PATIENT SELF-MANAGEMENT

Closing gaps along the HIV care continuum

PATIENT SELF-MANAGEMENT

• Improve self-efﬁcacy and thorax collaborative goal-setting and decision-making between patients and providers
• Understand the ongoing nature of HIV and its implications
• Reduce systemic health-related barriers and social determinants

AFFECTIVE PATIENT SELF-MANAGERS

• Learn about the development of their disease
• Develop information-processing skills
• Use family, peer, and community support
• Make healthy behavioral and lifestyle changes
• Manage emotional and psychological well-being

Self-management support in the assistance provided to patients to help them to take control of their health and make decisions about their care. This includes health-related behavior and social determinants. The focus of self-management support is to help patients to become informed about their conditions and how to actively role in their care.

HEALTHCARE PRACTICES SUPPORTING PATIENT SELF-MANAGEMENT

1. Assist with the creation of a care plan.
2. Provide ongoing support.
3. Encourage patient goal-setting.
4. Foster self-management skills.
5. Educate the patient about their disease.

BARRIERS TO SUPPORTING SELF-MANAGEMENT

• Cultural or traditional models of care
• Provider bias towards patient’s care, “treatment”
• Insufﬁcient time to address “non-medical” issues
• Cultural or language barriers
• A lack of community support
• Stigma and discrimination
• Inadequate training of health care providers

However, self-management education programs have been shown to improve physical, psychological, health knowledge, and social determinants of care. HIV, but additional work is needed to understand broader their beneﬁts.

PATIENT SELF-MANAGEMENT: ONE STEP IN CLOSING THE GAPS FOR SUSTAINABLE HIV CARE STRATEGIES

Some Notes to Remember:

• Engaging patients in their care is empowering and mutual.
• You may need to respond to the patient’s ongoing progress or change in treatment.
• Regular contact helps the patient to understand their progress.

Additional Resources:

• Patient Self-Management Training for Health Care Providers: A Guidebook for Health Care Providers (English)
• Patient Self-Management Training for Health Care Providers: A Guidebook for Health Care Providers (Spanish)
• Patient Self-Management Training for Health Care Providers: A Guidebook for Health Care Providers (French)
• Patient Self-Management Training for Health Care Providers: A Guidebook for Health Care Providers (German)
• Patient Self-Management Training for Health Care Providers: A Guidebook for Health Care Providers (Japanese)
• Patient Self-Management Training for Health Care Providers: A Guidebook for Health Care Providers (Chinese)