

Trainer's Journal Club

April, 2006 Discussion Summary
9pm EDT



Facilitator:

Margaret Lester, DIRECTOR OF EDUCATIONAL PROGRAMS

Trainers

Sheila Driver, NORTH CAROLINA
Kathy Smith, WASHINGTON STATE
Pam Ellwood, NORTH CAROLINA
Carolyn Bell, NORTH CAROLINA
Pam Steele, NORTH CAROLINA

Regrets received from:

Edana Christy, NORTH CAROLINA
Jakki Rawlinson, SOUTH CAROLINA

Agenda:

I. Discussion of patient responses regarding FDA warning on Advair and recent media attention.

Trainers reported quite a bit of variation in patient interest on this topic. Some patients have stopped Advair – and then return to it because their symptoms worsened. Others have seemed unconcerned, even unaware of the media attention. All trainers agreed that it is important to discuss the issue in a straightforward way with patients.

II. Discussion of patient education in chronic care – see summary below

III. Next TJC

Date & Time: Thursday, June 22, 9pm ET

Topic: Asthma: Changing the focus from severity to control

IV. Future topic: Corticosteroids in the acute exacerbation: What to use – how much – when – should you taper.

It is agreed that Trainers will look for articles of particular interest on this future topic and send to the Director of Education.

NRTC Trainers Journal Club

Prepared by Margaret Lester

Journal Club date April 20, 2006

TITLE

Bodenheimer T, MacGregor K, Sharifi C (June 2005). Helping patients manage their chronic conditions. Prepared for California HealthCare Foundation. Downloaded from www.chcf.org/Publications

STUDY DETAILS

This document is a report, prepared under the direction of CHCF's Chronic Disease Care Program.

BACKGROUND and SUMMARY

"Self-management support is the assistance caregivers give patients with chronic disease in order to encourage daily decisions that improve health-related behaviors and clinical outcomes. Self-management support can be viewed in two ways: as a portfolio of techniques and tools that help patients choose healthy behaviors; and a fundamental transformation of the patient-caregiver relationship into a collaborative partnership." (p.4)

This document describes 5 strategies that help caregivers with the collaborative model, and also reviews the literature on the effectiveness of self-management support interventions.

The report concludes that "Physicians cannot provide adequate self-management support amid the many competing agendas of a 15-minute office visit. Thus, primary care practices must create teams in which non-physician caregivers are trained to work with physicians in offering self-management support, from information giving and collaborative decision making to assessing patients' readiness to change health-related behaviors and setting behavior-change goals." (p.5)

CONCLUSIONS

The 5 strategies are:

- Collaborative decision making: establishing an agenda;
- Information giving: ask, tell, ask;
- Information giving: closing the loop
- Collaborative decision making: assessing readiness to change; and
- Collaborative decision making: goal setting

Key findings from the literature review on effectiveness of self-management support interventions (p. 20):

- Self-management support does improve health-related behaviors, and as a result, clinical outcomes
- The self-management support intervention for which the evidence is strongest is a collaborative interaction between caregiver and patient
- Providing information is a necessary – but not sufficient – intervention to improve health-related behaviors or clinical outcomes
- A collaborative relationship between caregiver and patient must be added to information giving in order to improve behaviors and outcomes.

- Informed, motivated patients tend to have better health-related behaviors and clinical outcomes
- Collaborative decision making has been found in several studies to improve health-related behaviors (diet, exercise, taking medications) and clinical outcomes (particularly for diabetes)
- Some evidence suggests that goal setting using action plans can result in better diet, exercise, and weight loss.
- Most of the goal-setting literature has not measured whether goals were achieved nor whether there was a relationship with self-efficacy.
- Counseling patients using the transtheoretical model's "stages of change" appears to be helpful for smoking and alcohol addiction but has not been proven effective for behavior change related to self-management of chronic disease.
- Motivational interviewing appears to be effective in helping people addicted to tobacco and alcohol; evaluations of its effectiveness in improving health-related behaviors such as diet and physical activity are mixed, though several studies show a positive effect.
- Goal setting and motivational interviewing are specific approaches for engaging in collaborative interactions. Although these two methods have not been rigorously demonstrated to be evidence-based, they provide a sensible guide that helps caregivers to engage in a collaborative process with patients.

Some additional points of interest

- How patients self-manage their health may be more important than the care they receive.
- Goal setting in asthma self-management is different from that applied to diabetes or arthritis, generally focusing on symptom awareness and use of medications rather than lifestyle change.
- An essential role of primary care is to help people learn to become good self-managers

Other useful resources

Improving Chronic Illness Care (ICIC) www.improvingchroniccare.org

This website has many useful resources,. You can listen to a video/audio conference on the Chronic Care Model. Go to <http://www.improvingchroniccare.org/change/index.html> and click on **Check out the model talk/presentation**

There is also a Selected Publications page which has links to many useful articles.

<http://www.improvingchroniccare.org/resources/publications.htm>

If you click on Clinical Tools, and then on Critical Tools,

<http://www.improvingchroniccare.org/tools/criticaltools.html>

there are a number of useful items. I actually printed out a 100 page document called Planned Asthma Care (PAC) Self-management Manual. This has not only didactic information about self-management support, but also extensive case studies.