

Self Management - Goals for a Better Life

Issue:

Self-management of diabetes using the Stanford Chronic Disease Self-Management Course is built upon a positive belief that the disease can be controlled, and that complications are not inevitable. Because patients vary in individual coping skills, some self-management programs also present problem-solving skills (perhaps individualized to their situations), spiritual care, empowerment techniques, and recovery of the locus of control to overcome the fatalistic and psychological attribution that some patients experience (1-12).

Fisher points out that self-management, approached from the ecological perspective includes continuity of care, dissipating negative emotions, and provision of resources and supports for self-management (13).

Self-management goals are an approach for clinicians and patients to work together to initiate and maintain specific self-care behaviors (14). There are three parts to self-management: self-monitoring, self-evaluation, and self-reinforcement (15). Those self-managing their chronic disease learn about their condition, learn the skills required to administer their medicine and to administer their care, establish a response plan of action in coordination with their health care provider, and agree to periodic follow-up care.



Intervention:

On Nurse Banning's door at Swope you'll find two posters one for classes called "Managing a Diabetic Lifestyle" and one for a walking club. Leslie Banning, RN of Swope is the Chronic Disease Manager. Swope Health Services of the Kansas City Missouri area, has five clinics- two in Kansas and three in Missouri. Swope Health Services established a partnership with the Black Health Care Coalition in 2007. This partnership offers free group-classes for people with diabetes. Twelve class sessions help participants to understand and manage their diabetes through just a few changes in lifestyle. The classes cover: basic facts about diabetes, taking control of diabetes, meal planning, long term problems, low blood sugar, high blood sugar, foot care, exercise, and cooking. Ms. Banning, Chronic Disease Manager, provides individual assistance to patients with diabetes. She says, 'We start with what they can do'. Once acquainted with the patient's lifestyle and situation, she establishes a working relationship based on trust that she will not judge them for the information they share, but will help them to know about and understand the healthier options available to them. After assessing what will make the greatest change in the patient's control of their diabetes, she asks the patient what would be the easiest or most feasible change for them to make. Whether that entails keeping their regular health appointments, walking, or making better choices for lunch, Ms. Banning helps patients with diabetes succeed in meeting their goals. She finds that goals keep people focused and focusing on one thing that they can achieve, helps them to organize the other things in their life. At this time, the BHCC is funded only for the Kansas side, but the partnership is searching for funding to provide classes to the Missouri side as well.

Impact:

Since the partnership began, Swope Health Services has increased the proportion of clients in their diabetes registry who have a documented self-management goal. In 2005, just 20 percent of the registry had a self-management goal and in 2008, 64 percent had a self-management goal (Fig. 1).

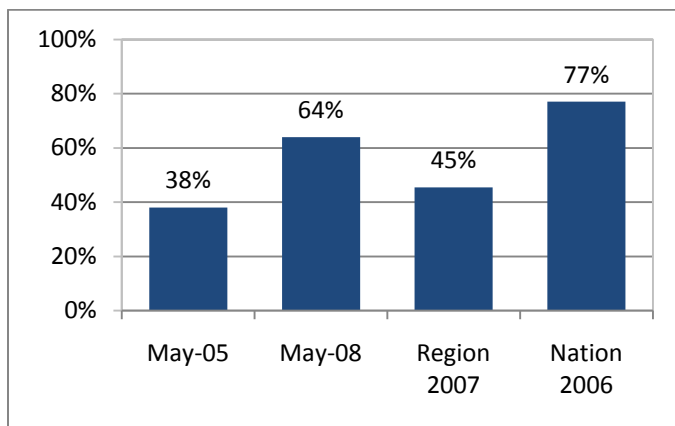


Figure 1. Prevalence of self-management goals among diabetes registry participants at Swope Health Services in Missouri (May 2005, May 2008), compared to prevalence in the Midwest Cluster (Region 2007) and nationally (Nation 2006).

Studies show that most patients (65 percent) set self-management goals during diabetes education (16). The mean reduction in participants' glycosylated hemoglobin from baseline to three months post-intervention, ranging from 0.76 percent to 0.93 percent, has been observed in clinical trials - though the progress is not usually sustained (13, 17). Swope has partnered with the Black Health Care Coalition and since hired a Chronic Disease Manager to bring greater support to their patient's efforts in sustaining self-management goals.

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