

COLLABORATIVE CARE
Self-Management for Empowerment
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The 20th century was the age of entitlement—a good patient did what he was told often without fully understanding either the disease or the treatment.

We now live in the age of Empowerment—technological advances have enabled the individual to take charge of their own well-being using resources found on the Internet and other communication media. A good doctor/patient relationship is based on direct communication and an informed plan of action.

Self-management support is based on the idea of creating a partnership between the clinician and the patient. One of the principles of self-management is that the patient needs to be actively involved in managing his/her health. Self-management strategies strive to help patients understand their disease, make informed decisions, participate in the management of care, and adapt to life with chronic illness. The ultimate goal is to enable patients to live as normal and full a life as possible. :
The key to a successful self-management is COMMUNICATION

1. Establish a Focus

Establishing a focus for the encounter is an important first step in ensuring effective self-management. Tell your doctor what concerns you have about living with chronic illness. Have a list of questions covering every aspect including medication and lifestyle issues.

2. Share Information

Ask for copies of all your test results; ask questions so that you are sure that you understand what the test results mean.

Discuss resources like the internet

3. Develop Shared Goals

Shared goal setting is a collaborative process that incorporates both the clinician's and the patient's perspective. Ask questions and be sure that you fully understand what the goals of your treatment plan are.

4. Develop an Action Plan

After collaborative goal setting, it is important to create an action plan. This will include a regimen of medications and a program of regular exercise. Ask for a referral to a Pulmonary Rehab program or Silver Sneakers

Include a discussion of the likely barriers to success and some strategizing about how to overcome these barriers

5. Use Problem-Solving Techniques

It is important to agree on a follow-up plan. It is usually as simple as setting a specific date to revisit or check-in. The key point is that there must be an ongoing relationship for any self-management plan to be successful.

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