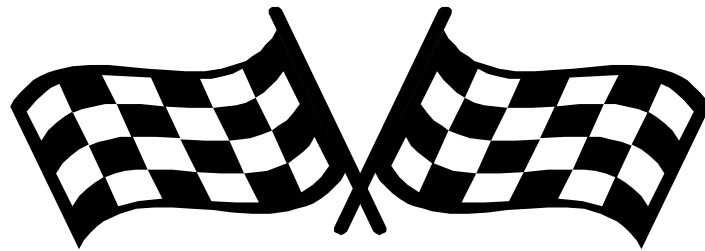


# Home Health Quality Improvement National Campaign



**Best Practice Intervention  
Fast Track Package  
Patient Self-Management**



# Patient Self-Management & Self-Management Support

## Definitions:

- **Patient self-management** is the tasks that individuals must undertake to live well with one or more chronic conditions. These tasks include having the confidence to deal with medical management, role management, and emotional management of their conditions.
- **Self-management support** is the systematic provision of education and supportive interventions by health care staff to increase patients' skills and confidence in managing their health problems, including regular assessment of progress and problems, goal setting, and problem-solving support.  
([www.iom.edu](http://www.iom.edu))
- **Action Planning** is a tool or technique that helps people change their behavior over a short period of time. (Lorig, 2006)

## Parts of an Action Plan

1. **Something YOU want to do**
2. **Achievable** (something you can expect to be able to do this week)
3. **Action-specific** (for example, losing weight is not an action or behavior, but avoiding snacks between meals is)
4. **Answer the questions:**
  - What?** (For example, walking or avoiding snacks)
  - How much?** (For example, walking 4 blocks)
  - When?** (For example, after dinner or Monday, Wednesday, and Friday)
  - How often?** (For example, 4 times a week; try to avoid "every day")
5. **Confidence level of 7 or more**

("On a scale of 0=no confidence to 10=total confidence, how confident are you that you will complete the ENTIRE action plan?" If the patient rates confidence below a 7, you might want to look at the barriers and consider reworking the action plan so that it's something the patient is confident that he/she can accomplish.)

**(From the Chronic Disease Self-Management Program Copyright Stanford University 2006)**

## Additional Resources:

**Best Practice to Reduce ACH: Patient Self-Management through Planned Care WebEx** A 40-minute WebEx that addresses the difference between patient self-management and self-management support and the need for collaboration with the patient to be successful with self-management.

[http://www.homehealthquality.org/hh/hha/interventionpackages/patient\\_sm.aspx](http://www.homehealthquality.org/hh/hha/interventionpackages/patient_sm.aspx)

**Planned Care: Patient Self-Management Support, Staff Education Workbook**

This 20-page staff education workbook guides clinicians to better understand their role in patient self-management and self-management support. Exercises include changing behavior, problem solving, dealing with ambivalence and goal setting.

[http://www.homehealthquality.org/hh/hha/interventionpackages/patient\\_sm.aspx](http://www.homehealthquality.org/hh/hha/interventionpackages/patient_sm.aspx)

**Patient Self-Management Video with Techniques for Effective Patient Self-Management** This 33-minute video provides strategies and tools that busy clinicians can use to help patients adopt healthy behaviors. Featured techniques are based on the principles of motivational interviewing and provide a sampling of how to effectively support patients.

[http://www.homehealthquality.org/hh/hha/interventionpackages/patient\\_sm.aspx](http://www.homehealthquality.org/hh/hha/interventionpackages/patient_sm.aspx)

# 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)