

Self-Management and Support Chronic Conditions

WREN

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“A funny thing happened on the way to the Forum **CLINIC**”

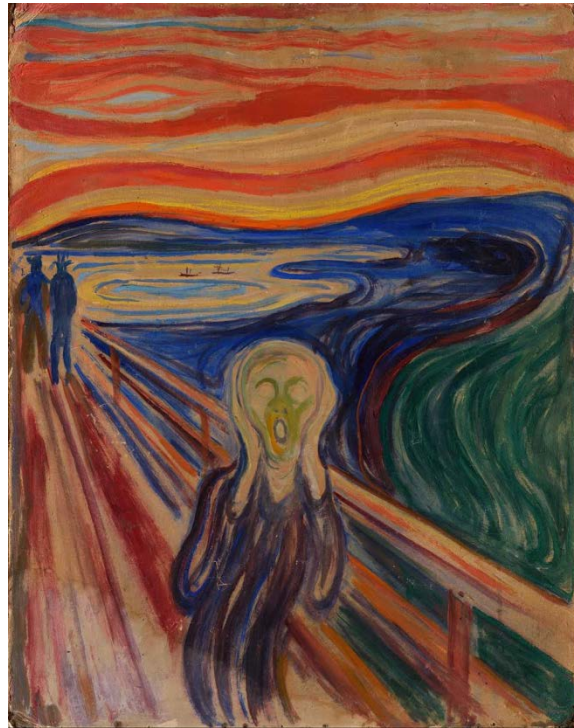
People are different and have different perspectives



A patient's knowledge is
like Swiss cheese.



Fear Works



Chronic Illness Causes Grief

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

Behavior Change

1. Knowledge
2. Attitude (Internalization-acceptance)
3. Behavior Changes

Shared Decision Making



Motivational Interviewing



Clinician's Role

- A. Knowledge Resource-Diagnose, Educate, Direct
- B. Empower
- C. Encourage
- D. Shared Goals Ultimate Destination