



Best Practice: Patient Self-Management

Home Health Aide Track



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Home Health Aide Track

This best practice intervention package track is designed to educate home health aides in patient self-management and self-management support principles that will support reducing avoidable acute care hospitalizations.

Objectives

After completing the activities included in the Home Health Aide Track of this **Best Practice Intervention Package – Patient Self-Management**, the learner will be able to:

1. Describe patient self-management and self-management support as they relate to home health care delivery
2. Describe how patient self-management will support reducing avoidable acute care hospitalizations
3. Describe two home health aide actions that support patient self-management

Complete the following activities:

	Activity	Location	Estimated Time
<input type="checkbox"/>	Read the Home Health Aide Guide to Patient Self-Management and Self-Management Support	Page 109	10 minutes
<input type="checkbox"/>	Review the My Action Plan tool	Page 110	5 minutes
<input type="checkbox"/>	Listen to <i>Self-Care Management for Home Health Aides</i> podcast and use the discussion questions for group interaction	Page 111	35 minutes
<input type="checkbox"/>	Complete the home health aide post test and give to your clinical manager	Page 112	10 minutes
	Total Time		60 minutes



Home Health Aide Guide to Patient Self-Management and Self-Management Support

Definitions:

- **Patient self-management** involves the tasks that individuals must undertake to live well with one or more chronic conditions.

Example: Mrs. A has COPD, which makes her get short of breath with very little activity. She dislikes sponge baths. A goal for her is to be able to get in the shower.

- **Self-management support** involves providing education and interventions by health care staff to increase patients' skills and confidence in managing their health problems (IOM, 2003).

Example: You can help Mrs. A achieve her goal by gradually increasing her participation in her personal care with each of your visits. Offer encouragement and talk to the nurse or occupational therapist about possibly getting a tub chair.

Consider your self-management support role as the home health aide:

<i>Self-Management Support</i>	Yes	No
I make sure my care plan includes the patient's personal goals.	<input type="checkbox"/>	<input type="checkbox"/>
I talk to my patients about their personal goals.	<input type="checkbox"/>	<input type="checkbox"/>
I listen to my patients tell their illness story and how they feel about achieving their goals.	<input type="checkbox"/>	<input type="checkbox"/>
I ask to see my patient's Action Plan (when applicable).	<input type="checkbox"/>	<input type="checkbox"/>
I talk with my patients about what they see as problems in achieving their goals.	<input type="checkbox"/>	<input type="checkbox"/>
I talk with the patient's nurse and therapists when the patient is having problems achieving their goals.	<input type="checkbox"/>	<input type="checkbox"/>
I give my patients the extra time it may take during my visits to permit them to participate in their personal care if that supports their goals.	<input type="checkbox"/>	<input type="checkbox"/>
I offer encouragement toward achieving goals.	<input type="checkbox"/>	<input type="checkbox"/>
I offer praise when a patient goal is achieved.	<input type="checkbox"/>	<input type="checkbox"/>

MY ACTION PLAN

DATE: _____

I _____ and _____
(name) (name of clinician)

have agreed that to improve my health I will:

1. Choose one of the activities below:



_____ Work on something that's bothering me:



_____ Stay more physically active!



_____ Take my medications.



_____ Improve my food choices.



_____ Reduce my stress.



_____ Cut down on smoking.

2. Choose your confidence level:

This is how sure I am that I will be able to do my action plan:



10 VERY SURE

5 SOMEWHAT SURE

0 NOT SURE AT ALL

3. Complete this box for the chosen activity:

What: _____

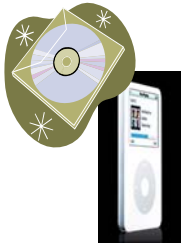
How much: _____

When: _____

How often: _____

(Signature)

(Signature of clinician)



Patient Self-Management Multi-Media Activities

Podcast

Patient Self-Management Podcast Instructions:

Listen to the podcast to learn more about patient self-management and self-management support.

Title	Description	Link
Self-Care Management for Home Health Aides	A 15-minute podcast (audio recording) by Carol Siebert, OTR/L and Karen Vance, OTR/L	The podcast link is located at http://www.homehealthquality.org/hh/hha/interventionpackages/patient_sm.aspx

There are several ways to listen to the podcast:

- Visit the link above and listen directly through the Web site
- Download the podcast by right clicking on the audio file and selecting "Save Target As ..." This will save the file to your hard drive. Once you have saved the file, you can listen to it on your computer or can save the audio file to a CD or MP3 player.

*A podcast is a digital media file, often an audio recording, placed on the Internet and made available to the listener on their home computer or personal digital recording device for convenience.

Discussion Topics

- Why don't patients always think of themselves as self-managers?
- What are some ways that home health aides can encourage patients to self-manage?
- How can home health aides work with the other clinicians to improve patient self-management?
- Name some specific examples of information you could share with the home health team on barriers to patient self-management.
- Discuss these points from the podcast **Self-Care Management for Home Health Aides**
 - You are an aide...not a maid
 - Use your brains...not your bodies
 - Talk to your team: Tell them what you know and ask them what you need to know



Home Health Aide Post-test Patient Self-Management



Clinician _____ Date _____

Directions: Choose the ONE BEST response to the following questions. Circle your answer that identifies the ONE BEST response.

1. Tasks that individuals must undertake to live well with one or more chronic conditions is a definition for:
 - A. Patient self-management
 - B. Self-management support
2. Providing education and interventions by health care staff to increase patients' skills and confidence in managing their health problems is a definition for:
 - A. Patient self-management
 - B. Self-management support
3. The patient's goals are the center of setting up an action plan.
 - A. True
 - B. False
4. Home Health Aides can help with self-management support by:
 - A. Talking with patients about their goals
 - B. Talking with patients about what the patient/caregiver believes are problems in reaching their goal
 - C. Offering encouragement towards goals
 - D. Offering praise when goal is achieved
 - E. All of the above
5. Health care staff should work together with the patient, family, caregivers, doctor and other disciplines to help the patient set up an action plan and work towards their goal.
 - A. True
 - B. False

Answers to Post-test are located in the Leadership Section page 70.