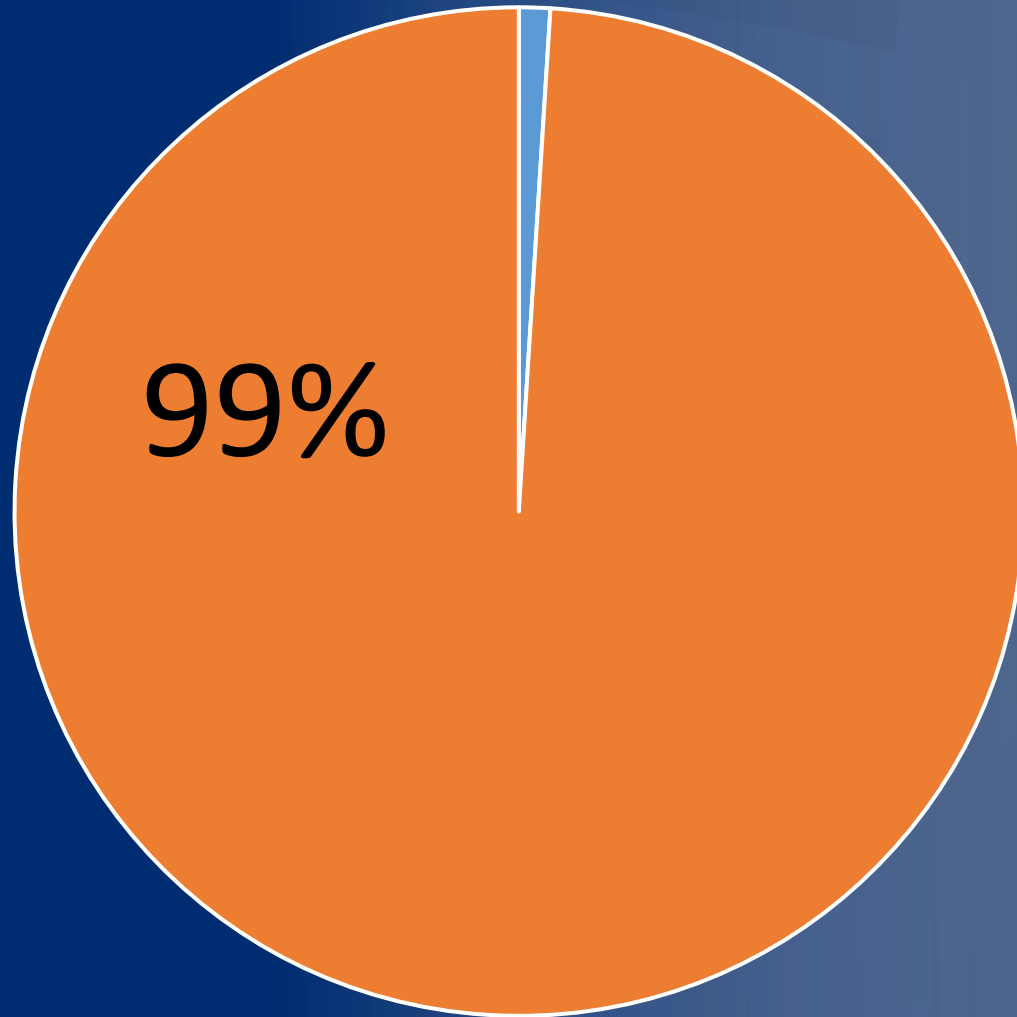


Institute of Medicine, USA, 2004

# What is Self-Management?

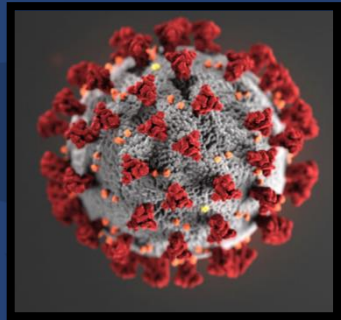


# Why Should We Care?



**Self-management prepares people with chronic conditions for the 99% of the time they spend outside of the health care system**

# How Do I Get Better at Self-Management?



Role Management



Thoughts

*But how do I do this?  
I'm overwhelmed!*

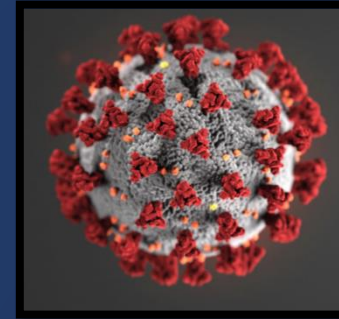
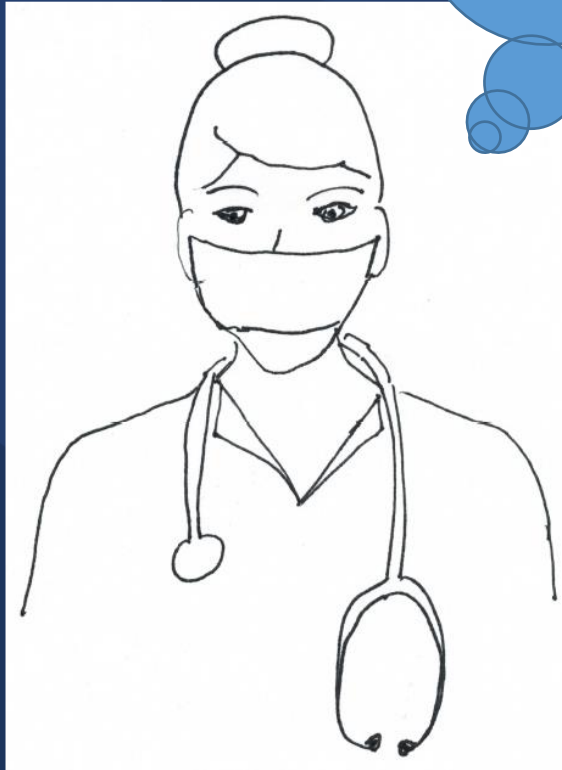
Activities



Emotions



*I feel pretty overwhelmed somedays too!*



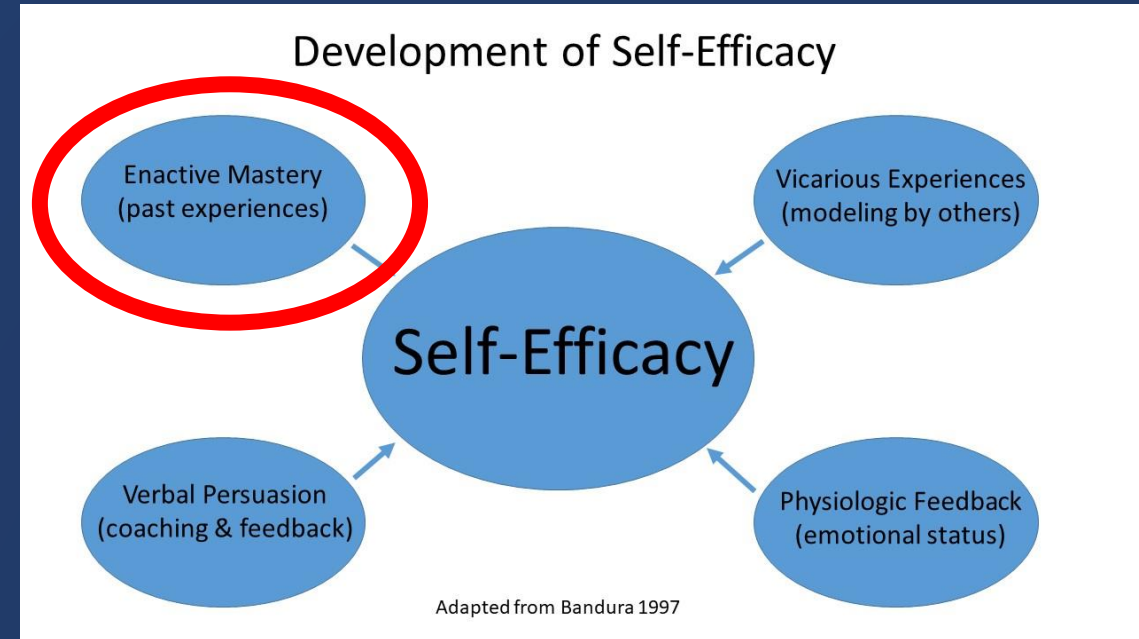
# How Do Healthcare Providers Promote Self-Management in Such an Environment?

- Self-Efficacy
  - One's belief that they can accomplish a specific task or behavior
  - Even in the face of adversity
  - Take control where we can



# How Do Healthcare Providers Promote Self-Management in Such an Environment?

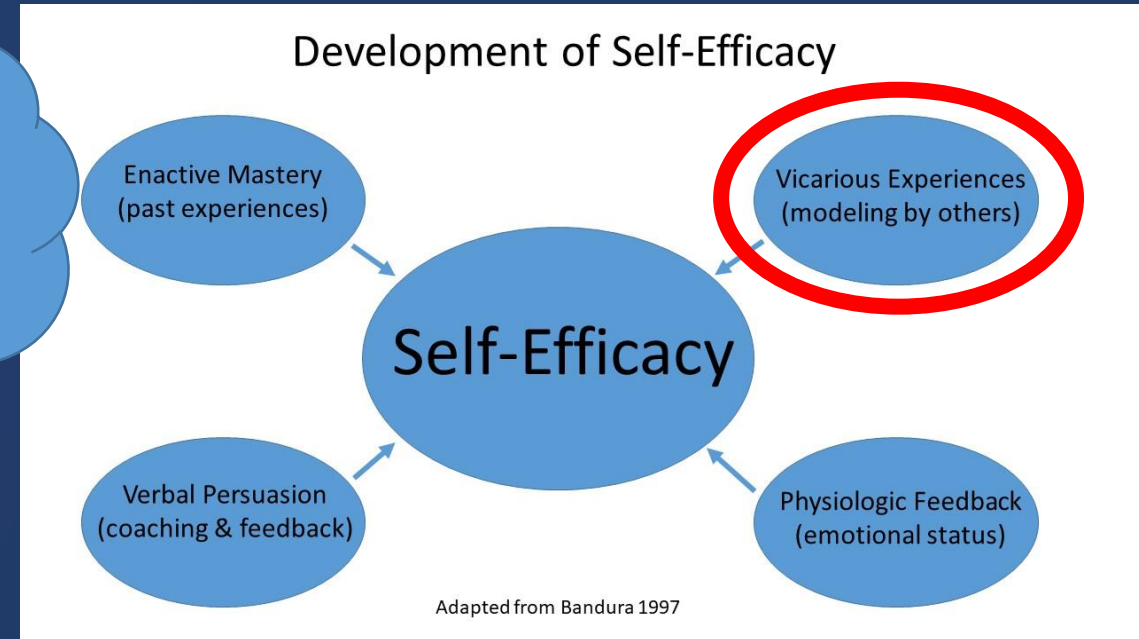
I used to give my husband insulin shots so I think I can give myself shots



# How Do Healthcare Providers Promote Self-Management in Such an Environment?

*I used to give my husband insulin shots so I think I can give myself shots*

*My sister started exercising with her friends, maybe that would work for me too*



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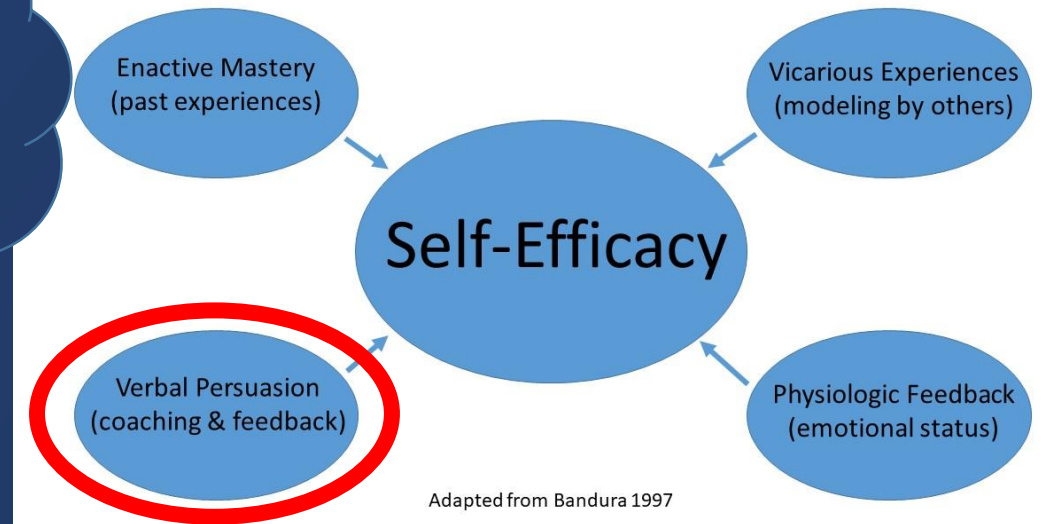
I used to give my husband insulin shots so I think I can give myself shots

My sister started exercising with her friends, maybe that would work for me too

My doctor keeps telling me I can quit smoking and he'll help, maybe I can?



## Development of Self-Efficacy



# How Do Healthcare Providers Promote Self-Management in Such an Environment?

*I used to give my husband insulin shots so I think I can give myself shots*

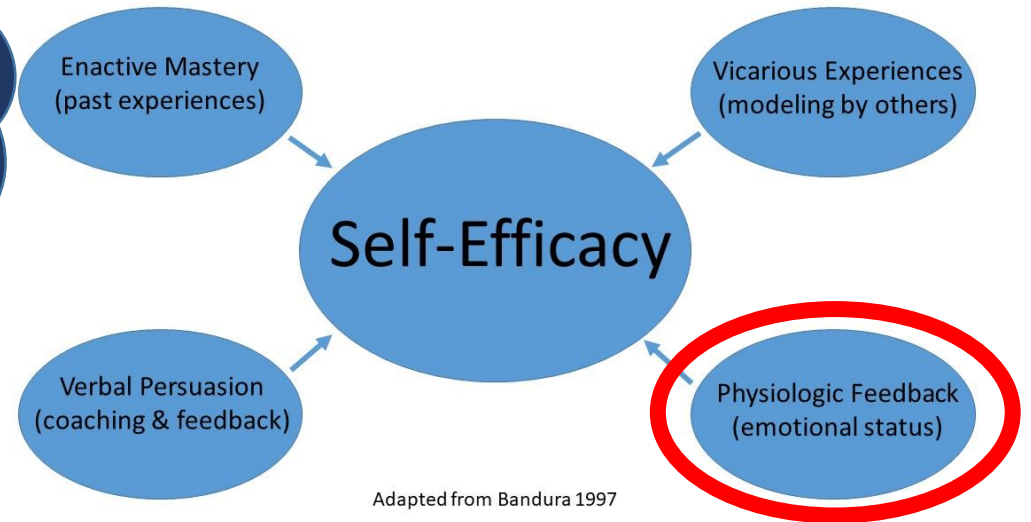
*My sister started exercising with her friends, maybe that would work for me too*



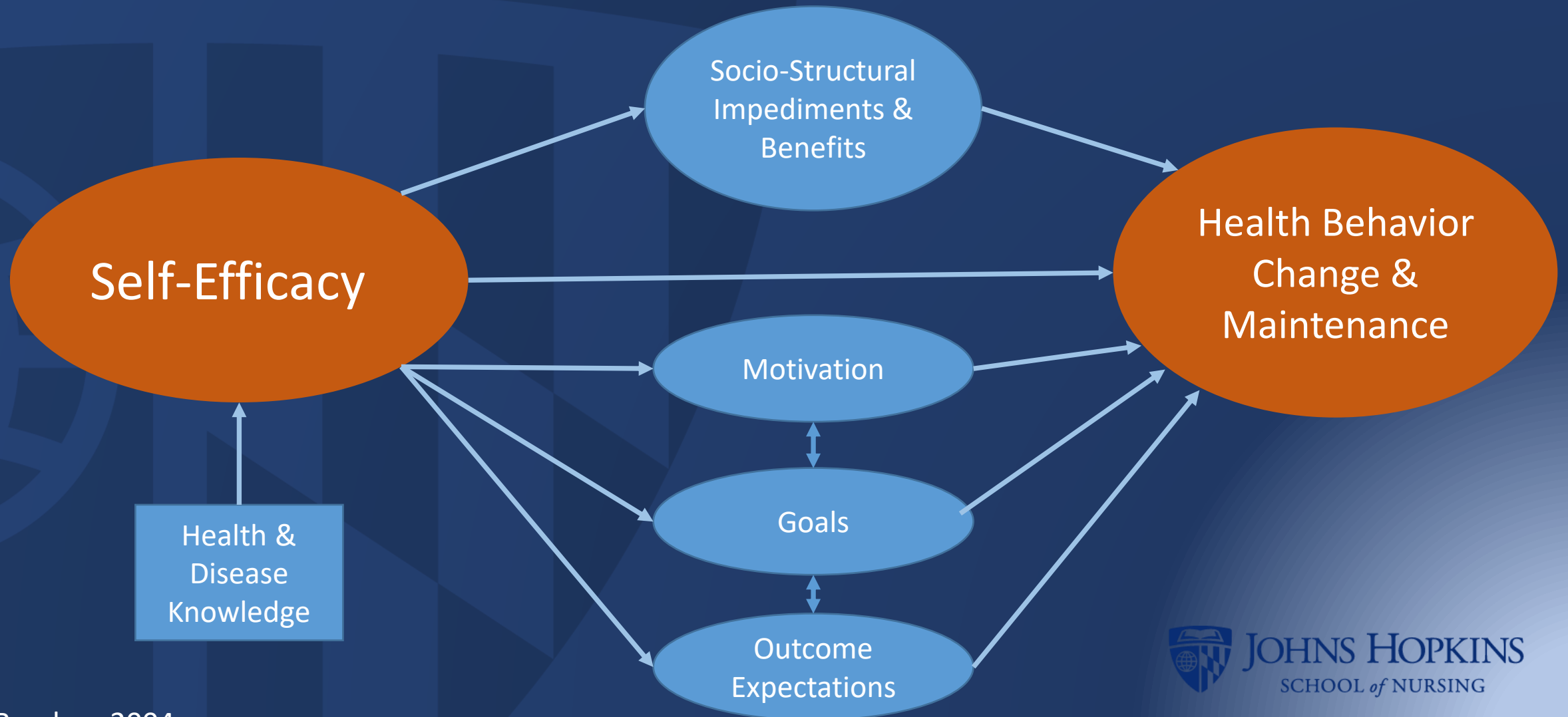
*My doctor keeps telling me I can quit smoking and he'll help, maybe I can?*

*My heart pounds when I go to the store, but I remind myself I'm wearing my mask & distancing*

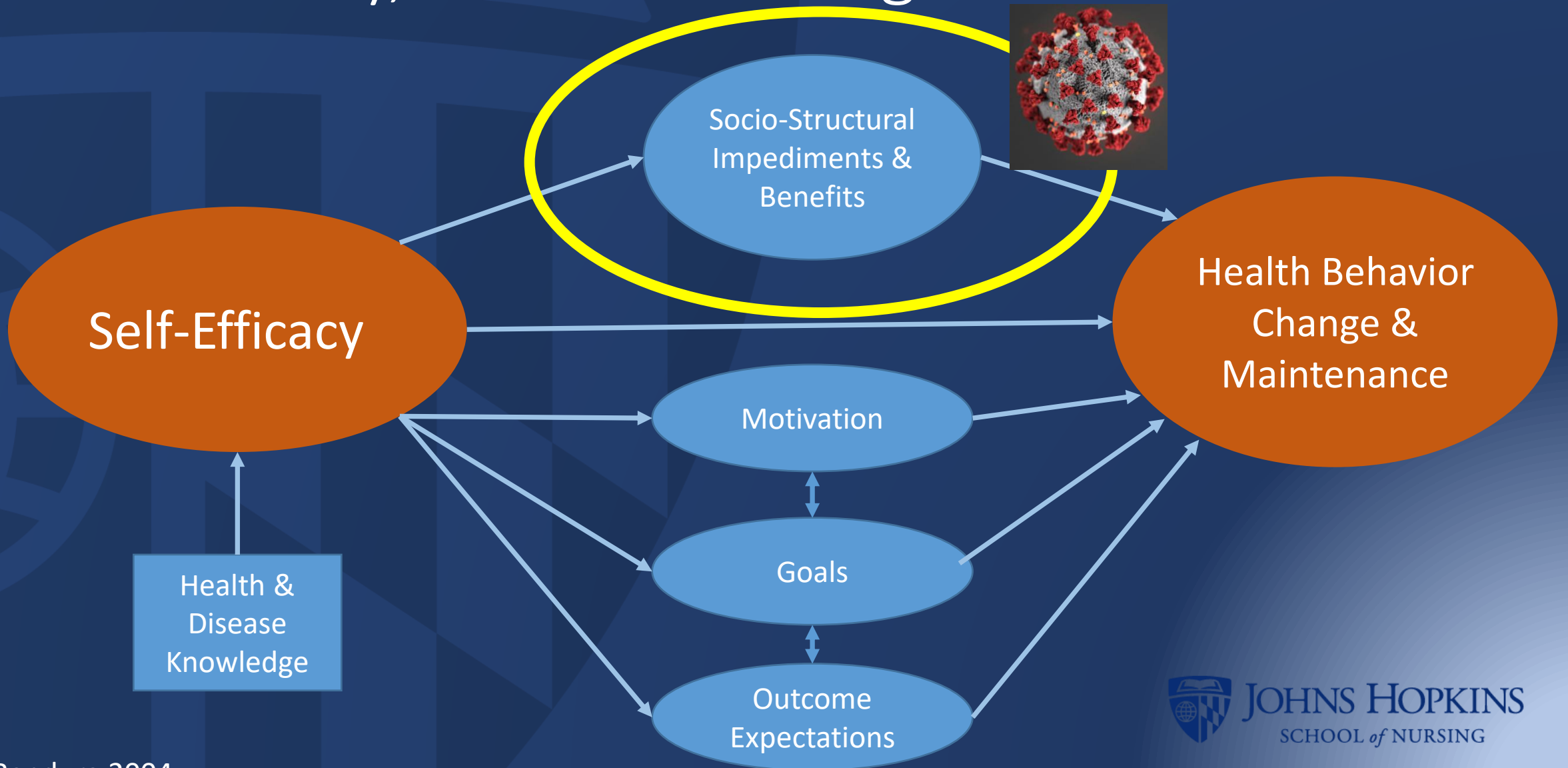
## Development of Self-Efficacy



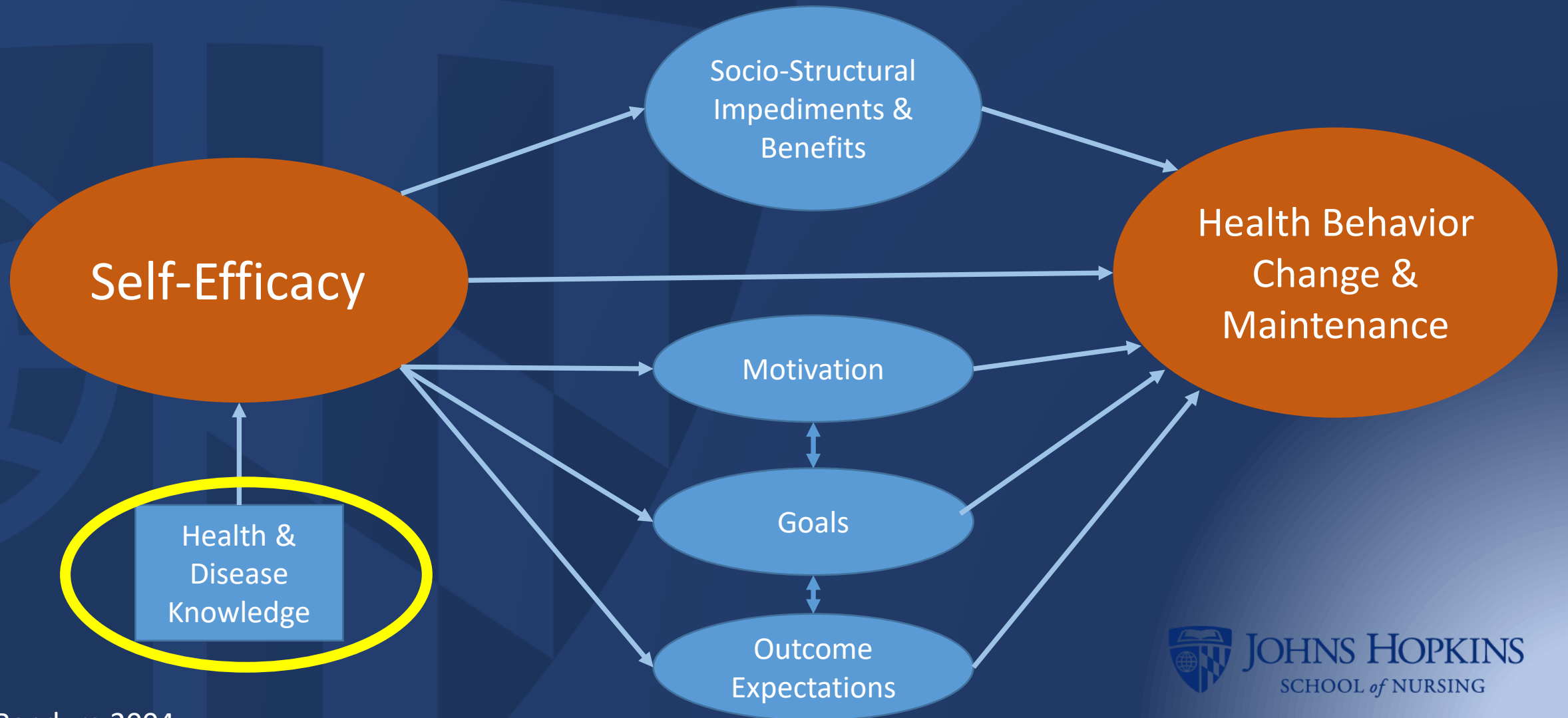
# Self-Efficacy, Behavior Change & Maintenance



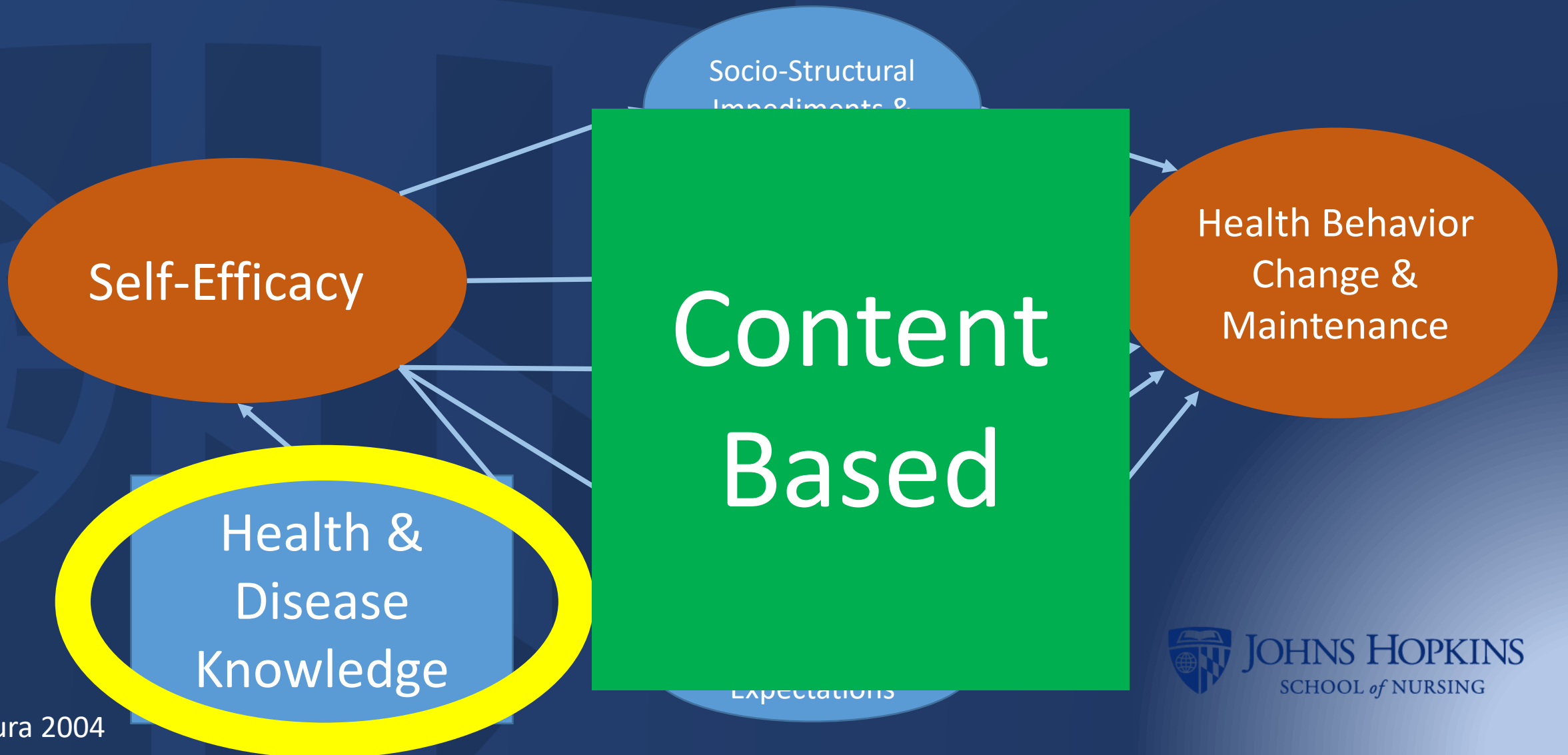
# Self-Efficacy, Behavior Change & Maintenance



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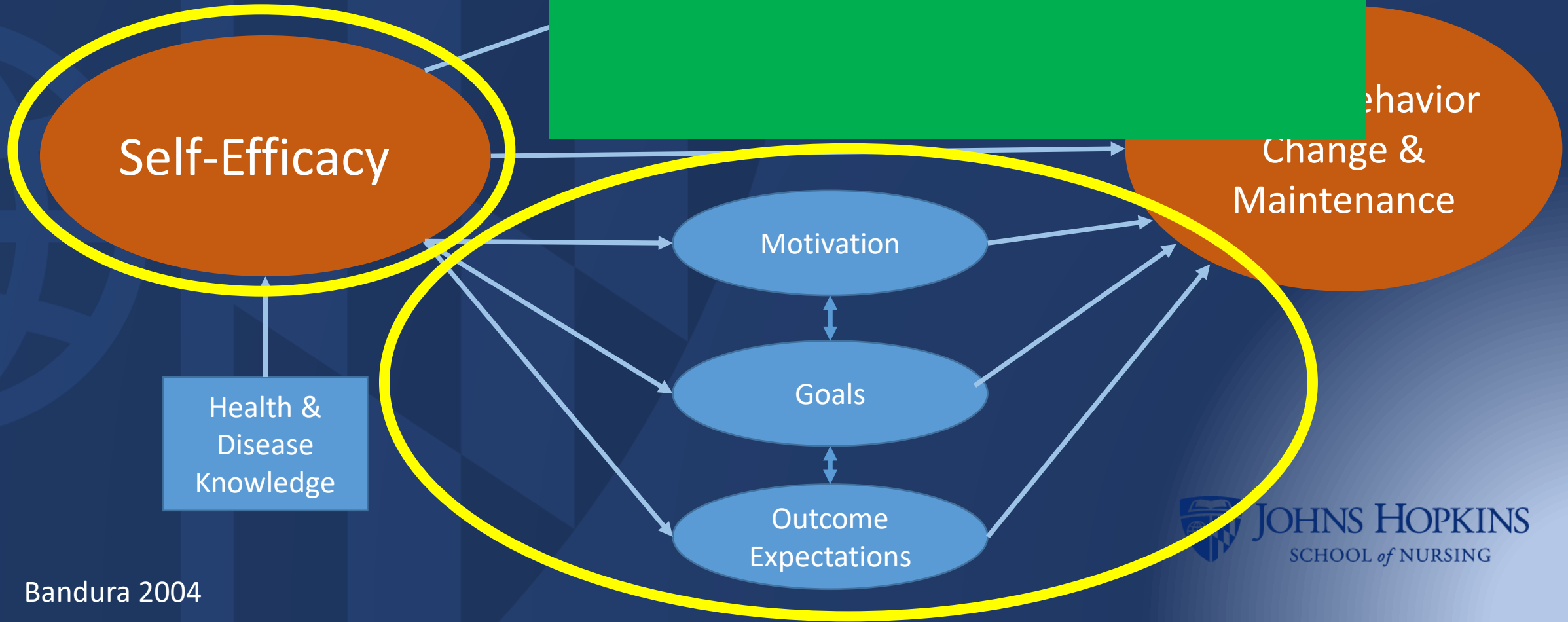


# Self-Efficacy, Behavior Change & Maintenance





# Process Based



Self-Efficacy

Health & Disease Knowledge

Motivation

Goals

Outcome Expectations

Behavior Change & Maintenance

# How Do Healthcare Providers Promote Self-Management in Such an Environment?

- **Patient-Directed**

- Strengths-Based
- Process-Based

Based in Self-Efficacy Theory

What activity or goal is most important to you?  
Why?



# How Do Healthcare Providers Promote Self-Management in Such an Environment?

- Patient-Directed
- **Strengths-Based**
- Process-Based

Based in Self-Efficacy  
Theory

What are you doing well  
right now?



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# How Do Healthcare Providers Promote Self-Management in Such an Environment?

- Patient-Directed
- Strengths-Based
- **Process-Based**

Based in Self-Efficacy  
Theory

Let's explore ways to achieve  
your goals

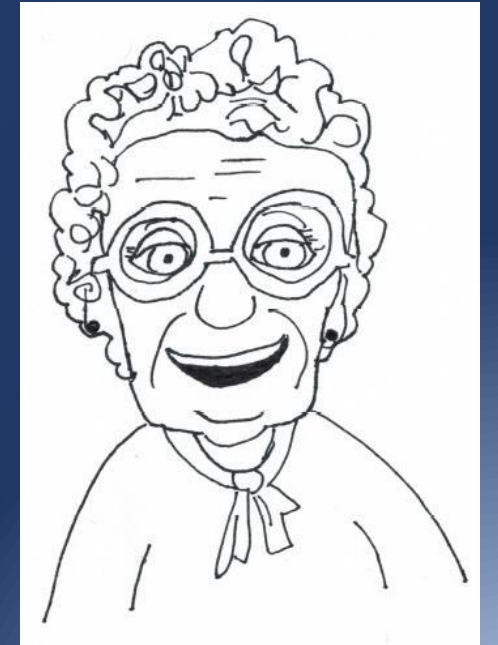


# How Do Healthcare Providers Promote Self-Management in Such an Environment?

- Patient-Directed
- Strengths-Based
- **Process-Based**

Based in Self-Efficacy  
Theory

Action Planning  
Problem-Solving Skills  
Brain Storming Skills  
Decision-Making Skills  
Available Social Support  
Symptom Management



# Action Planning

- Goal
- Why?
- Behavior Change
- Making Goal SMART:

SMART Goal Template	
Set and Define Goal for [INSERT NAME]	
<b>S</b>	What is the Goal?
<b>S</b>	Is it <b>Specific</b> ? How is it Specific?
<b>M</b>	Is it <b>Measurable</b> ? How is it Measurable?
<b>A</b>	Is it <b>Attainable</b> ? Why is it Attainable?
<b>R</b>	Is it <b>Relevant</b> ? Why is it Relevant?
<b>T</b>	Is it <b>Time-bound</b> ? How is it Time-bound?

# Tomando Control de su Salud



- Six-week interactive small group including social networking
- Built on Self-Efficacy Theory
- All workshops facilitated by 2 trained peers
- Face-to-face, 10-15 participants
- Offered in the community where people live or work

# Small Group Chronic Disease Self-Management Program Randomized Trial

## Demographic Data

▶ Age	62 years
▶ Male	27%
▶ Education	14 years
▶ # of diseases	2.2





# Chronic Disease Self-Management

## 6-month Improvements in Health Outcomes

- ▶ Self-Rated Health
- ▶ Disability
- ▶ Social and Role Activities Limitations
- ▶ Energy/Fatigue
- ▶ Distress with Health Status
- ▶ Fewer Days of Hospitalization

All  $p < .05$



**Put Life  
Back in  
Your Life.**

**Free Chronic Disease  
Self-Management Program**

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Chronic Disease Self-Management workshops put me back in charge. Now I have the energy to do the things that matter. I've put life back in my life.

**Free Workshops at Dunellen Public Library**  
100 New Market Road, Dunellen, NJ 08812  
Mondays, March 9, 2015 to April 13, 2015  
1:00 - 3:30 p.m.



**To register or get more information, please contact:**

Karen Hale: (732) 238-5570 ex: 2032 or [khale@hqsi.org](mailto:khale@hqsi.org) OR  
Sam Latini: (732) 968-4585 or [slatini@dunellenlibrary.org](mailto:slatini@dunellenlibrary.org)

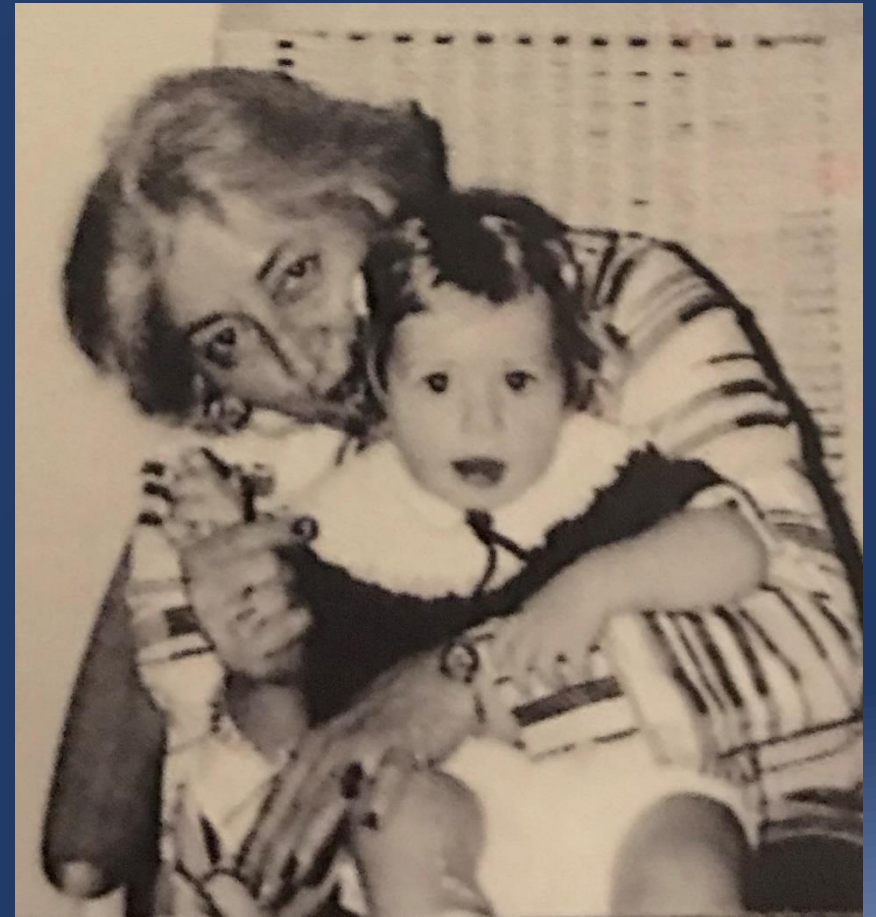
# 20 YEARS

This slide represents 50 or more studies  
between 1998 and 2019



# Acknowledgements

- Kate Lorig & Self-Management Resource Center
- Sarah Szanton
- Johns Hopkins School of Nursing
- Columbia Road Health Services staff & patients



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*Thank you!*



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