

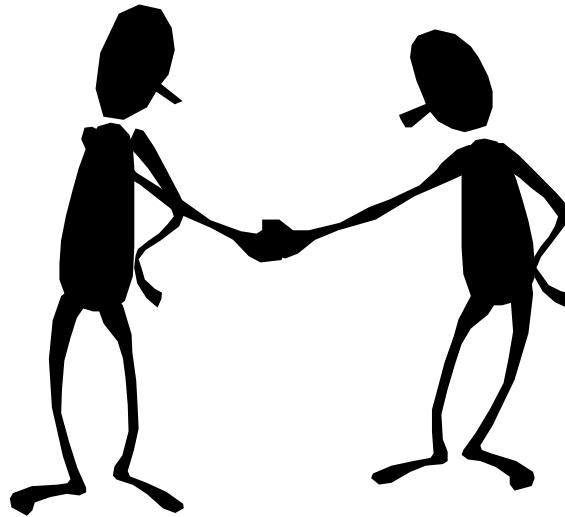
Self management of chronic conditions: Engaging consumers to work in partnership with their GPs and other health care providers

# Ms Janice Stewart

Nurse Educator, ACT Division of General Practice

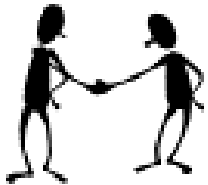


Engaging consumers to work  
in partnership with their GPs and  
other health care providers.



Janice Stewart, ACTDGP

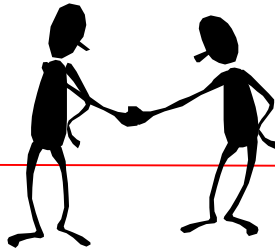
September 2004



# Presentation Outline



- o SM Definition & Principles
- o ACT SMCC Project
- o Value of SM Approach
- o Conclusion
- o Consumers Perspective



## Definition

A partnership b/n people with chronic conditions (consumers) & their GPs/ other health care providers to manage:

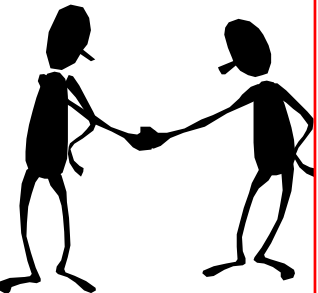
- day to day treatment regimes,
- lifestyle issues and
- the physical, social and emotional adjustment to living with CCs.

Ref: Adapted from RACGP (2001) p3



# Principles

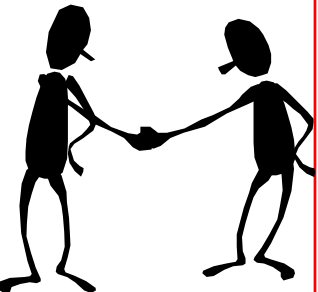
1. Know about condition(s) and various treatment options
2. Be actively involved in decision making in relation to the treatment and management of condition(s)
3. Follow the treatment plan developed with health care providers





## Principles Continued

4. Monitor symptoms and take appropriate action to manage the symptoms
5. Manage the physical, emotional and social impact of living with chronic condition(s).
6. Adopt a lifestyle that promotes health and does not worsen symptoms or the conditions' impact



# ACT Self Management of Chronic Conditions Project



Sharing Health Care Initiative Department of Health & Ageing

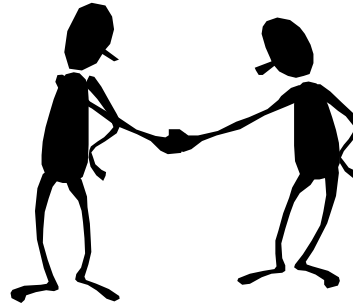
# Engaging Consumers

MARKETING

Develop Promotional Packages for GPs & People with Chronic Conditions (Consumers)



Recruit GPs

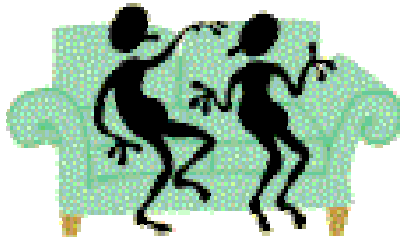


Referrals from GPs, Community Agencies & Self Referrals



ENGAGEMENT

Individual Consultation in the Consumers' Home



Collaborative SM Assessment, Problem Statement & Care Plan



# Engaging Consumers

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Consumers  
Attend Stanford  
SM Course



SM Skills

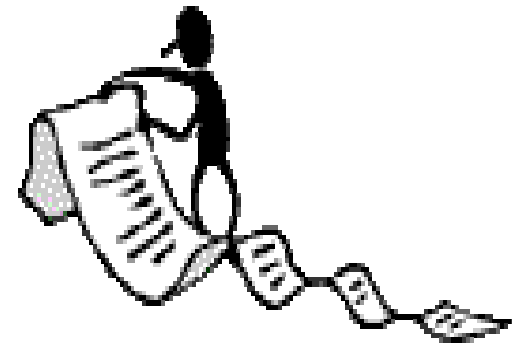
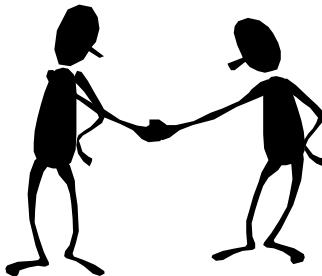


Partnerships  
Goal Setting  
Action Planning  
Problem Solving

Ongoing support from  
GPs, other  
Health Care Providers  
& Support Groups



Data  
Collection  
Qualitative  
&  
Quantitative



# Value of Self Management Approach

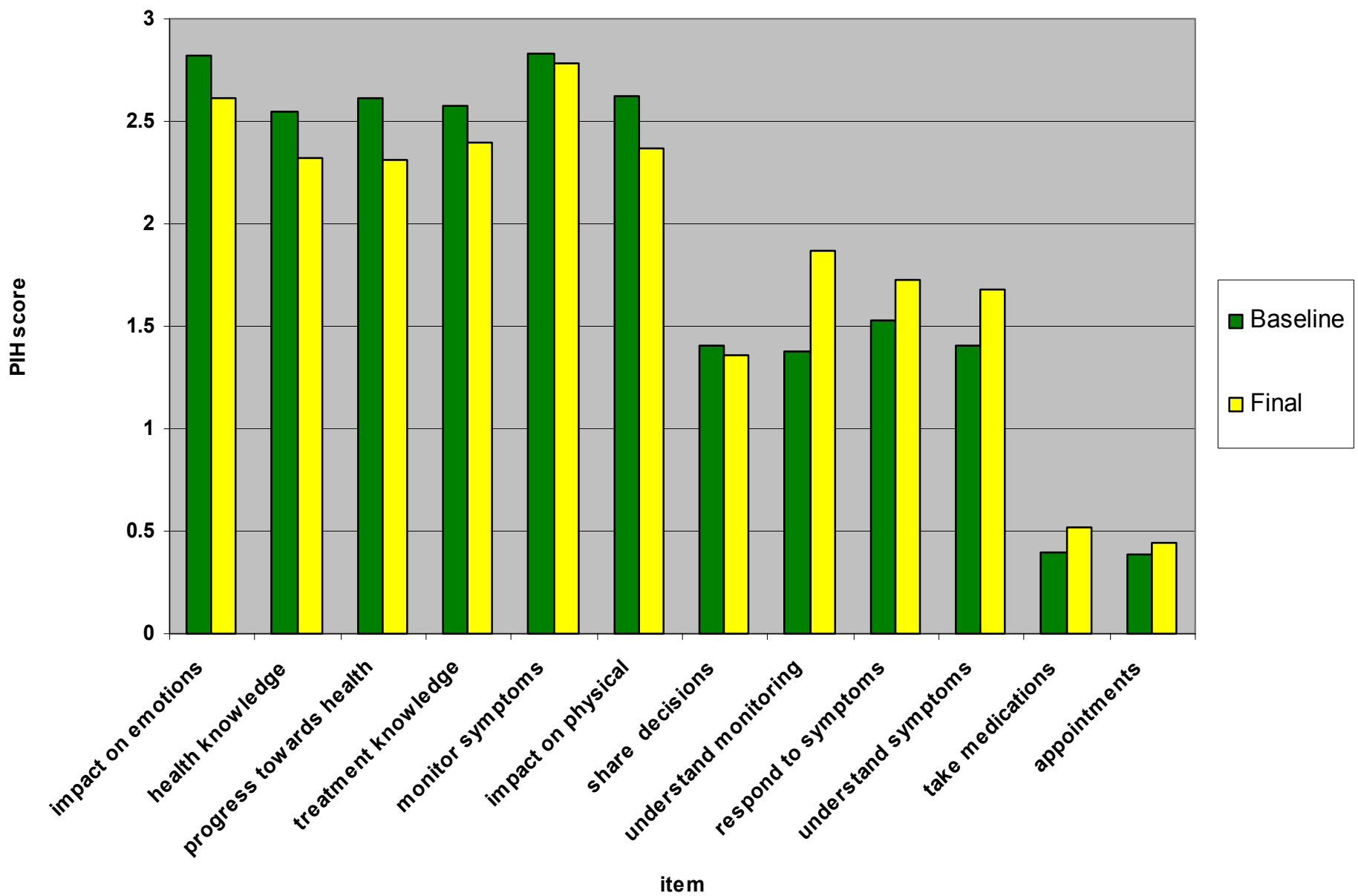


**Evidence from UK and USA and the early trends from the evaluation of 8 Australian SMCC Projects supports the following:**

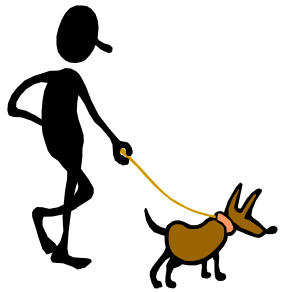
- 1. Improved communication b/n Consumers and Health Care Providers.**
- 2. Reduced Emergency Visits & Hospital Admissions**
- 3. Improved Health Status (physical functioning & psychological well being)**

# Early Trends ACT Project

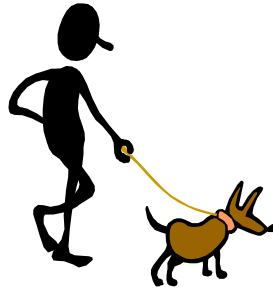
Average PIH score for group; 0=best, 8= worst



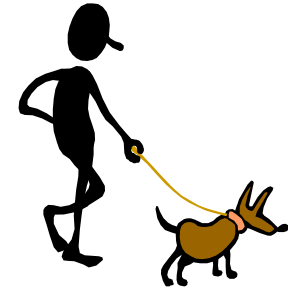
# Moving Forward-Engaging Consumers in SMCC



**SMCC  
Community  
Support Groups**



**Consumers' SM Course  
with 2 leaders:  
Consumer & HP**



**Partnership  
approach b/n  
consumers & HPs  
to manage CCs**

**Janice Stewart Self Management of Chronic Conditions ACTDGP**

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## References

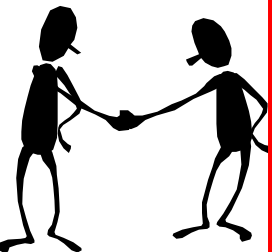
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