

## Best Practice Intervention Package: Patient Self-Management



## BUILDING UPON THE BASICS

**Theme** for final three Best Practice Intervention Packages:

- December: Patient Self-Management
- January: Disease Management
- February: Transitional Care Coordination

## BUILDING UPON THE BASICS

**Purpose** of Patient Self-Management, Disease Management and Transitional Care:

- Advance to a higher level of care
- Improve patient outcomes
- Improve patient satisfaction
- Reduce avoidable hospitalizations

## Objectives

After viewing this WebEx, the learner will be able to:

- Understand the terms *patient self-management* and *self-management support*
- Identify tools/resources available in this Best Practice Intervention Package
- Recognize components of the Best Practice Intervention Package (BPIP) that will be of value to your agency

## Patient Self-Management

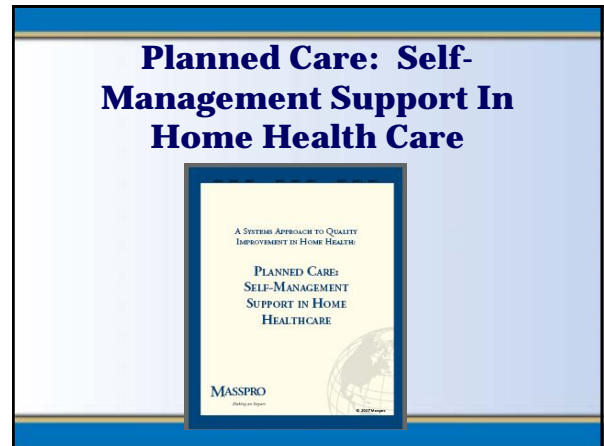
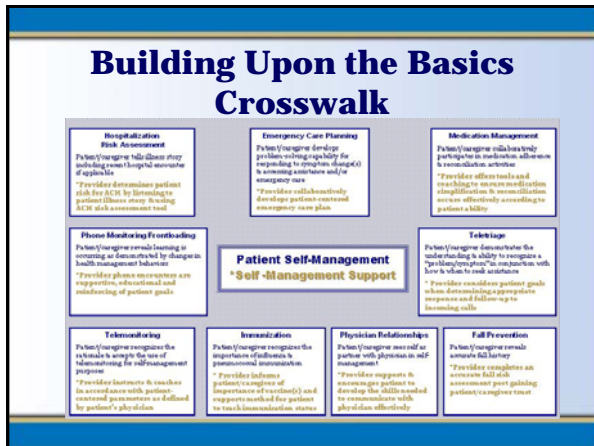
**Focus:**

- Improve the patient and caregiver's involvement in care
- Reduce avoidable hospitalizations



## Definitions

- **Patient self-management (SM)** includes the tasks that individuals must undertake to live well with one or more chronic conditions
- **Self-management support (SMS)** is the systematic provision of education and supportive interventions by health care staff to increase patients' skills and confidence in managing their health problems



## Leadership Track

Self-Management Support


- Agency assessment
- Action items
- Action plan

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## Tools and Resources

**Multiple tools and resources:**

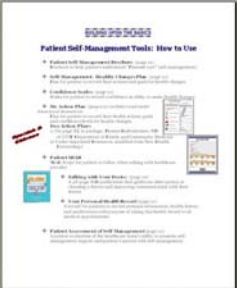
- Patient – for patient self-management
- Staff – for self-management support



## Patient Self-Management Tools


Remember:

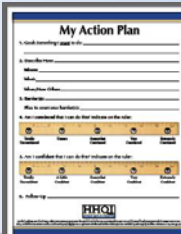
- Pick and choose
- Goal: patient self-management



## Patient Self-Management Tools

• Featured tool: **My Action Plan** Spanish & Chinese





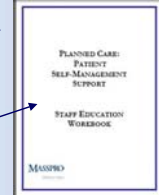
## Self-Management Support Tools

- Tools and resources for home care staff
- Focus: self-management support



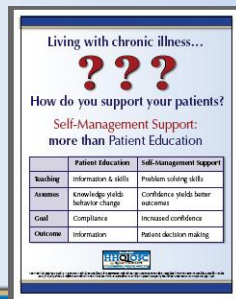
## Staff Education Resources

- WebEx: Supporting Patient Self-Management through Planned Care: Evidence and Techniques
- Planned Care: Patient Self-Management Support Staff Education Workbook
- Video with Techniques for Effective Patient Self-Management



## Patient Self-Management

- Poster



## Care Tracks

- Nurse and Therapy Tracks
  - Discipline specific guides and self-assessments
  - My Action Plan and Action Plan Script
  - Podcast
  - WebEx
  - Examples of Excellence
  - Free CNEs (nurses) or Certificate of Participation (therapists)

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## Care Tracks

- Social Worker and Home Health Aide Tracks
  - Discipline specific guides and self-assessment
  - My Action Plan and Action Plan Script
  - Podcast
    - MSW — clinician podcast
    - HHA — HHA podcast
  - Post-tests

**BUILDING UPON THE BASICS**



Home Health Quality Improvement National Campaign

"Piecing the Puzzle Together... to Reduce Avoidable Hospitalizations."



## Next Best Practice Intervention Package: Disease Management

January 2, 2008

**Congratulations on your commitment to the HHQI National Campaign!!**

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