



Self-Management Support Training

Identification of Medical Obstacles to Self-Management

Problem Solving to overcome Barriers

Systemic Follow-Up

Barriers to Self Management

- Social Determinants of Health
- Health Literacy
- Physical Barriers



Problem Solving

“We cannot direct the wind but we can adjust the sails.”



The Problem

Problems represent a discrepancy between your current state (what is) and your desired state (what I want). This discrepancy is a problem because of the existence of various obstacles that block the path when trying to reach your goals.



The Solution:

A solution is a person's attempt to change that nature of the situation so that it no longer represents a problem (obstacles are overcome) or changes a negative reaction to situations that cannot be changed.

Steps of Problem Solving

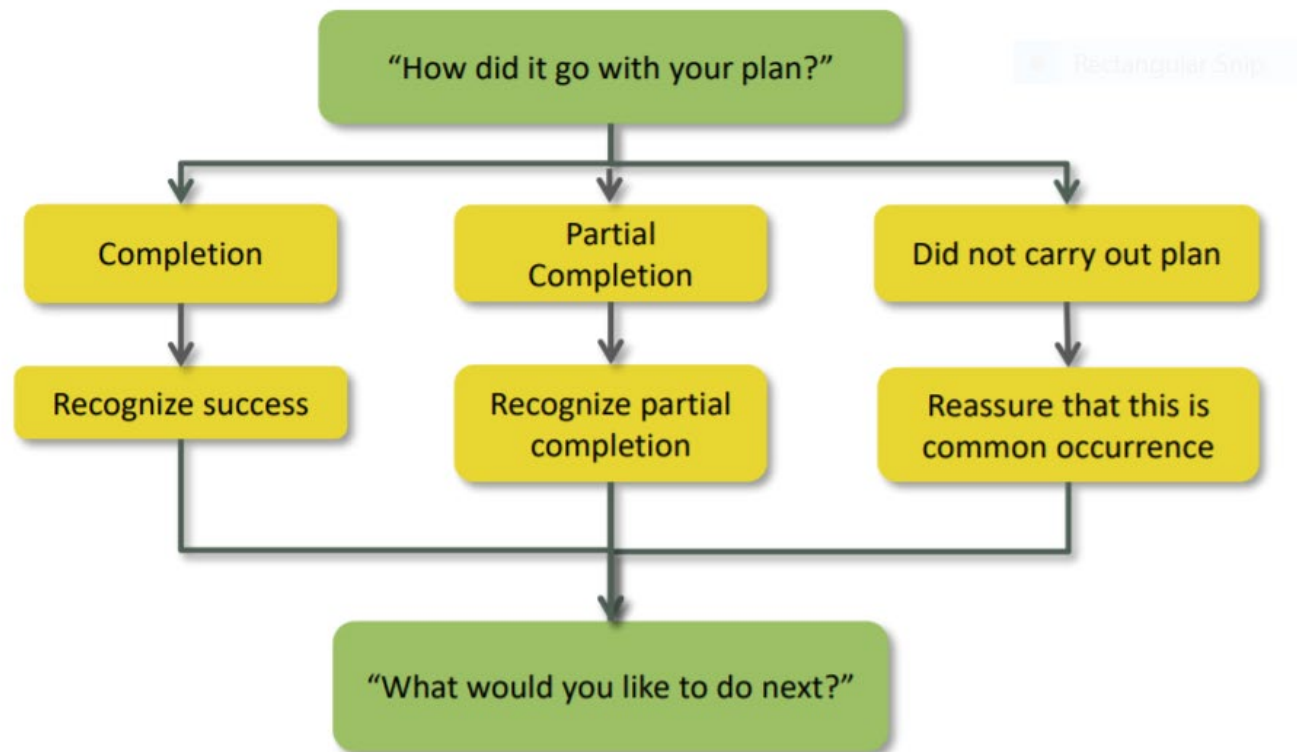
1. Define the problem and explore the problem, (who, what, where, when, how)
2. Define the goal
3. Generating solutions (brainstorming)
4. Decision making (pros and cons, decisional balance)
5. Decide on a solution
6. Implement the solution
7. Evaluate the outcome



ACTION PLAN FOLLOW UP



Checking on the Brief Action Plan



Follow-Up with Action Planning

Discuss Action Plans and Goals with supportive reminders:

- Check often with new actions plans (remember to use the care team as appropriate)
- Decrease frequency as behavior is more secure
- Introduce problem solving as needed
- Change goals if appropriate

Goal is for patients to conduct BAP on their own



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