



# Haemophilia Conference Brisbane 9 October 2009

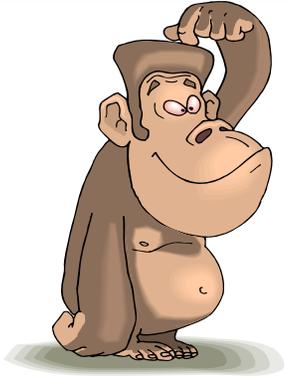
Maintaining Health and  
Independence -  
The Role of Self-Management in  
Living with Arthritis

# Meet Toby



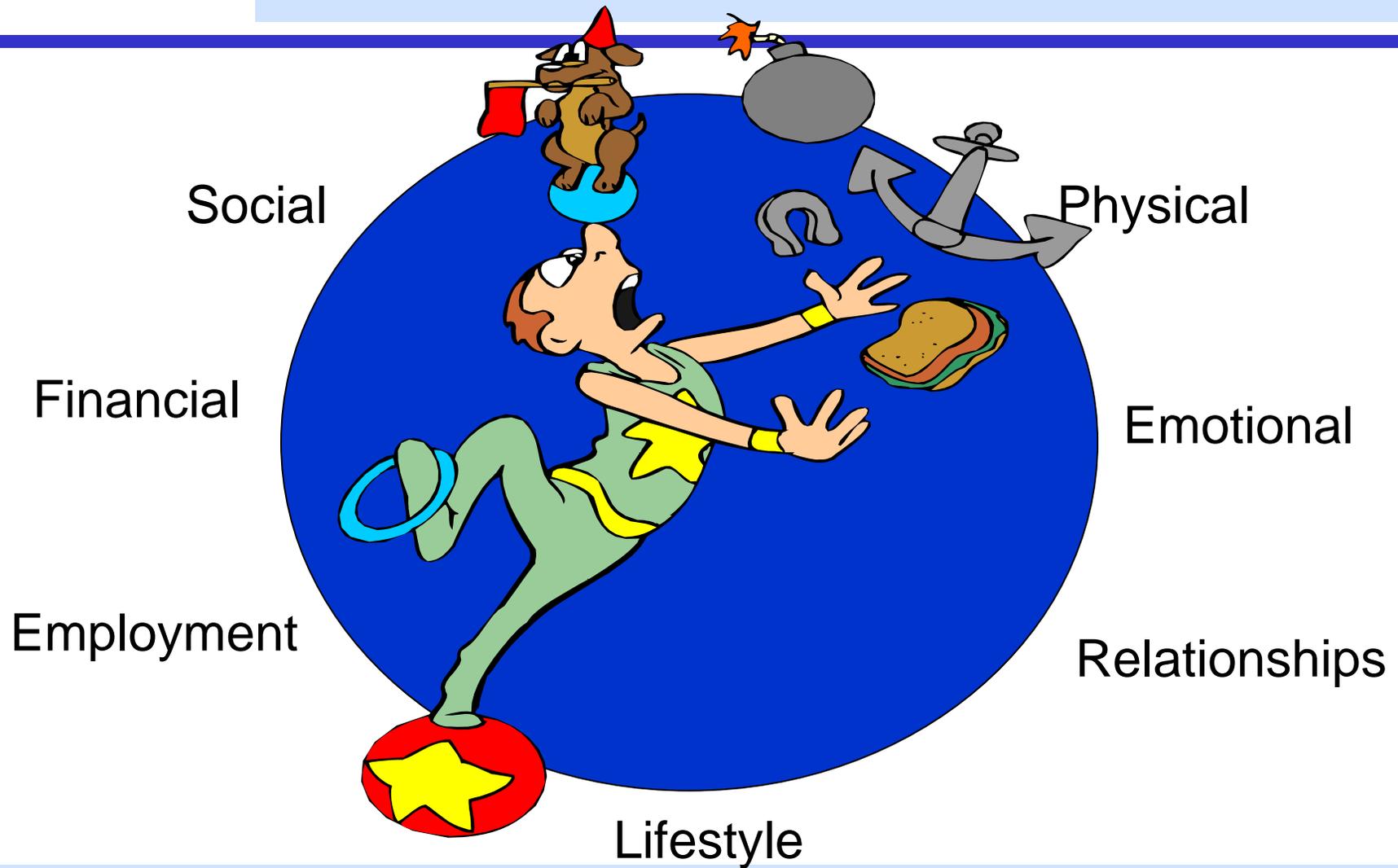
- 45, married, two teenagers, works full time
  - Severe haemophilia
  - Osteoarthritis of R knee and ankle – thinks damage has been done and nothing more he can do about it.
  - Overweight, sedentary
  - Pain and fatigue are impacting on his performance at work
  - At home feels tired and can't be bothered
  - 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?

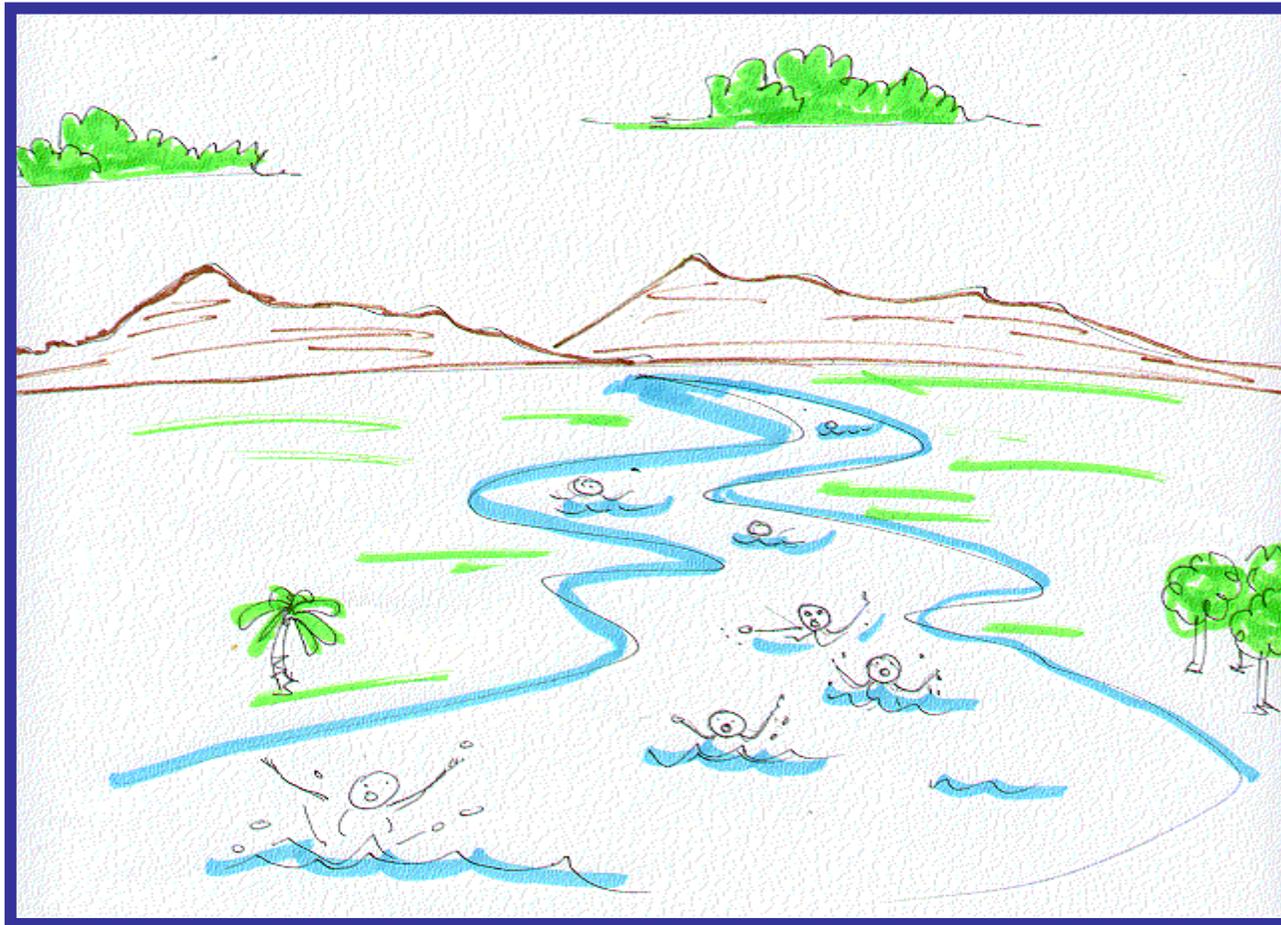
Or...

is this as good as it gets?

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

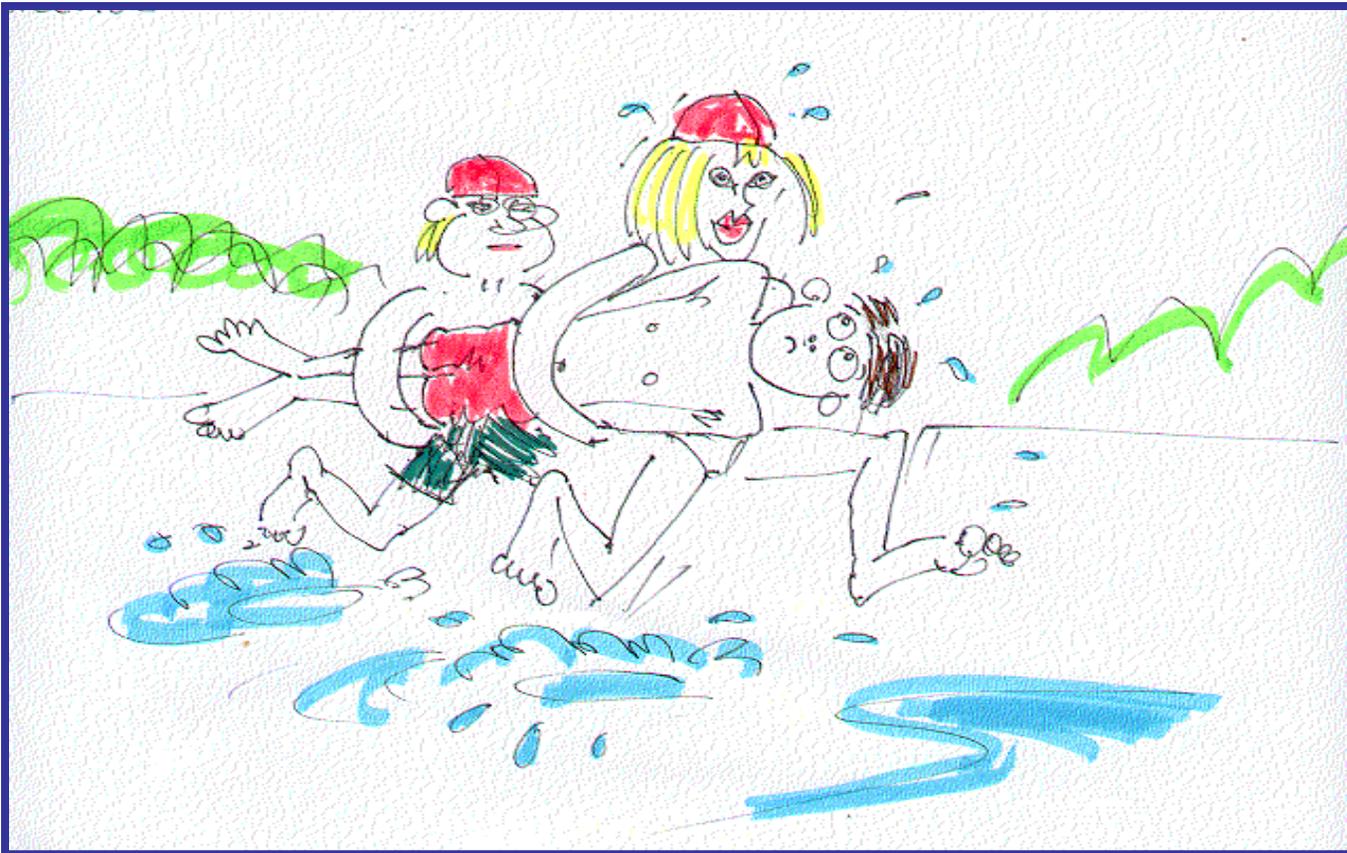


# River of Illness



# Clinical-Curative Model

**Ideal for diseases which can be cured**



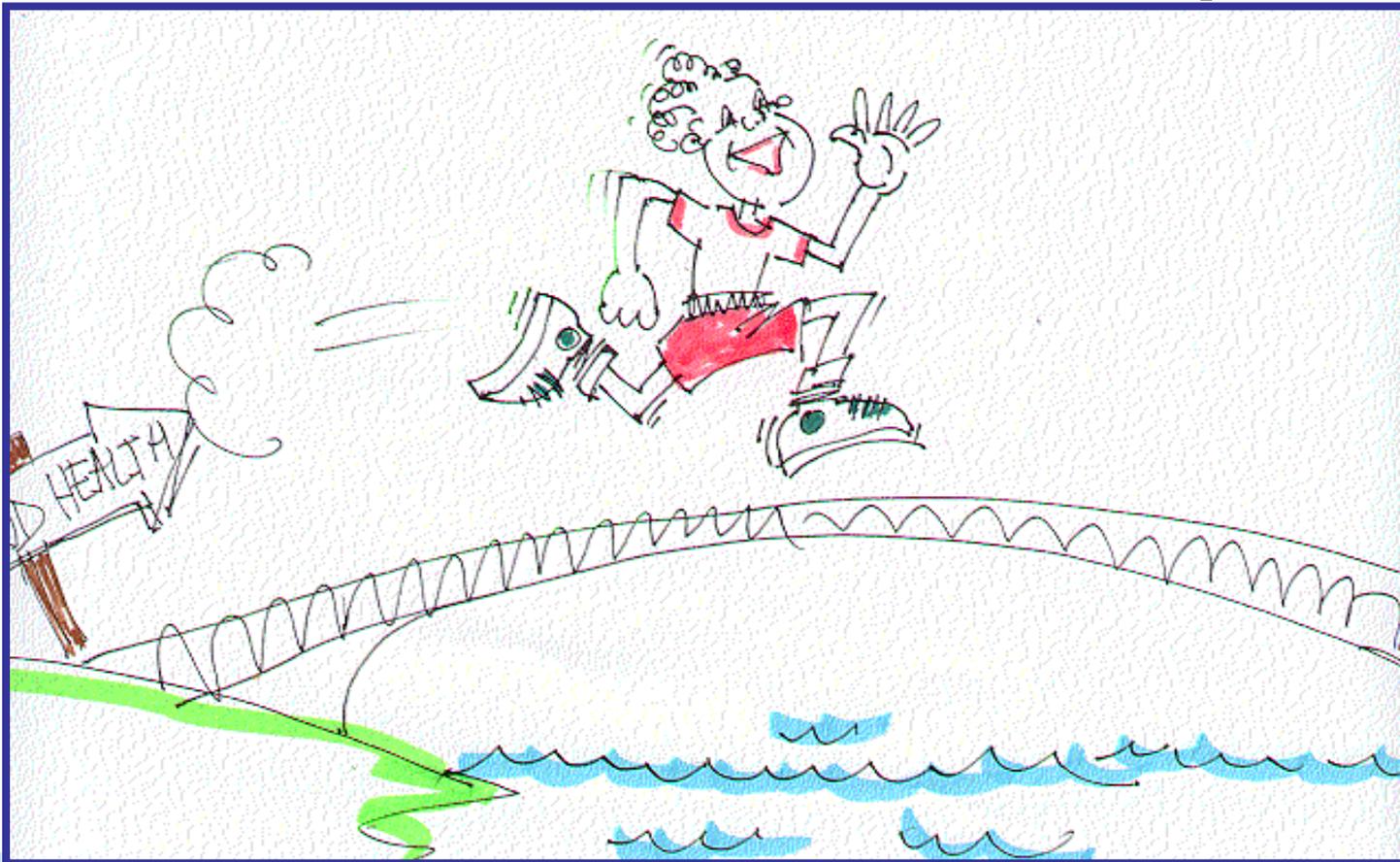
## Inadequacies of 'Acute Model' for managing chronic conditions

- 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?

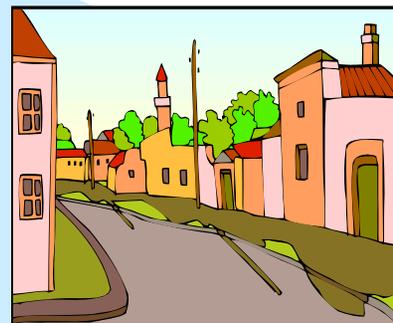
- Managing the day to day impact of the chronic condition :
  - know about the condition
  - monitor and manage the signs and symptoms
  - adhere to treatment regimes
  - engage in activities to promote health
- Maintaining life roles
- Dealing with the negative aspects and emotions

# 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](http://www.racgp.org.au/guidelines/sharinghealthcare)
- Flinders Model  
<http://som.flinders.edu.au/FUSA/CCTA/home.html>
- Chronic Care Model  
[www.improvingchroniccare.org](http://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

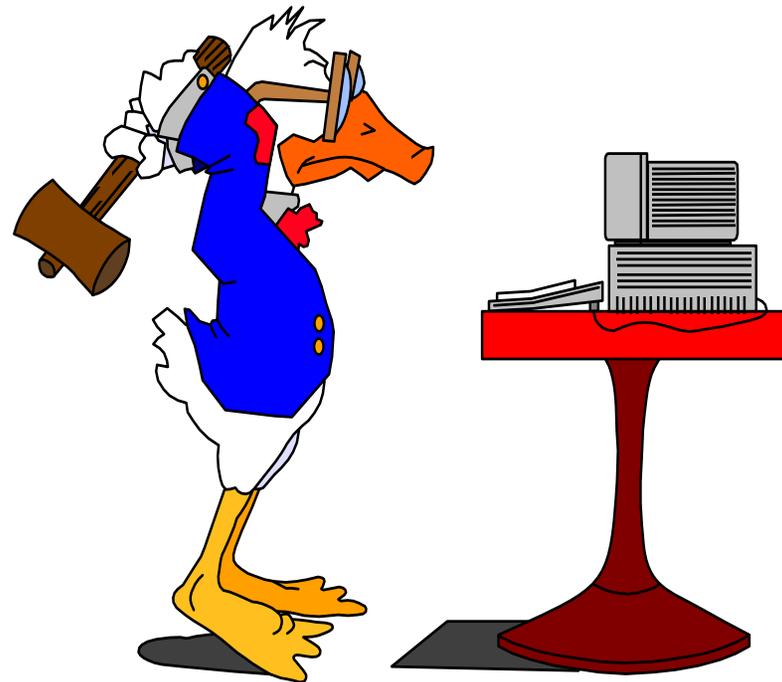
# Self-Management Programs



- 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

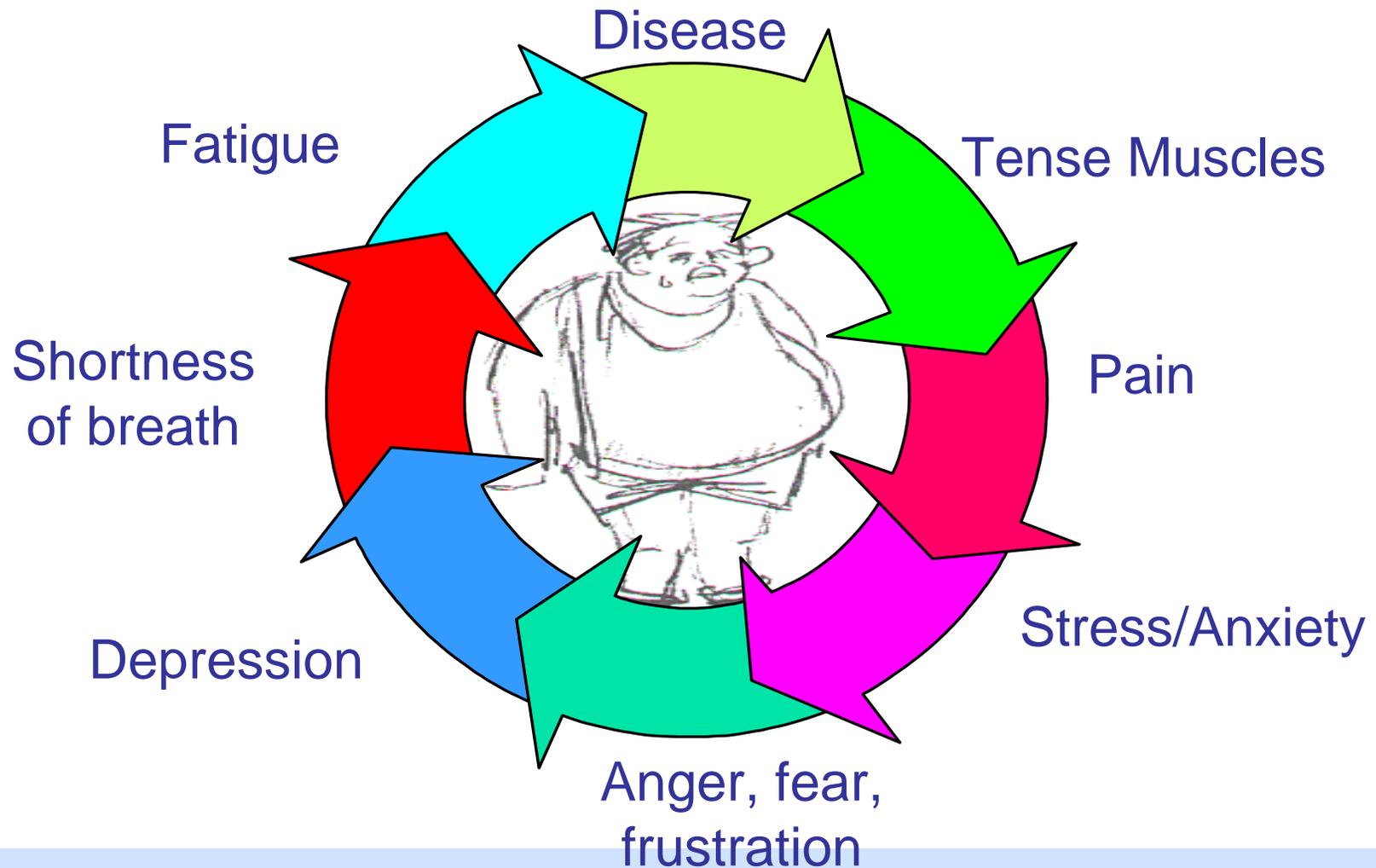


## Then...

- 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

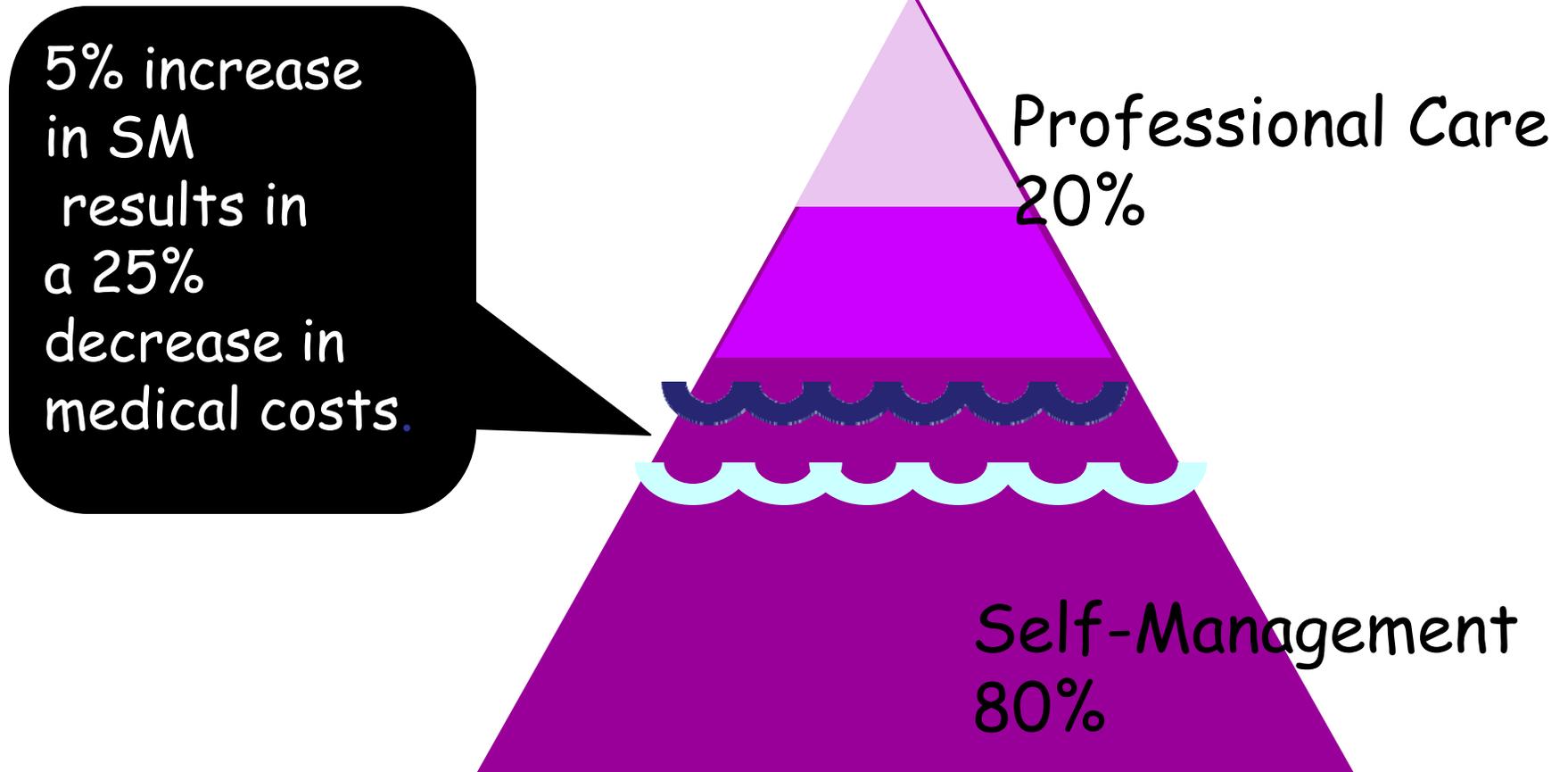
## How the course benefited **Toby**

- 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)

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