

Tools and Techniques for Patients' Self-Management to Navigate their Healthcare Journey: Using Lupus as a Case Example

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Disclosures

Member, National Commission on Certification
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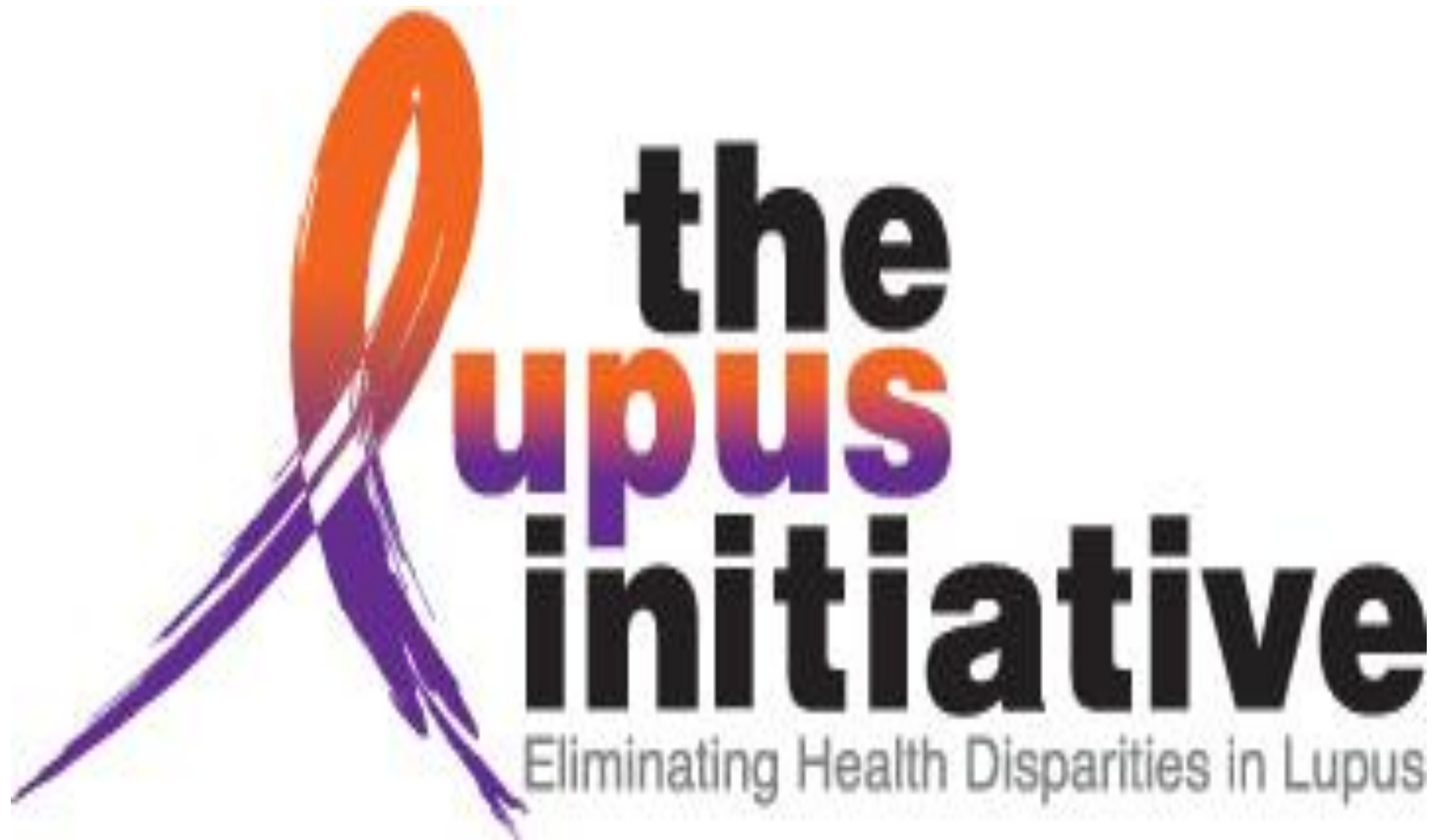
Objectives

Upon completion of this session, participants will be able to:

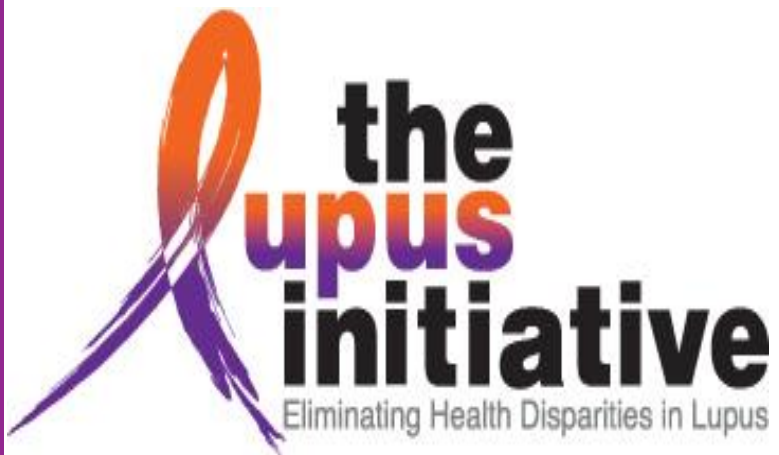
- describe benefits of self-management for persons with lupus and apply these principals to other medical conditions.
- discover ways to provide self-management support to patients in clinical settings both by direct care providers and ancillary staff.
- utilize tools designed to assist in providing self-management support in and outside of clinical settings.

References

- Williams, E.M., Lorig, K., Glover, S. et al. Intervention to Improve Quality of life for African-American lupus patients (IQAN): study protocol for a randomized controlled trial of a unique a la carte intervention approach to self-management of lupus in African Americans. *BMC Health Serv Res.* 2016; 16: 339.
- Fortin PR, Neville C, Julien A, et al. Self-management ability is low in one third of a sample of patients with systemic lupus erythematosus. *Lupus Science & Medicine* 2018;5.
- Williams EM, Egede L, Faith T, Oates J. Effective Self-Management Interventions for Patients with Lupus: Potential Impact of Peer Mentoring. *Am J Med Sci.* 2017; 353(6): 580-592.
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<https://thelupusinitiative.org/>



Provider



Educator



Student

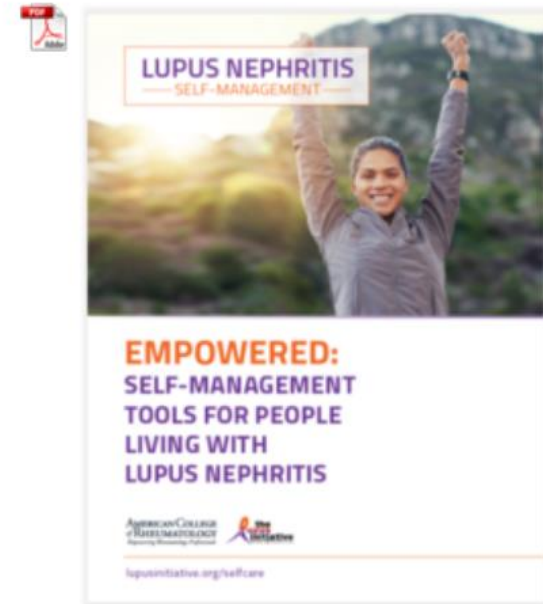
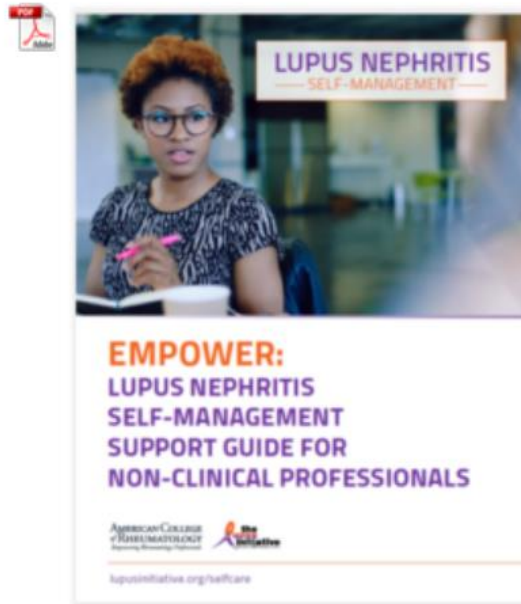
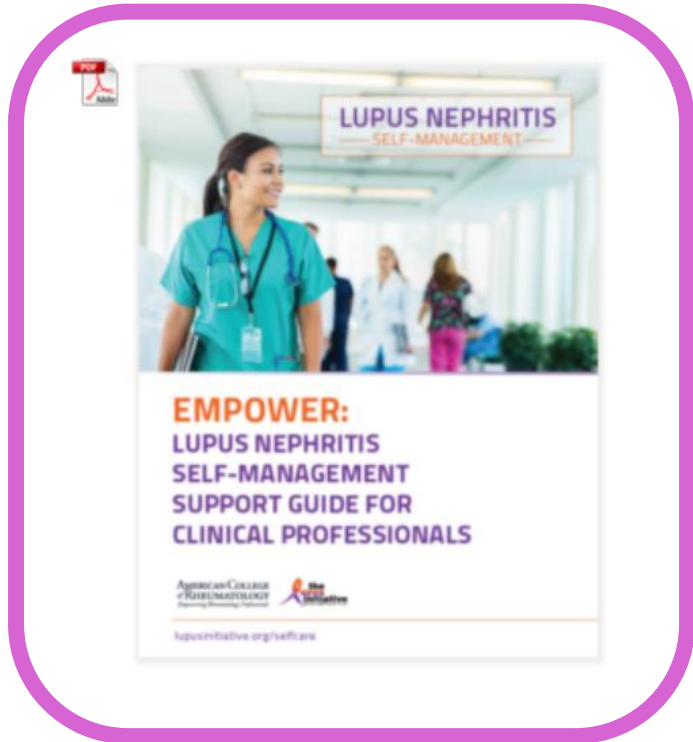
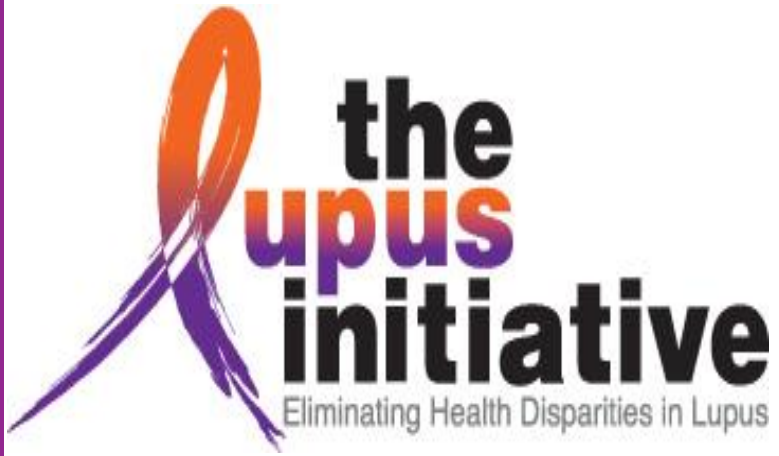


Patient



Supporter

I Am A



<https://selfcare.thelupusinitiative.org/healthcare-providers-resources/>

Scenario 1

- A patient is struggling with treatment plan adherence for various reasons.
 - Discussion Points
 - Barriers to adherence
 - Appropriate actions to take
 - People and resources that can aid and support

Scenario 2

- A patient wants to become a more active participant in their healthcare.
 - Discussion Points
 - Self-management goals
 - How to track progress toward these goals
 - People and resources that can support the achievement of each goal

Steps to Success in Self-Management

- Understanding self-management and its benefits.
- Recognizing the clinical healthcare professional's role in self-management.
- Using the patient's medical history as a guide.
- Sharing resources and staying up-to-date on latest medical scientific advances and best practices.

Self-management defined

- A person's continuous engagement in their healthcare to understand the illness, participate in the determination of a treatment plan, understand and adhere to the treatment plan, and feel empowered to discuss ongoing symptoms and challenges with their healthcare team.

Benefits of self-management

Patient

- Clear guidelines for managing health between medical office visits
- Improved health outcomes
- Greater trust and satisfaction with healthcare provider interactions
- Improved health-related quality of life

Provider

- More effective and efficient medical office visits
- Improved patient-provider communication and relationship
- Stronger patient accountability to manage health between medical office visits
- Increased patient adherence to treatment plans and recommendations

Major topic areas of self-management

- Management of physical symptoms
- Medication decision-making and adherence
- Effective communication with your healthcare provider
- Lifestyle management

Medication Decision Making and Adherence



Recognizing the clinical healthcare professional's role in self-management.

- The self-management team
- Barriers that hinder self-management
- Three strategies to help patients overcome barriers to self-management
 - Identify and discuss possible solutions with your patients.
 - Increase effectiveness of patient conversations through open communication.
 - Direct patients to resources tailored to their individual needs.

Using the patient's medical history to determine and encourage necessary self-management skills.

- Patient-provider communication
- Determining self-management goals for your patients
 - A list of your patient's top three questions or concerns to ask you at an upcoming visit
 - A list of all medications
 - A symptom journal/log
 - A blood pressure, blood sugars, etc. journal/log

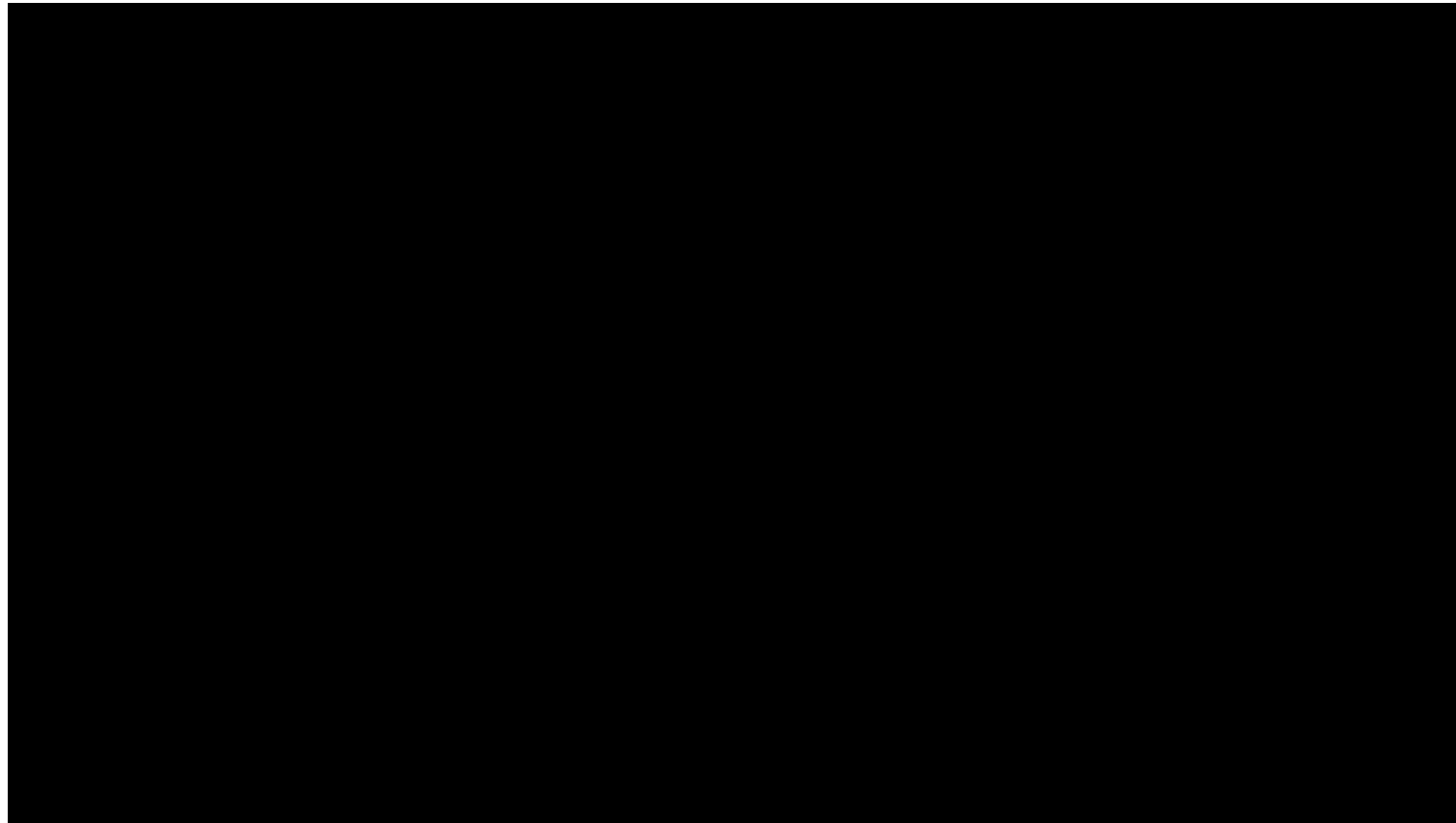
Sharing resources with patients and staying up-to-date on self-management best practices.

- Sharing self-management resources with your patients
- Staying up-to-date on latest medical scientific advances
- Discussing self-management with your colleagues

Consider scenarios that you encounter daily

- A patient is struggling with treatment plan adherence for various reasons.
- A patient wants to become a more active participant in their healthcare.

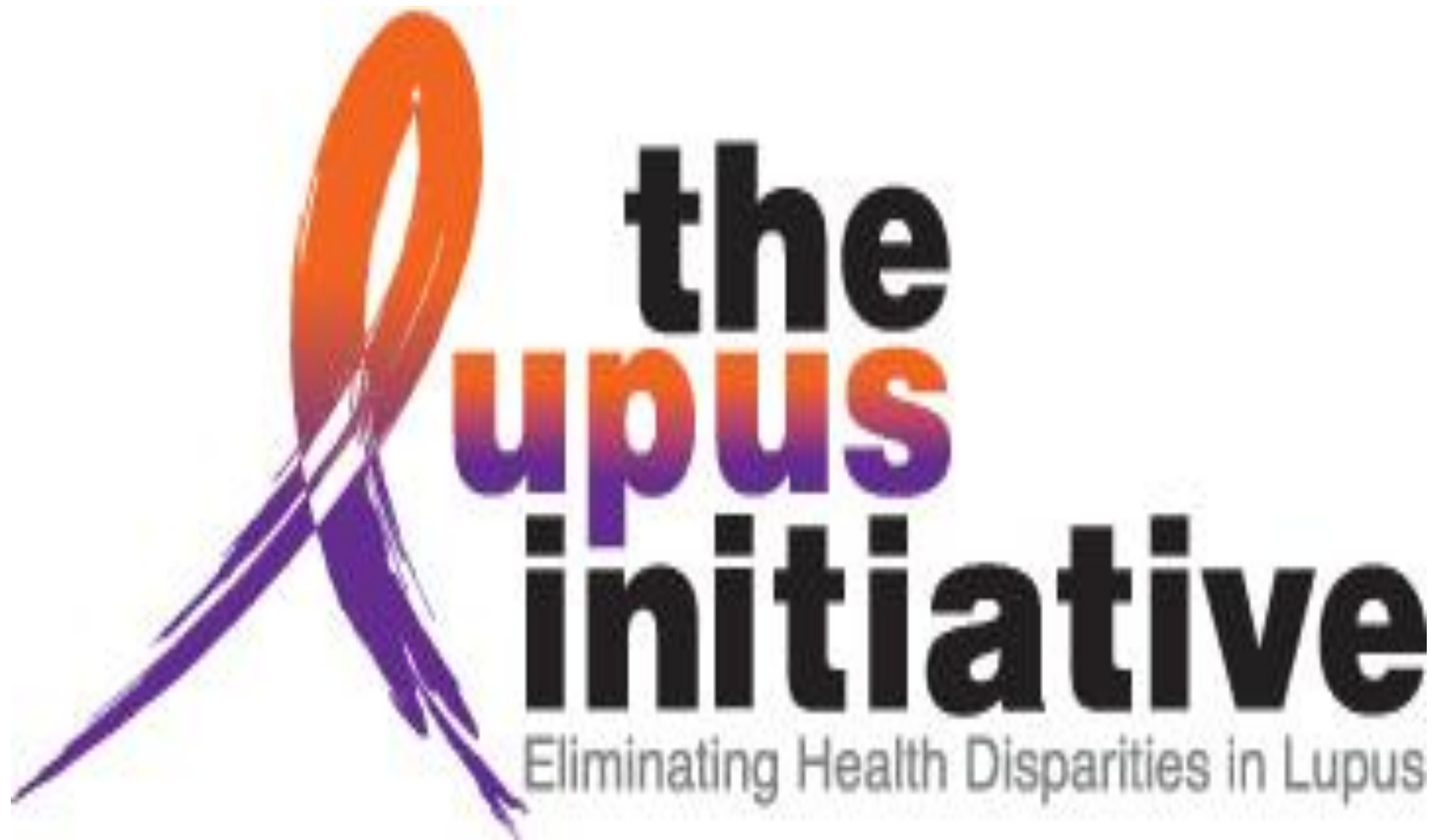
Advice from our colleagues



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