

THE
ROBERT WOOD
JOHNSON
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 Washington
University in St. Louis
SCHOOL OF MEDICINE



DIABETES INITIATIVE

A National Program of The Robert Wood Johnson Foundation



Self Management: Lessons Learned from the Diabetes Initiative

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Diabetes Initiative of the Robert Wood Johnson Foundation

Real world demonstration of self management as part of high quality diabetes care in 14 primary care and community settings across the US



**Advancing
Diabetes
Self Management**



**Building
Community Supports
for Diabetes Care**

What is Self Management?

- Self management is what people do to manage their chronic condition and its effects on their physical health, daily activities, social relationships and emotions.
- Self-management *support* is the systematic use of education and supportive strategies to increase people's skills and confidence to manage their health condition and problems that may arise. It also refers to the organizational structure healthcare settings can implement to facilitate improved patient self management.
- The *goal* of self-management support is to help people achieve the highest possible functioning and quality of life....no matter where along the path they start.

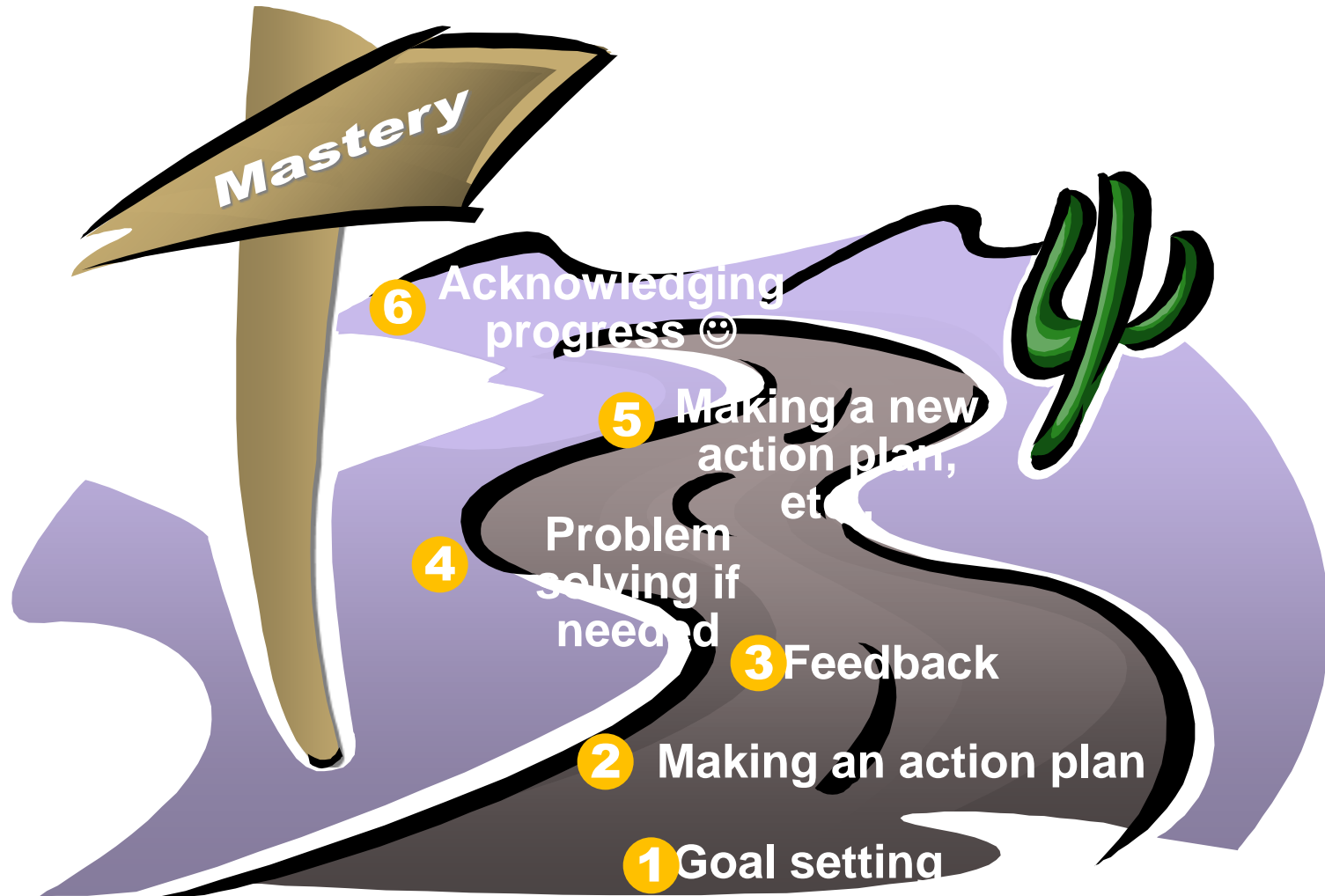
Self Management is the Use of Skills to...

- Deal with your illness
(medication, physical activity, doctor visits, changing diet)
- Continue your normal daily activities
(chores, employment, social life, etc.)
- Manage the changing emotions brought about by dealing with a chronic condition
(stress, uncertainty about the future, worry, anxiety, resentment, changed goals and expectations, depression, etc.)

How to Develop Self-Management Skills

- 1** Repeated learning experiences
(mastery experiences)
- 2** Observing others,
particularly people like us
(modeling or vicarious learning)
- 3** Verbal encouragement
and support
- 4** Reinterpreting or
reframing experiences

The Road to Mastering Self-Management Skills



Resources and Supports for Self Management

- Individualized assessment
- Patient-centered, collaborative goal setting
- Assistance in learning self-management skills, including healthy coping
- Ongoing follow-up and support
- Access to community resources that support healthy self management
- Regular safe, high-quality clinical care

Self Management



Self management is the key to good control of diabetes

For more information, see <http://diabetesinitiative.org>