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Self-Management in a Busy Practice

How To

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Self-Management: What Is It?

Self-management is defined as the tasks that individuals must undertake to live to live 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

Self-management support is defined as the systematic provision of education and supportive interventions by health care system to increase patients' skills and confidence in managing their health problems, including regular assessment of progress and problems, goal setting, and problem-solving support

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Content

- ❖ Determine key messages
- ❖ Keep the number manageable
- ❖ Be consistent within the practice
- ❖ Revisit every 6 months to one year



Process

Simple Definition of Self-Efficacy

One's belief or confidence in their ability to do something

(self-efficacy is specific—not generalized)

How to change SE

- ❖ **Skills Mastery— e.g., action planning**
- ❖ **Modeling—e.g., meeting other patients**
- ❖ **Reinterpreting Symptoms—e.g., give more than one reason for each symptom.**
- ❖ **Social Persuasion—e.g., family support**