



Abstract Title: Supporting chronic condition self-management: A clinician perspective

Kaitlin Sibbald
Dalhousie University

Åsa Audulv
Mid Sweden University

Kylie Peacock
Dalhousie University

America Fracini
Dalhousie University

Tara Sampalli
Nova Scotia Health
Authority

Grace Warner
Dalhousie University

George Kephart
Dalhousie University

Tanya Packer
Dalhousie University

Introduction

For the growing number of Canadians with chronic conditions, self-management is an essential part of living a healthy life. Self-management often involves diverse tasks that patients use to manage medical, role, and emotional aspects of living with a chronic condition. While there are many Chronic Disease Teams (CDTs) in Nova Scotia who support patient self-management for various chronic conditions, there is insufficient knowledge of the relationship between their perspectives and how they support patient self-management. Understanding CDTs' perspectives on self management will provide information needed for new measurement tools, interventions, and help to optimize patient-provider partnerships.

Objectives

The objective of this study was to explore how clinicians on CDTs understand self-management and how they describe their role supporting patients with chronic conditions.

Methods

Individual and group interviews were conducted with clinicians from diverse professions working on CDTs in Nova Scotia. Data were extracted and coded using qualitative content analysis methodology. Data collected was part of a larger project that aims to develop a patient-reported self-management outcome measure.

Results

Clinicians on CDTs in Nova Scotia often understand self-management as an individual 'patient journey'. These clinicians often express the belief that effective self-

management support is provided by identifying what patients find important and motivating, and then building on their existing strategies to overcome difficulties they encounter in everyday self-management. As social determinants of health often add a layer of complexity to self-management, these clinicians often suggest that a non-judgemental and curious approach is useful when working with patients.

Conclusion

Findings from this study indicate that healthcare professionals view self-management as an individual journey and work with patients by choosing from a variety of assessments and interventions to align with their patients' specific strengths and needs. These findings will be used to ensure the forthcoming outcome measure will provide the information healthcare providers need to provide this client-centred care.

Cite this document in APA:

Sibbald, K., Audulv A., Peacock K., Fracini, A., Sampalli T., Warner, G.,... Packer, T. (2018, September). *Supporting chronic condition self-management: A clinician perspective*. Paper presented at the Healthy Living, Healthy Life: Collaborative Health Conference on Research, Practice and Community Innovations Conference, Dalhousie University, Halifax, NS. Retrieved from <https://ojs.library.dal.ca/HLHL/>

CC BY-NC-SA