WReN

Wisconsin Research & Education Network

From WReN to WREN - Celebrating 25 years of practice-based research success!

Self-Management Support and Chronic Conditions: *Linking questions from communities to answers from communities*

Presentation to 2015 WREN Convocation

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ORPRN Director

15 October 2015

OREGON HEALTH & SCIENCE UNIVERSITY
OHSU

ORPRN
Oregon Rural Practice-Based Research Network

The Reach of Research

- It is estimated that it takes an average of 17 years for 14% of original research to reach practice(s) and benefit the patients they care for.

  (Balas and Boren. *Yearbook of Medical Informatics* 2000:65-70)

- A 1998 review of published studies on the quality of care found that only 3 of 5 patients with chronic conditions receive recommended care.

  (Schuster M, McGlynn E, Brook R. How good is the quality of health care in the United States? *Milbank Quarterly* 1998;76:517-63)

Where Care Happens

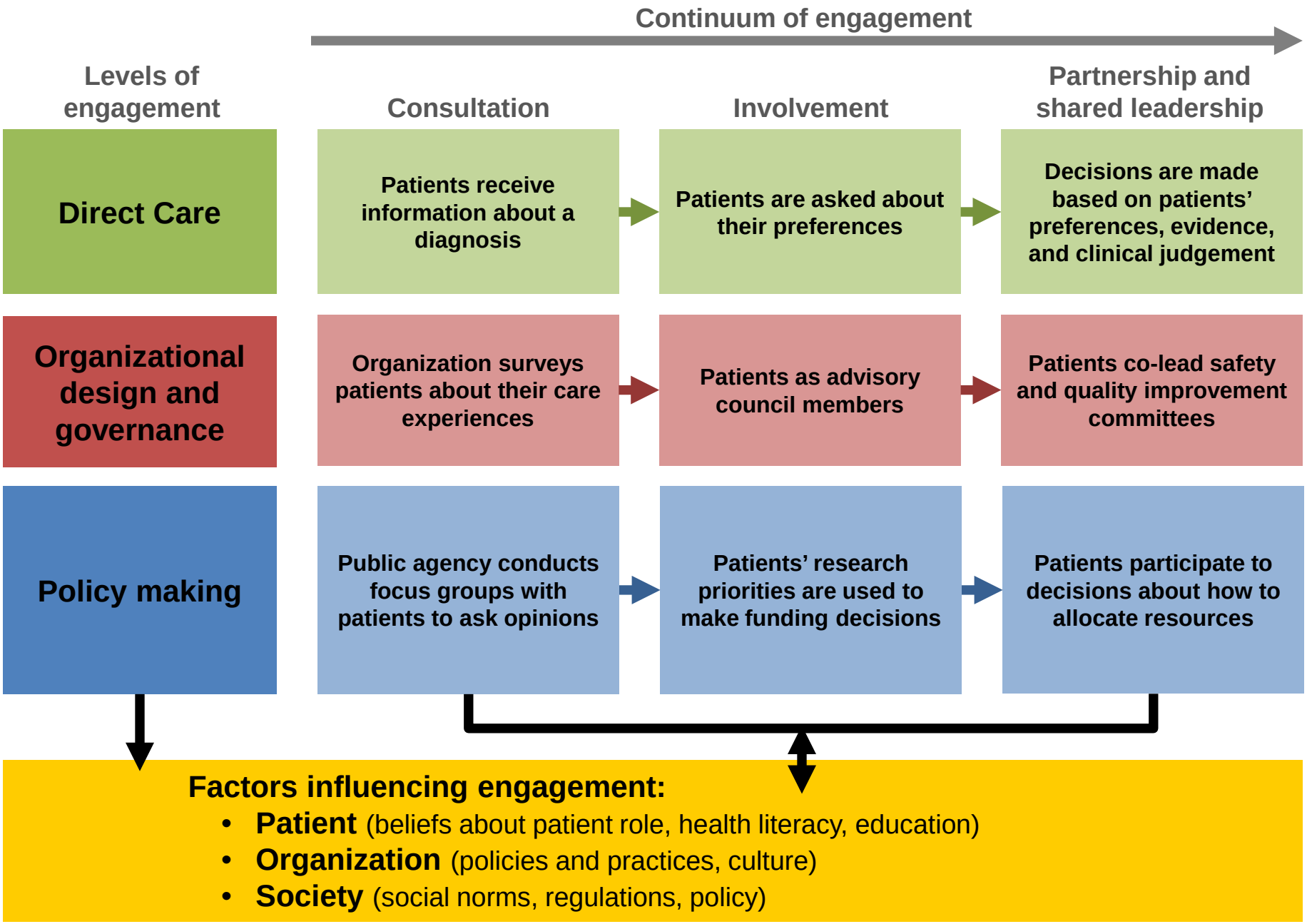
113 : 1

Continuum Strategies to Support Self-Management

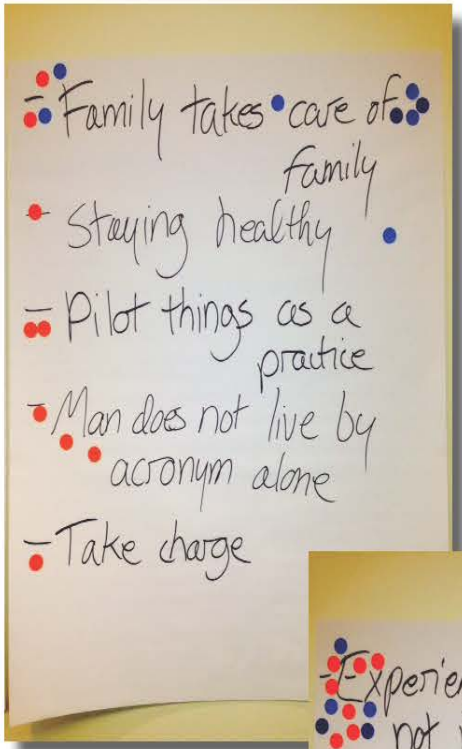
Questions for WREN Practices

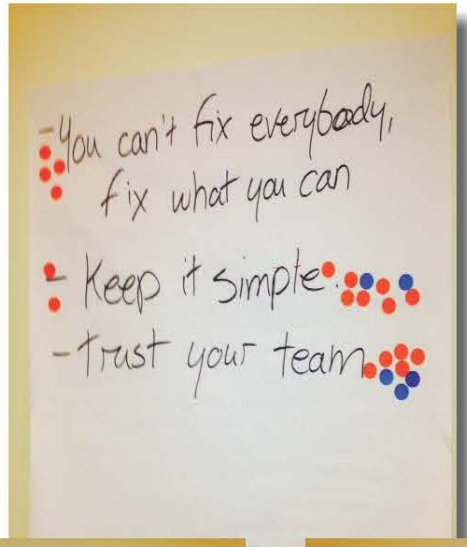
- Who is primarily responsible for driving SMS in your practice?
- What SMS tools are you using?
- How are you using HIT to facilitate SMS?
- How are patients informing you about SMS?

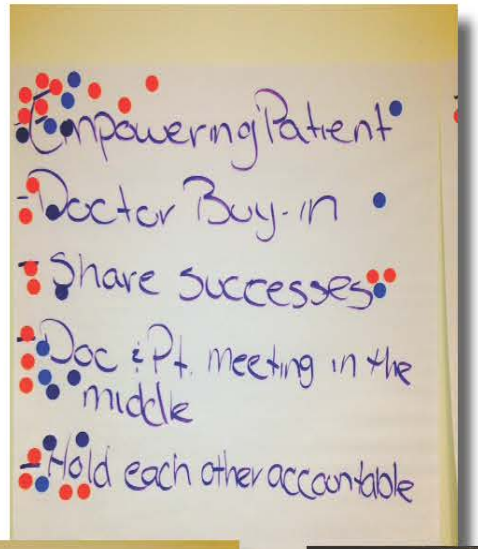
Multidimensional Framework For Patient And Family Engagement In Health

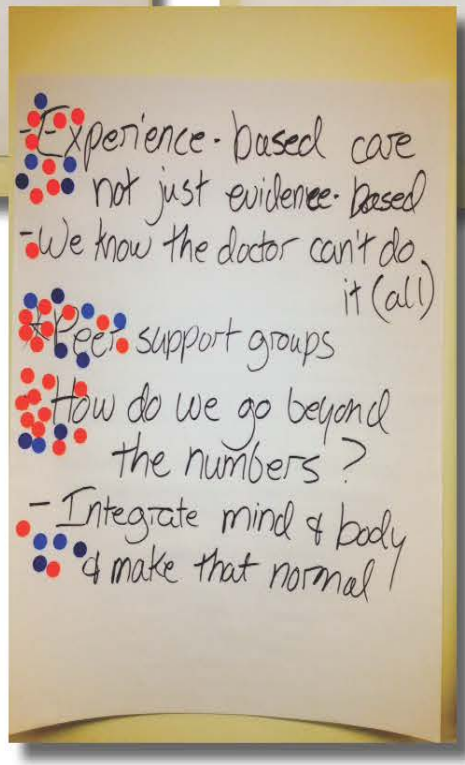


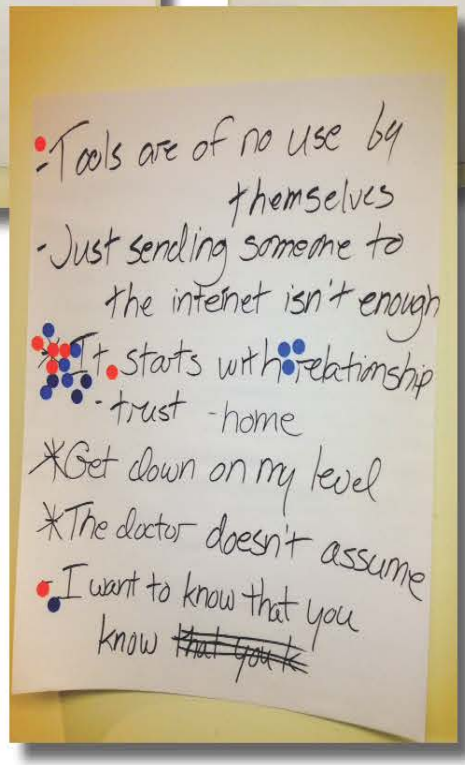
Carman K L et al. Health Aff 2013;32:223-231

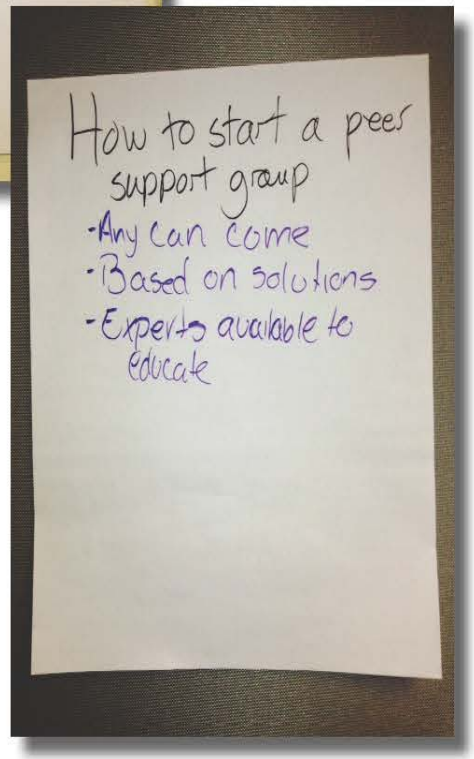






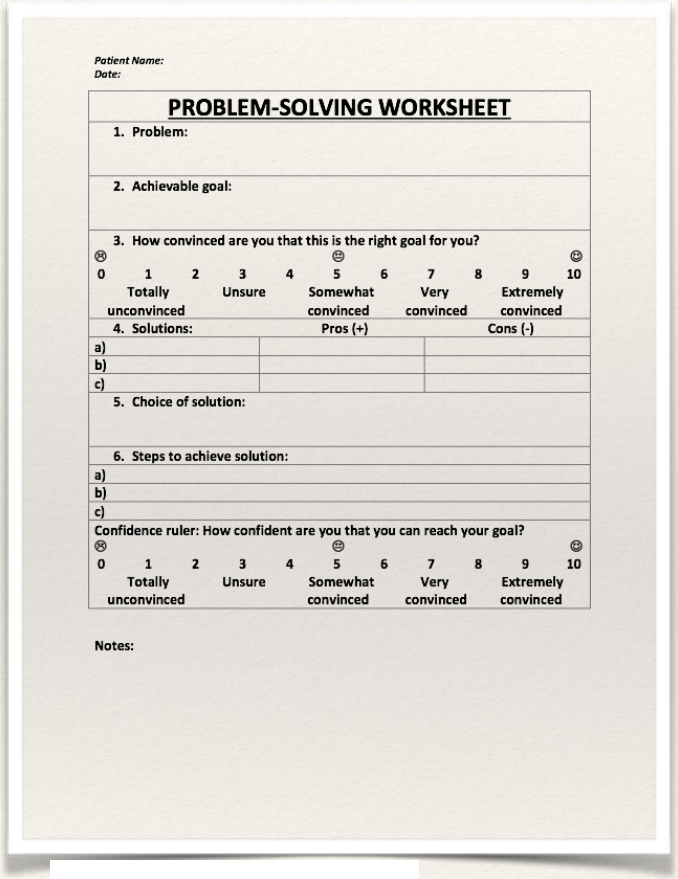






INSTTEPP
Boot Camp
March 21, 2014
Portland, Oregon

Four SMS tools produced



Patient Name:
Date:

PROBLEM-SOLVING WORKSHEET

1. **Problem:**
2. **Achievable goal:**
3. **How convinced are you that this is the right goal for you?**

0 1 2 3 4 5 6 7 8 9 10
Totally unconvinced — Unsure — Somewhat convinced — Very convinced — Extremely convinced

4. **Solutions:**

	Pros (+)	Cons (-)
a)		
b)		
c)		

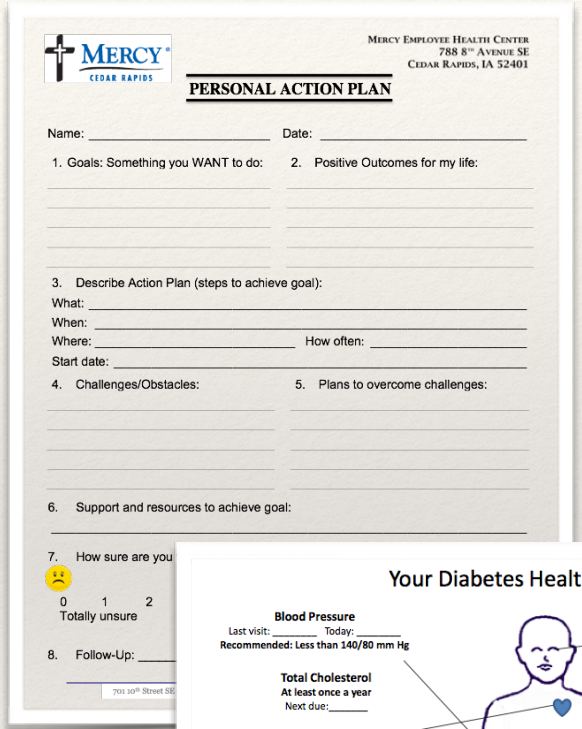
5. **Choice of solution:**
6. **Steps to achieve solution:**

a)
b)
c)

Confidence ruler: How confident are you that you can reach your goal?

0 1 2 3 4 5 6 7 8 9 10
Totally unconvinced — Unsure — Somewhat convinced — Very convinced — Extremely convinced

Notes:



MERCY CEDAR RAPIDS

Mercy Employee Health Center
788 8th Avenue SE
Cedar Rapids, IA 52401

PERSONAL ACTION PLAN

Name: _____ Date: _____

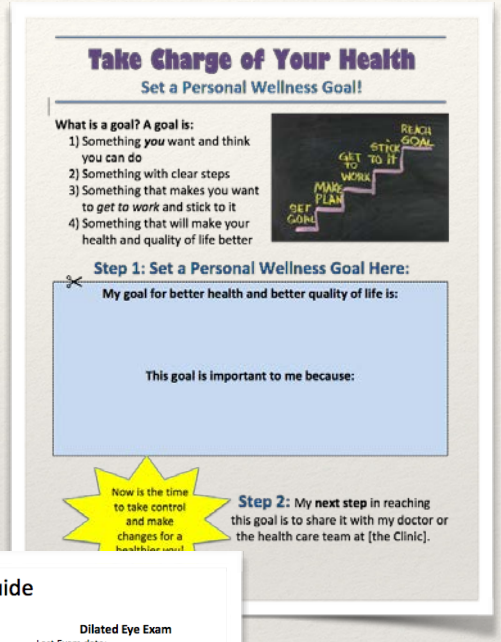
1. Goals: Something you WANT to do:
2. Positive Outcomes for my life:
3. Describe Action Plan (steps to achieve goal):

What: _____
When: _____
Where: _____ How often: _____
Start date: _____

4. Challenges/Obstacles:
5. Plans to overcome challenges:
6. Support and resources to achieve goal:
7. How sure are you
8. Follow-Up: _____

0 1 2
Totally unsure

701 10th Street SE



Take Charge of Your Health

Set a Personal Wellness Goal!

What is a goal? A goal is:
1) Something *you* want and think you can do
2) Something with clear steps
3) Something that makes you want to *get to work* and stick to it
4) Something that will make your health and quality of life better

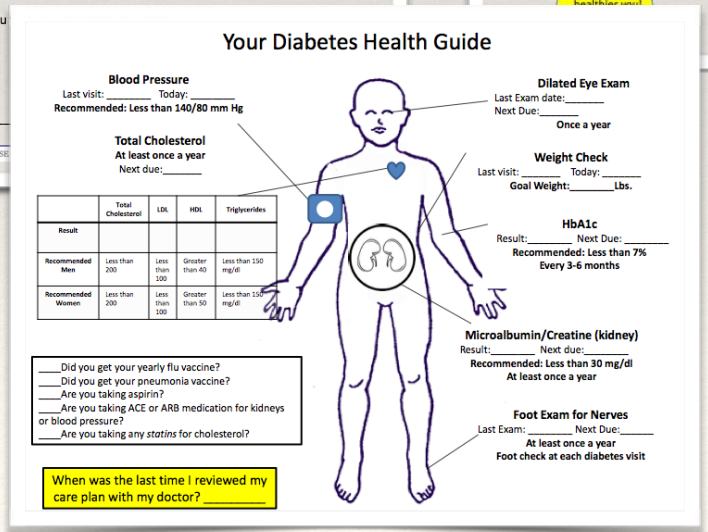
Step 1: Set a Personal Wellness Goal Here:

My goal for better health and better quality of life is:

This goal is important to me because:

Now is the time to take control and make changes for a

Step 2: My **next step** in reaching this goal is to share it with my doctor or the health care team at [the Clinic].



Your Diabetes Health Guide

Blood Pressure
Last visit: _____ Today: _____
Recommended: Less than 140/80 mm Hg

Total Cholesterol
At least once a year
Next due: _____

	Total Cholesterol	LDL	HDL	Triglycerides
Result				
Recommended Men	Less than 200	Less than 100	Greater than 40	Less than 150 mg/dl
Recommended Women	Less than 200	Less than 100	Greater than 50	Less than 150 mg/dl

Dilated Eye Exam
Last Exam date: _____
Next Due: _____
Once a year

Weight Check
Last visit: _____ Today: _____
Goal Weight: _____ Lbs.

HbA1c
Result: _____ Next Due: _____
Recommended: Less than 7%
Every 3-6 months

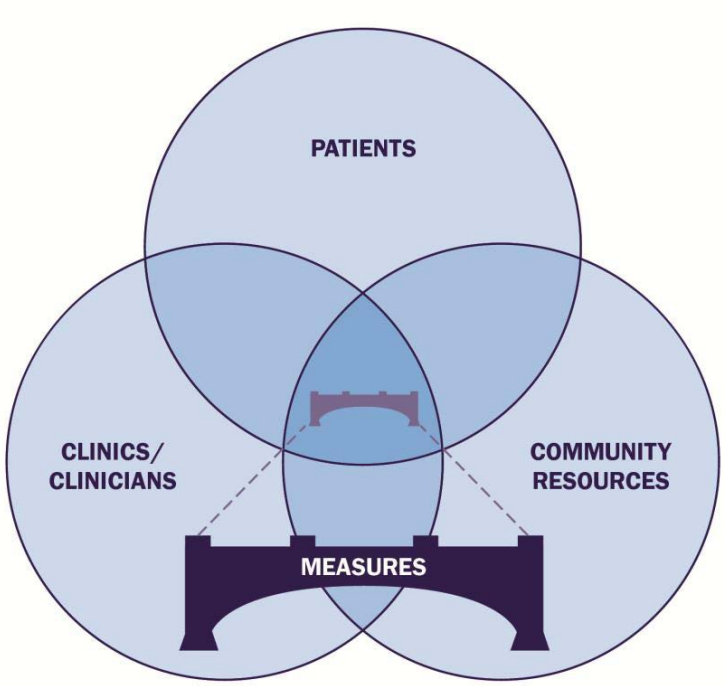
Microalbumin/Creatine (kidney)
Result: _____ Next due: _____
Recommended: Less than 30 mg/dl
At least once a year

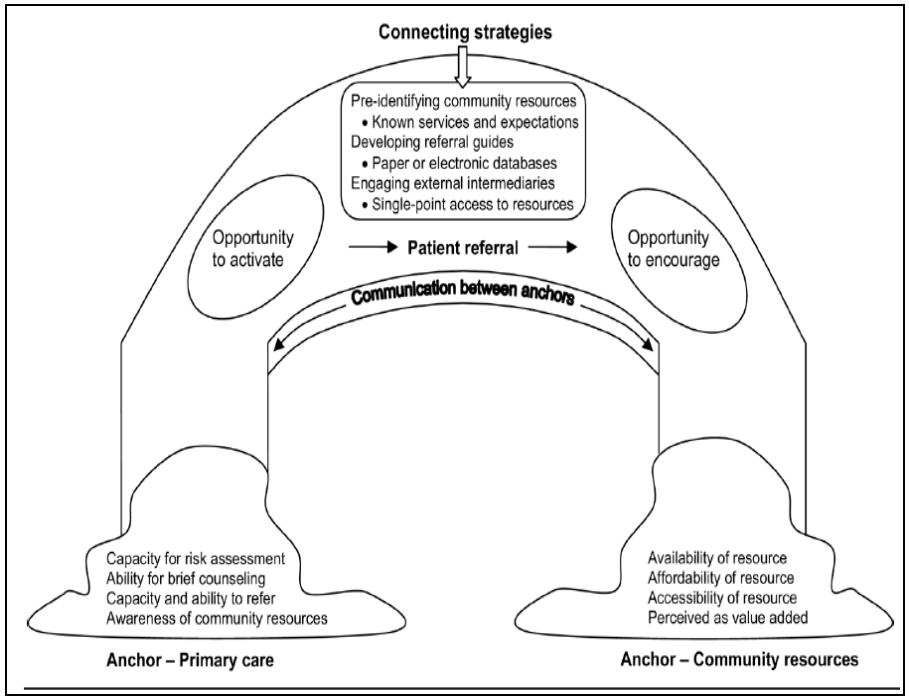
Foot Exam for Nerves
Last Exam: _____ Next Due: _____
At least once a year
Foot check at each diabetes visit

____Did you get your yearly flu vaccine?
____Did you get your pneumonia vaccine?
____Are you taking aspirin?
____Are you taking ACE or ARB medication for kidneys or blood pressure?
____Are you taking any *statins* for cholesterol?

When was the last time I reviewed my care plan with my doctor? _____

Patient referral to community resources, a conceptual framework





Etz RS.*AM J Prev Med*.2008

http://www.ahrq.gov/professionals/prevention-chronic-care/resources/clinical-community-relationships-eval-roadmap/index.html#

Priority Questions

- How do the characteristics of primary care clinics, patients and community resources influence the effectiveness of linkages for the delivery of patient self-management support?
- What are the best methods, strategies, and settings for studying and improving clinical-community resource relationships for the delivery of patient self-management support?
- What are the best measures for evaluating the effectiveness of clinical-community resource relationships for the delivery of patient self-management support?