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