Self-Management for Success in Primary Care

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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?

- Thoughts
- Activities
- Emotions
- Role 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.

99%
How Do I Get Better at Self-Management?

But how do I do this? I’m overwhelmed!

Canet-Juric et.al. 2020, Heid et.al. 2020, Pearman et. al. 2020
I feel pretty overwhelmed somedays too!

Mellins et.al. 2020; Benham et.al. 2020
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.

Development of Self-Efficacy:
- Enactive Mastery (past experiences)
- Vicarious Experiences (modeling by others)
- Verbal Persuasion (coaching & feedback)
- Physiologic Feedback (emotional status)

Adapted from Bandura 1997
How Do Healthcare Providers Promote Self-Management in Such an Environment?

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

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

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Adapted from Bandura 1997

**Quotes from patients:**

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

Development of Self-Efficacy

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

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

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

"My doctor keeps telling me I can quit smoking and he'll help, maybe I can?"
Self-Efficacy, Behavior Change & Maintenance

- Self-Efficacy
  - Health & Disease Knowledge
- Socio-Structural Impediments & Benefits
- Motivation
- Goals
- Outcome Expectations
- Health Behavior Change & Maintenance

Bandura 2004
Self-Efficacy, Behavior Change & Maintenance

Self-Efficacy

- Health & Disease Knowledge

Motivation

Goals

Outcome Expectations

Socio-Structural Impediments & Benefits

Health Behavior Change & Maintenance

Bandura 2004
Self-Efficacy, Behavior Change & Maintenance

- Self-Efficacy
- Socio-Structural Impediments & Benefits
- Health Behavior Change & Maintenance
- Content Based
- Health & Disease Knowledge

Bandura 2004
Self-Efficacy, Behavior Change & Maintenance

Process Based

Self-Efficacy

Health & Disease Knowledge

Motivation

Goals

Outcome Expectations

Bandura 2004
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?
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:

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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

https://www.cdc.gov/arthritis/interventions/programs/tomando.htm; Lorig et.al. 2001; Lorig et.al. 1999
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
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
References

Thank you!