

Concordance Resources

Wound care is necessitated by a disruption in the normal integumentary system. Wounds are often a symptom of the underlying chronic disease, and fit particularly well into the chronic disease management model. Patient education should increase the competence and confidence of patients in order to achieve self-management. The goal is to increase the responsibility and independence of patients for self-care in the home, clinic, hospital, and long term care home settings. As such, the Program has assembled the following resources to assist health care providers in health promotion and self-management education.

Self- Management in Theory and Practice: A Guide for Healthcare Providers

This work is based on the manual by Gina Tomaszewski and Christina O'Callaghan. The Self-Management Toolkit assists healthcare providers in learning the basics of helping patients be better self-managers of their health care. The online resource is divided into three modules that teach healthcare providers to:

- Assess where patients are with their self-care and elicit a care issue relevant to their lives;
- Assist patients to set a behavioral goal that addresses their self-care issue and design a simple action plan that helps the patient take his/her first steps toward achieving that goal, and;
- Assist patients with enacting their action plans and to undertake follow-up with patients to ensure their continued success.

The modules are a mix of text and video-based instruction to accommodate different learning styles. Each module offers important resources for further learning as well as links to related topics and literature (this text is from the website). This resource can be found at:

<http://www.thehealthline.ca/displayArticle.aspx?id=1482>

Take Flight – Patient Teaching and Learning

Presented by Sarah Burns-Gibson, this video reviews the following:

- **The Health Promotion Model (Pender et al 2006)**
 - Sarah reviews the model and its descriptors;
 - She discusses characteristics and behaviors of the learner, and;
 - Sarah teaches us how to motivate our patients to take an active role towards health promotion activities and contribute to their own health management.
- **Stages of change, the self-efficacy model and motivational interviewing**
 - This review will assist you in determining what stage the patient is at re health promotion and self-management, and;
 - It will help you to develop strategies to support your client/patient through the process of learning.

The video is available at: <http://www.thehealthline.ca/libraryVideos.aspx?id=41&categoryID=8>

Partnering in Self-Management Support: A Toolkit for Clinicians©

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