HELLO

My name is Thijs

PATIENT EMPOWERMENT

-ACTIVATE CHANGE WITHIN-
We often don’t act in our own best interest!

PATIENT EMPOWERMENT

- ACTIVATE CHANGE WITHIN -
PATIENT EMPOWERMENT

- ACTIVATE CHANGE WITHIN -
Patient Empowerment is about **Behavior Change**...
And behavior change is always activated within

**PATIENT EMPOWERMENT**

- ACTIVATE CHANGE WITHIN -
PATIENT EMPOWERMENT

- ACTIVATE CHANGE WITHIN -
Giving Expert Advice – How Well is That Working?

- Over half of patients in the US do not comply with provider recommendations.
- 40% of patients take medications incorrectly or not at all.
- 80% do not comply with lifestyle change modifications, esp. nutrition & exercise.
- A 2002 review of patients followed after myocardial infarction, only ½ had quit smoking.


PATIENT EMPOWERMENT

-ACTIVATE CHANGE WITHIN-
We often don’t act in our own best interest!

“NON-COMPLIANT” or Ambivalent?

PATIENT EMPOWERMENT
-ACTIVATE CHANGE WITHIN-
THE PATIENT EMPOWERMENT APPROACH

A Unique interaction style

+ Evidence-based, patient conceived Action Plan

PATIENT EMPOWERMENT

-ACTIVATE CHANGE WITHIN-
Why Does MI Work?

“People are usually better persuaded by the reasons which they have themselves discovered than by those which have come into the minds of others.”

- Blaise Pascal

PATIENT EMPOWERMENT

- ACTIVATE CHANGE WITHIN-
BE GREAT

- B-Build rapport
- E-Empathetic listening
- G-Goal exploration (pt's own..)
- R-Reason and values (pt's own..)
- E-Exploring possibilities (pt's own..)
- A-Action plan (pt's own..)
- T-Team- interdisciplinary support

What are you into? So you love dogs?
How is your breathing? What happened?
What are your goals relating to breathing?
Why are you interested in quitting smoking?
What will help you accomplish your goal?
Let’s write down a plan?
Let’s meet the Pulmonary Rehab team

PATIENT EMPOWERMENT
- ACTIVATE CHANGE WITHIN-
<table>
<thead>
<tr>
<th>I Feel Well !</th>
<th>I Don’t Feel Well...</th>
</tr>
</thead>
</table>
| **How is my Breathing today?**
| ______________ |
| **Is my breathing acceptable for me?**
| **YES?**
| - Take daily Meds
| - Exercise/ Monitor |
| **It’s TIME TO CALL MY DOCTOR**
| Ph#____________________
| **I’m unusually short of breath during my Usual Daily Activity**
| **and/or**
| **I’m noticing:**
| □ Change in Sputum *(Color/Amount)*
| □ Fever |

**Remember....**
**If it’s an emergency - call 911!**

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**Patient Empowerment**
- Activate Change Within -
Pulmonary Services
Sharp Memorial Hospital
858.939.6390
PATIENT EMPOWERMENT

-ACTIVATE CHANGE WITHIN-
History of Chronic Dx Management

**KEY is to**

- **Measure**-

Activation

Empowerment

Outcomes

**PATIENT EMPOWERMENT**

- **ACTIVATE CHANGE WITHIN**-
PATIENT EMPOWERMENT

- ACTIVATE CHANGE WITHIN -
“You haven't met **MY** Patients”
What it looks like....

PATIENT EMPOWERMENT

-ACTIVATE CHANGE WITHIN-
PATIENT EMPOWERMENT

- ACTIVATE CHANGE WITHIN -
PATIENT EMPOWERMENT

-ACTIVATE CHANGE WITHIN-