

# Patient Engagement



**BREATHE EASY EDUCATION SUMMIT**  
**APRIL 2016**

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# Presentation Overview

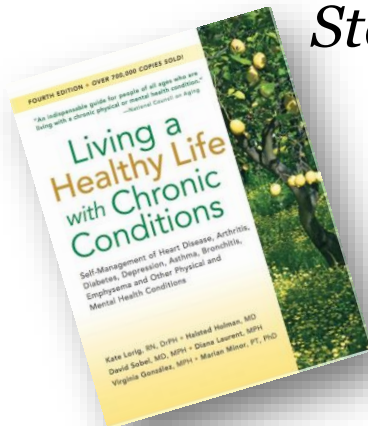
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- About Me and Healthy Living Workshops
- Brief Overview of Chronic Diseases
- What Does Self-Management Meant
- Self-Management Tools
- Questions

# Healthy Living

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## Healthy Living *Stanford University's CDSMP*



<http://med.stanford.edu/patienteducation/>

# Healthy Living Facilitators



## **T-Trainer**

- Mentored by Stanford
- Train Master Trainers

## **Master Trainers**

- 4 1/2 day training led by 2 T-Trainers
- Certified through Stanford after facilitating 2 workshops
- Train Leaders – 1 training per year
  - May facilitate workshops
  - May assist in fidelity monitoring



## **Lay Leaders**

- 4 day training led by 2 Master Trainers
  - Facilitate workshops
- Preferably peers with chronic conditions
  - May be volunteers or staff, usually not health professionals

# Acute VS Chronic Conditions

	<b>Acute</b> - Strep Throat, Appendicitis , Broken bone	<b>Chronic</b> - Diabetes, Heart disease, Hypertension
<b>Beginning</b>	Rapid	Gradual, up and down
<b>Cause</b>	Usually one	Many
<b>Duration</b>	Short	Indefinite
<b>Diagnosis</b>	Commonly acute	Often uncertain
<b>Tests</b>	Often decisive	Often of limited value
<b>Treatment</b>	Cure common	Cure rare
<b>Role of Professional</b>	Select & conduct therapy	Teach and advise
<b>Role of Patient</b>	Follow orders or advise	Partner of health provider, responsible for daily management

# Some facts about a chronic health problem



- The classic definition of a “chronic” health condition is it is an ongoing condition

and...

- have multiple causes varying over time and include heredity, lifestyle factors, exposure to environmental factors and physiological factors!

# Impact on Daily Life

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- Financial impact
- Medications
- Limitations
- Absenteeism
- Relationships
- Fatigue
- Complications
- Mood swings
- Changes in lifestyle
- Travel, hobbies, work...



# Self-Management of Chronic Conditions

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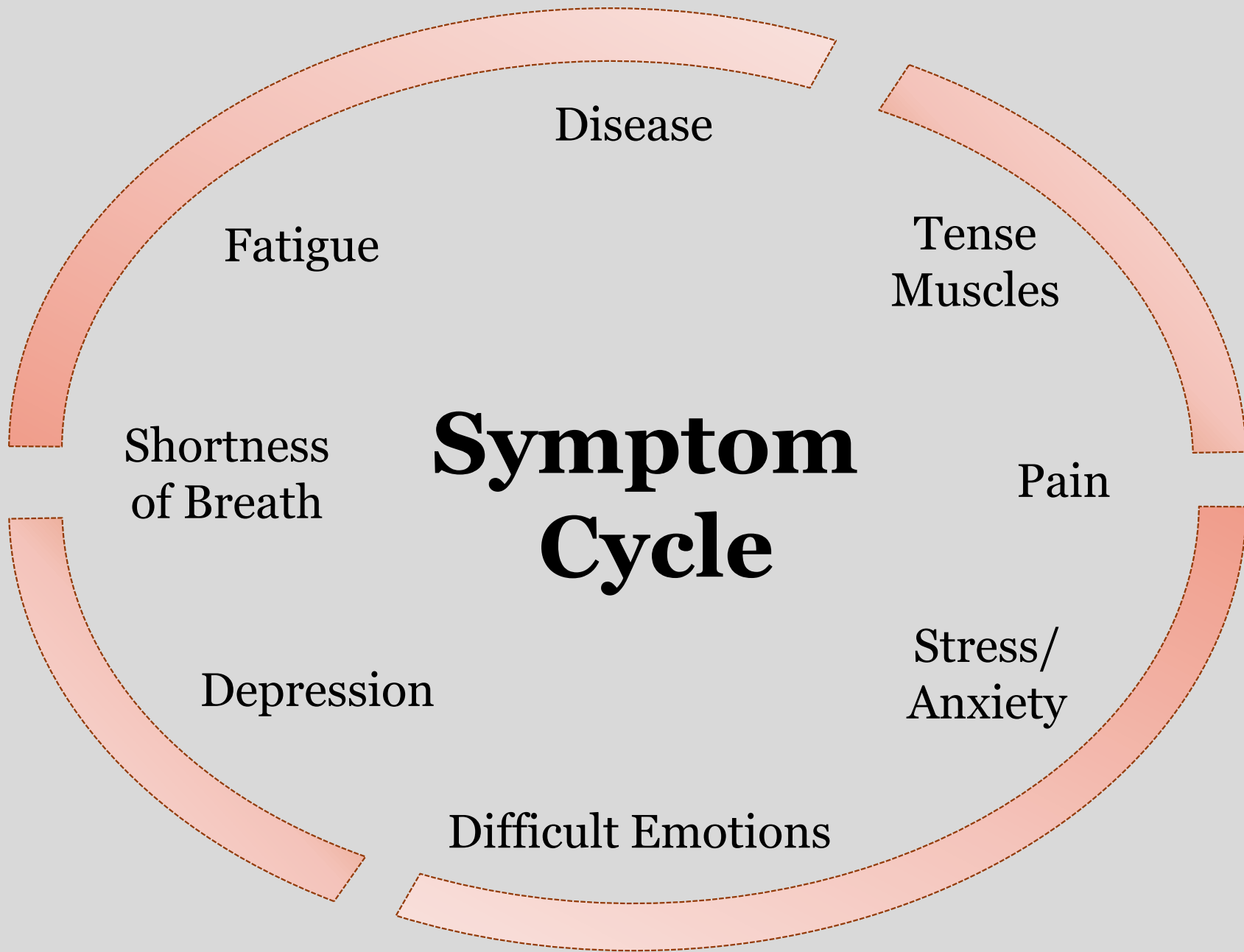




# Self-Management means...



- *YOU assume responsibility for yourself by taking various actions to control or decrease your symptoms. Some examples of this are the following:*
  - keeping informed about your status - asking questions
  - taking part in planning your treatment program - telling the health care team about your preferences and your goals
  - informing your health care team about problems and changes you experience
  - giving new activities at least a two-week trial (before deciding what will work best for you)
  - setting goals and working towards them



# What you can do!



- **Self-Management**

- Keeping informed about your status; asking questions
- Taking part in planning your treatment; communicating preferences
- Informing your health care team about problems and changes
- Trying new things and giving them at least a 2-week trial
- Setting goals and working towards them

- **Symptom Management Techniques**

# Introduction to Self-Management Tools

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Create Your Own Self-Management Tool Box



# Communication Skills

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- 1) Identify
- 2) Express your feelings
  - 1) Use Direct “I messages”
  - 2) Use “When this happens.... I feel”
- 3) Listen Attentively
- 4) Clarify

# Take PART

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## Prepare

- Keep Track
- Report
- List

## Ask

## Repeat

## Take Action

# Decision Making

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- 1) Identify the Options
- 2) Write down the 'fors' and 'againsts' for each option
- 3) Give a score to each statement from 1 being not important to 5 being very important
- 4) Add each column and compare the results to find a higher score
- 5) Ask yourself how this meets the gut test

# Making Treatment Decisions

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- Where did I learn about this?
- Were the people who got better like me?
- Could anything else have cause these positive changes?
- Does treatment suggest stopping other medications or treatments?
- Does treatment suggest not eating certain foods?
- Can I think of any possible dangers/harms?
- Can I afford it?
- Do you need to get a second opinion?
- What kind of research have you done?
- Are you will go through trouble/expense?



# Action Plan

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What? (Action Specific)

How much? (Measurement)

When?

How Often?

Confidence Level?

# Questions?

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Find Self-Management Workshops near you at [www.azlwi.org](http://www.azlwi.org) click on the calendar tab and the county you live in!