

# کارگاه آموزش به بیمار

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# Best Practices for Patient Self-Management

- Chronic illnesses, such as cardiovascular and respiratory diseases, cancer and diabetes, are the leading cause of disability and are responsible for nearly 36 million deaths worldwide
- This number is expected to increase to 55 million by 2030



# Best Practices for Patient Self-Management

- Up to 80% of cases of heart disease, stroke, and type 2 diabetes and over one-third of cancers could be prevented by eliminating shared modifiable risk factors. These risk factors are mainly tobacco consumption, an unhealthy diet, physical inactivity and the harmful use of alcohol
- Chronic illnesses, such as cardiovascular and respiratory diseases, cancer and diabetes, are the leading cause of disability and are responsible for nearly 36 million deaths worldwide



# Best Practices for Patient Self-Management

- Health education is a valuable tool that all health professionals, with the correct training and education, can use to enable and support people to live healthier



# Best Practices for Patient Self-Management

- A knowledgeable and skilled nurse uses the patient education process that mirrors the nursing process:
  - assessment,
  - planning,
  - implementation,
  - and evaluation



# ASSESSMENT— GET TO KNOW YOUR PATIENTS AND CAREGIVERS

- ✓ Nurses know the basic aspects of assessment, driven by regulatory requirements and routinely completed on admission:
- ✓ 1. Motivation/desire to learn
- ✓ 2. Religious/cultural beliefs
- ✓ 3. Emotional Barriers
- ✓ 4. Cognitive/physical limitations
- ✓ 5. Communication barriers



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- ✓ One of the most important and first questions to ask patients and caregivers is “What are you worried about?”



# ASSESSMENT— GET TO KNOW YOUR PATIENTS AND CAREGIVERS

- ✓ Engaging Patients Through Assessment

- ✓ Health Literacy

“the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions”.

- ✓ Motivational Interviewing

O-pen-ended question—encourages sharing of information

A-ffirmation—provides positive feedback to support patient

R-eflection—demonstrates listening by clinician

S-ummary—synthesizes and confirms ideas shared by patient

- ✓ ASSESSING FOR APPROPRIATE TEACHING STRATEGIES/METHODS





# PLANNING/IMPLEMENTATION

- ✓ Patient Behaviors
- ✓ Content and Teaching Methods
- ✓ Verbal Education
- ✓ Written Education
- ✓ Physical limitations
- ✓ 5. Communication barriers



# EVALUATION

- ✓ Various methods of evaluation can be integrated into the education process: knowledge tests, demonstration, and teach back
- ✓ teach back should address knowledge, attitude, and behavior



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# Best Practices for Patient Self-Management

- ✓ In the United States and globally, patient education and the task of teaching self-management to patients and families became an even more critical part of nursing's role for delivery of safe, quality care
- ✓ The practice theory of self-management relates to the processes, the interventions, and the outcomes of the interventions



# Best Practices for Patient Self-Management

- ✓ educational sessions with a health care provider used in combination with some form of Telehealth technology
- ✓ such as structured telephone support
- ✓ telemonitoring
- ✓ Web-based modules,
- ✓ telephone or mobile telephone or texting contacts



# Best Practices for Patient Self-Management

- ✓ Provide sufficient time for patients and families to gain the knowledge, skills, and attitude to begin to selfmanage the chronic illness.
- ✓ Provide sufficient contact time with nurses and other health care professionals to support and maintain the knowledge and skills.
- ✓ Provide follow-up time to develop the confidence and self-efficacy to cope with a lifelong illness.



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