



Haemophilia Conference Brisbane 9 October 2009

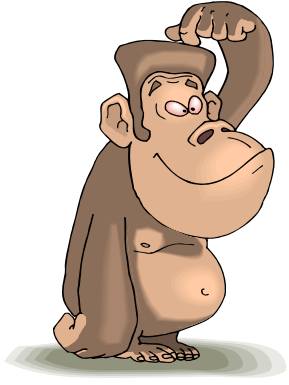
Maintaining Health and
Independence -
The Role of Self-Management in
Living with Arthritis

Meet Toby



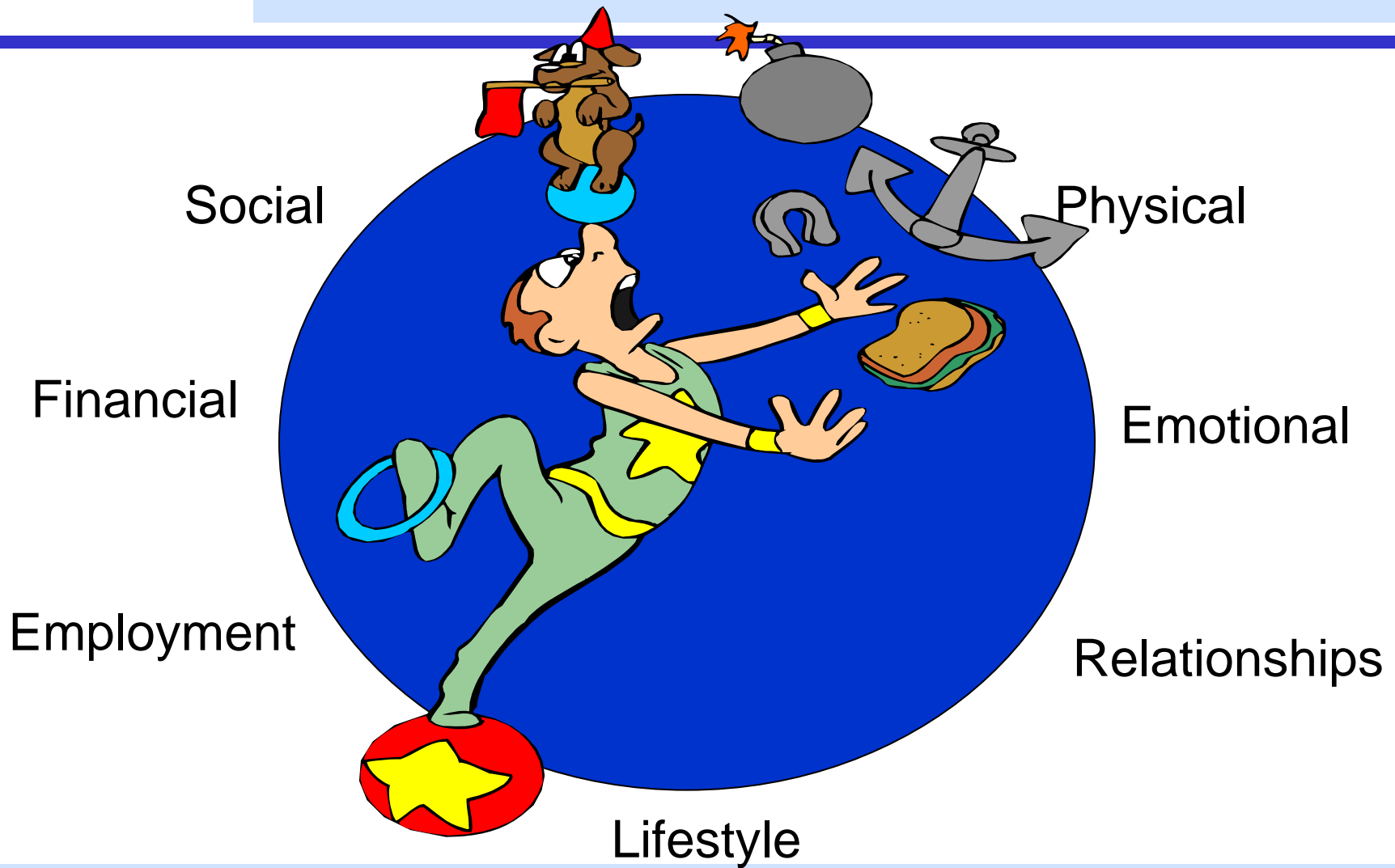
- 45, married, two teenagers, works full time
 - Severe haemophilia
 - Osteoarthritis of R knee and ankle – thinks damage has been done and nothing more he can do about it.
 - Overweight, sedentary
 - Pain and fatigue are impacting on his performance at work
 - At home feels tired and can't be bothered
 - Wife is frustrated because Toby doesn't seem to want to help himself
- Their social activities are curtailed because of pain and fatigue

Something to think about.....



How can Toby maintain his health
and independence?

Impact of Arthritis



Is there any way out of this situation?

Or...

is this as good as it gets?

“Take responsibility for
my own health??
I thought that was **your**
job!”

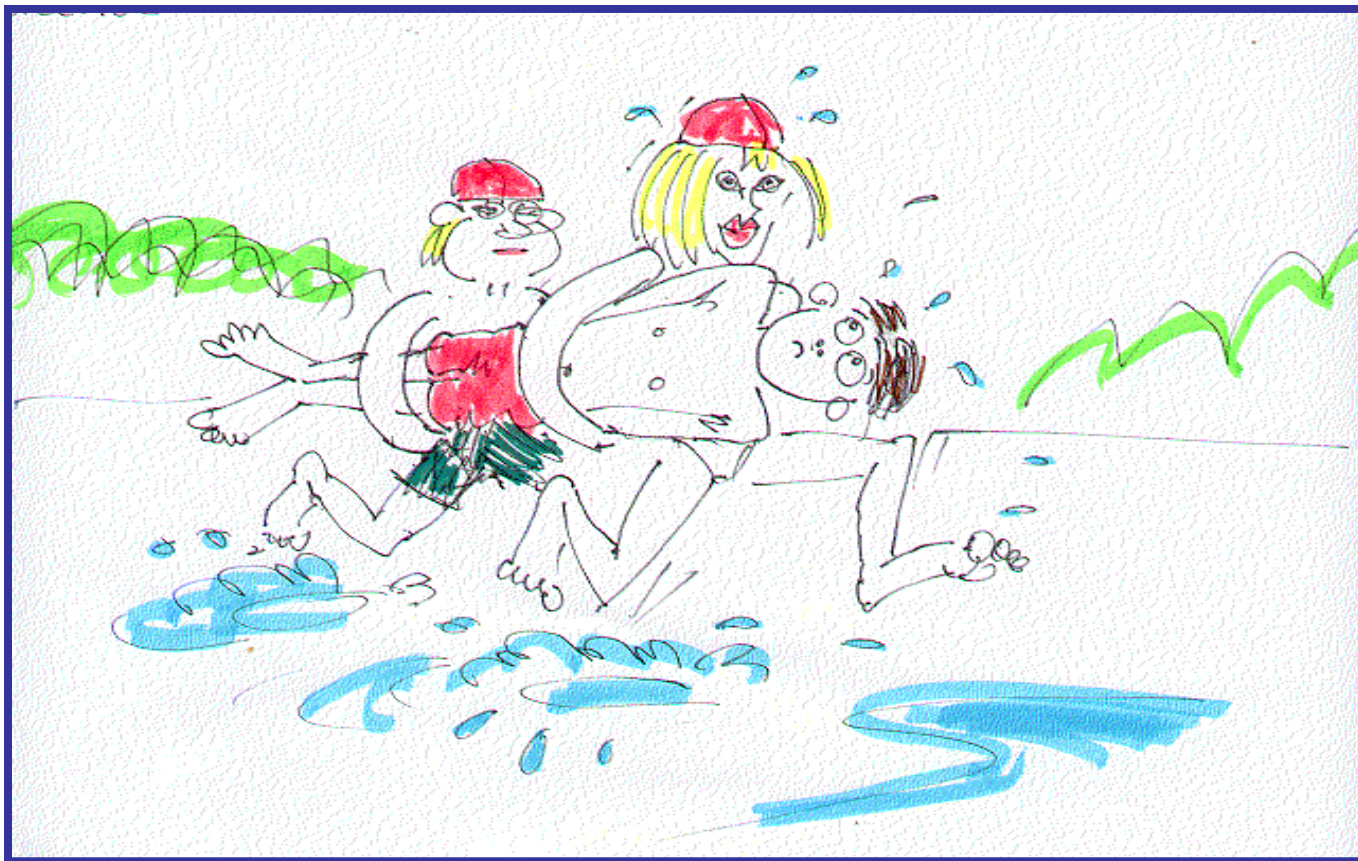


River of Illness



Clinical-Curative Model

Ideal for diseases which can be cured



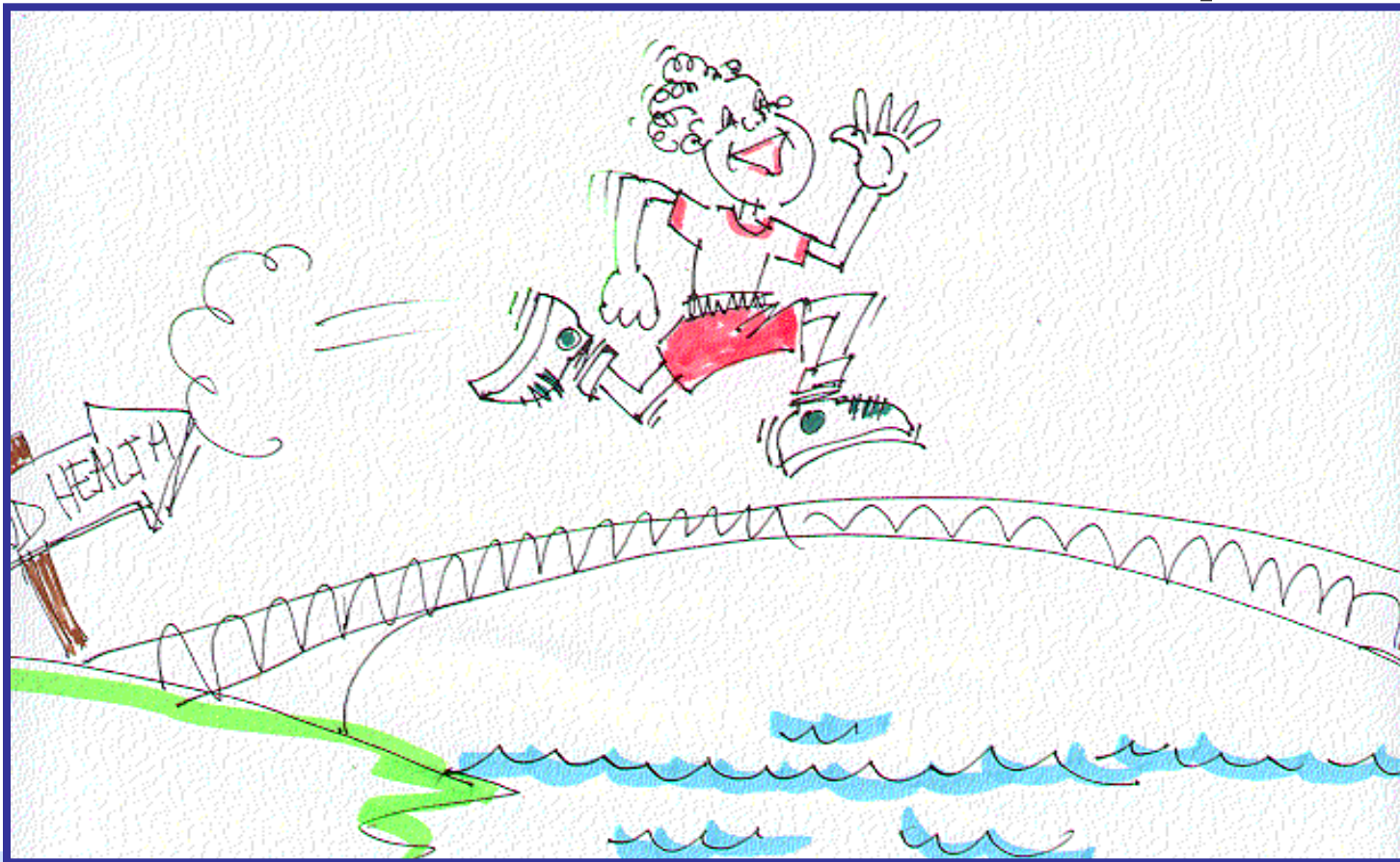
Inadequacies of 'Acute Model' for managing chronic conditions

- Does not take into account social, psychological and economical impact of chronic conditions (CC)
- Does not address the complexities of CC
- Care is sub optimal and outcomes poor for people with CC

(Wagner et al, 1996)

Public Health – Preventative Model

Ideal for diseases which can be prevented



Self Management Model Ideal for long term conditions



What is Self-Management?

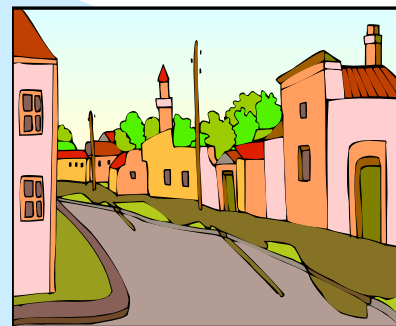
- Managing the day to day impact of the chronic condition :
 - know about the condition
 - monitor and manage the signs and symptoms
 - adhere to treatment regimes
 - engage in activities to promote health
- Maintaining life roles
- Dealing with the negative aspects and emotions

Successful chronic condition management involves shared responsibility for care...

Supportive health system



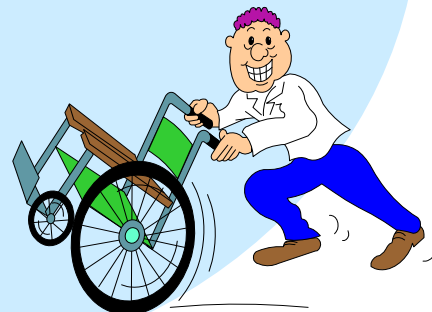
Enhanced community capacity



Prepared health workers



Empowered individuals



Characteristics of Successful Self-Management Support

- Patient-centred approach
- Partnership in which the client plays an active role in:
 - decision making
 - goal setting
 - problem solving
- Information, skills development, self-management training and support
- Ongoing support and follow up
- Integrated multidisciplinary approach

Empowered individuals, working in partnership, expect..

- To be fully informed about their condition
- Clinical expertise and best evidence so that they can be involved in decisions
- Self-management support and coordinated care
- Support for lifestyle modification

Deficiencies in Current Care of People with Chronic Conditions

- Rushed practitioners
- Lack of care coordination
- Lack of follow up to ensure best outcomes
- Patients inadequately trained to manage their illnesses

Some Approaches to Support Self-Management

- RACGP Guidelines
www.racgp.org.au/guidelines/sharinghealthcare
- Flinders Model
<http://som.flinders.edu.au/FUSA/CCTA/home.html>
- Chronic Care Model
www.improvingchroniccare.org
- Motivational interviewing
- Telephone Coaching
- Stanford Model
<http://patienteducation.stanford.edu>

Factors within

- Motivation
- Knowledge
- Symptom management
- Co-morbidities
- Health beliefs
- Self efficacy



External factors

- Social context
- Language/literacy
- Education
- Employment
- Resources/environment
- Health Professionals
- Health System

There are various self-management approaches

- Self-management programs
- Education and information
- Motivational interviewing
- Peer support
- Disease specific programs
- Individual guidelines
- Symptom action plans
- Symptom diaries
- Systematic follow-up

Chronic Disease Self Management Course. Stanford (Lorig) Model



Taking Control of Your Life

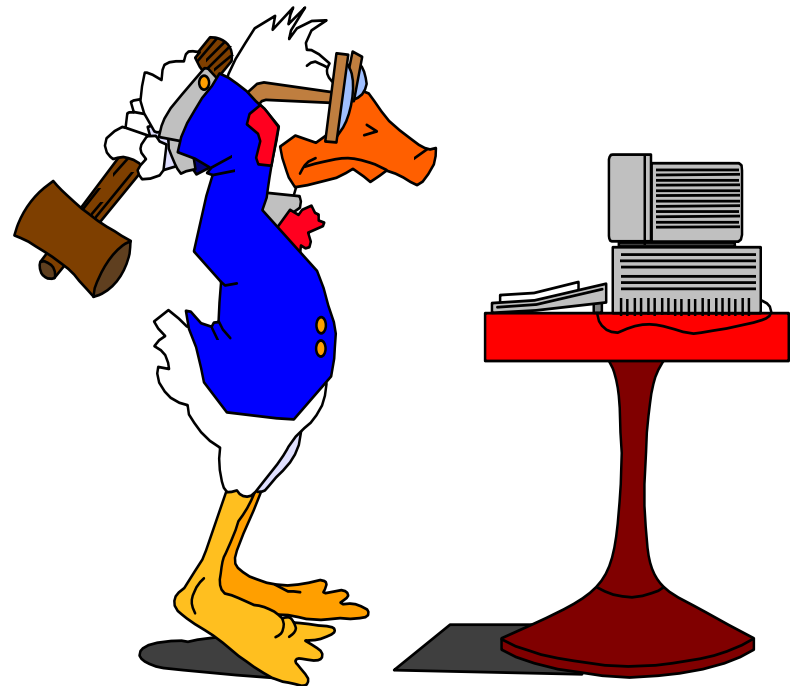
Self-Management Programs



- Evidence based / 6 weeks course
- Efficacy enhancing strategies
- Mutual support
- ‘Sesame Street’ approach
- Ritual
- Standardised materials
- Leaders act as facilitators

Self efficacy

- Belief or confidence to apply the skills one has
- It affects
 - behaviour choices
 - stress
 - persistence

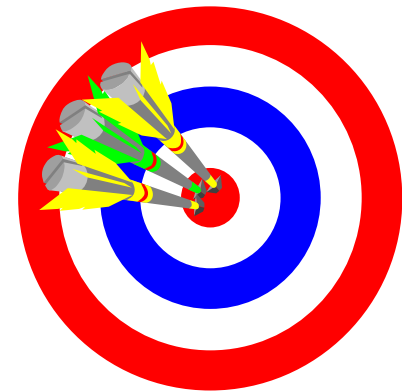


Strategies to Enhance Self Efficacy

- Skills mastery
 - goal setting
 - feedback
 - problem solving
- Modelling
- Changing beliefs and re-interpreting symptoms
- Persuasion

SMART Goal Setting

- **S**pecific - Something YOU want to do
- **M**easurable - *What, When, How much?*
- **A**chievable
- **R**ealistic - at least 70% sure
- **T**imely - in the coming week
- Write it down and check it daily



Feedback on Toby's Action Plan....

“I didn't complete my action plan to walk around the block on M/W/F in the mornings because my knee was sore after the first session”

“So I didn't go again.”



Problem Solving

- Identify the problem
- List ideas to solve the problem
- Select one idea to try
- Assess the results

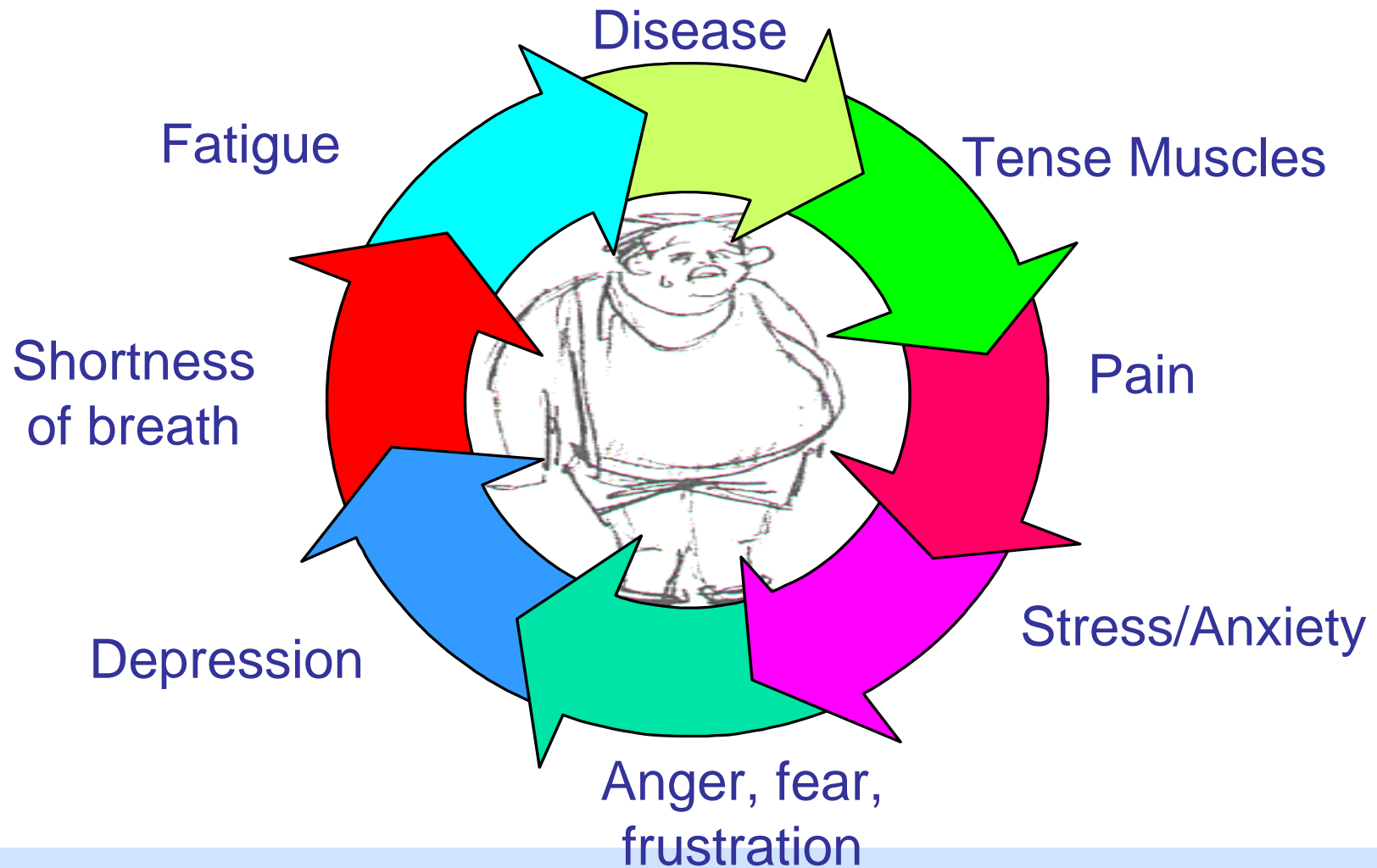


Then...

- If it didn't work, try another idea
- Use other sources of assistance
- Accept that some problems may not be solvable now

I will cycle on my exercise bike three mornings a week for 6 minutes each time.

Symptom Cycle



Topics Covered at the Chronic Disease Self Management Course



Tool Kit

- Techniques to deal with
 - pain, stress
 - anger, fear, frustration
 - fatigue, depression
- Basic information
- Goal setting and problem solving
- Working with health professionals
- Communication skills
- Exercise
- Understanding medication
- Nutrition

What is the evidence?

Six month, randomised controlled trial with 952 subjects with chronic diseases

- Improved healthful behaviours
- Improved health status
- Reduction in healthcare expenditures
 - Decreased emergency room visits
 - Fewer hospitalisations
 - Decreased OPD visits
- Pays for itself in first year.

Challenges for Implementation

- Marketing/referral processes
- Lack of collaboration and integration between sectors
- Degree of health literacy
- Engaging those without reliable contact with health services
- Regional and remote areas
- Poor attendance due to chronic illness

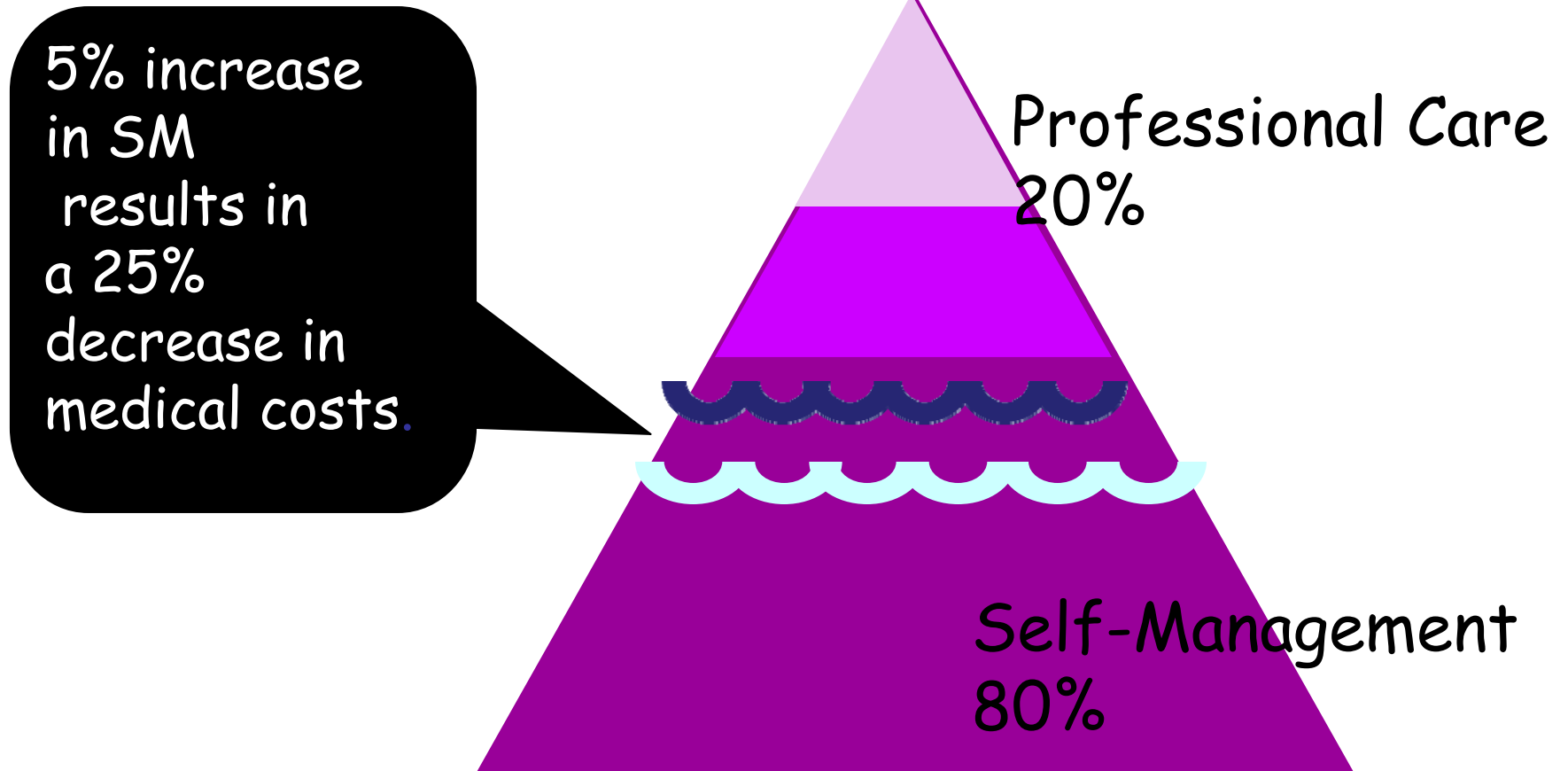
How the course benefited **Toby**

- Learnt about arthritis – something can be done
- Saw other people like himself succeeding
- Developed confidence in taking responsibility for his health
- Communicated more effectively with his doctor
- Set a weekly action plan
 - Joined a hydrotherapy group
 - Made small manageable changes to his eating habits
 - Planned outings with his wife.

You can make a difference ...

- Become involved in providing self management support.
- Encourage attendance at self-management courses and education programs
 - Contact Arthritis Queensland 1800 011 041
- Refer patients to disease specific organisations
 - Haemophilia Foundation, Arthritis Qld, Asthma Foundation, Diabetes Australia, Heart Foundation...

Hidden Health Care System



What are the things that affect Toby's health?

Chronic Condition Self Management Guidelines (RACGP)

Problem	Planning- Toby's goals	Management	Monitoring and review
<i>Impact</i>			
<i>Symptoms</i>			
<i>Lifestyle</i>			
<i>SM Capacity</i>			