

Symposium Research on Nurse Supported Self-Management of Elderly and Chronically Ill

Self-Management Support: Needs, Perceptions, Nurse Competences, and Ethical Dilemma's

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Aims of the presentation

1. present a comprehensive overview of three empirical studies conducted within the NURSE-CC program
2. introduce the Self-Management Web and discuss its usefulness in the context of elderly patients;
3. involve the participants in the Ethical Dilemma Game to reflect on ethical dilemmas nurses encountered in their daily practice.



“

“The ability to manage one or more chronic conditions (e.g. symptoms, treatment, physical and psychosocial consequences, and lifestyle changes) and to integrate them in day-to-day life with the aim of achieving optimal quality of life”

”



Definition of self-management

(Barlow 2001, p. 547, Barlow et al. 2002, p. 178)

Self-management support is part of the core of nursing



Self-management is very demanding for chronic patients: it involves adjusting life goals, having knowledge about the condition and possessing problem-solving skills



Tailored support of nurses and nurse specialists is essential: it is part of the core of nursing

(V&VN 2020 Dutch Nursing Profiles 2012)



Aims of the NURSE-CC research programme

1. To improve the effectiveness of SMS as applied by nurses by implementing and evaluating a SMS-programme in outpatient settings of Erasmus Medical Center for chronic patients
2. To enhance the competencies of nurses to provide SMS, equip them to provide SMS on a day-to-day basis, and strengthen nursing education in this respect

- Kidney transplant
- Oncology (head & neck cancer) / Hemato-oncology
- Rheumatology

- Nurses in professional practices
- Nurse students and educators in nursing schools



Research Theme 1

Systematic development and testing of nursing interventions to provide SMS

Phase 1

- Views of nurses and patients on self-management support
- ***Interviews with nurses; Focus group discussions with patients; Qualitative review on patient needs for SMS***

Phase 2

- Exploration and participative development of nursing SMS interventions
- ***Realist review of nursing interventions; development of intervention; design of evaluation study***

Phase 3

- Pilot implementation and evaluation of the nursing SMS interventions in the innovation labs in outpatient settings
- ***Observations of nurse consultations; Evaluation study (before-after design) incl. historic cohort study***

Phase 1

Interview study

10 nurse / 17 nurse specialists all working in outpatient settings of Erasmus University Medical Center

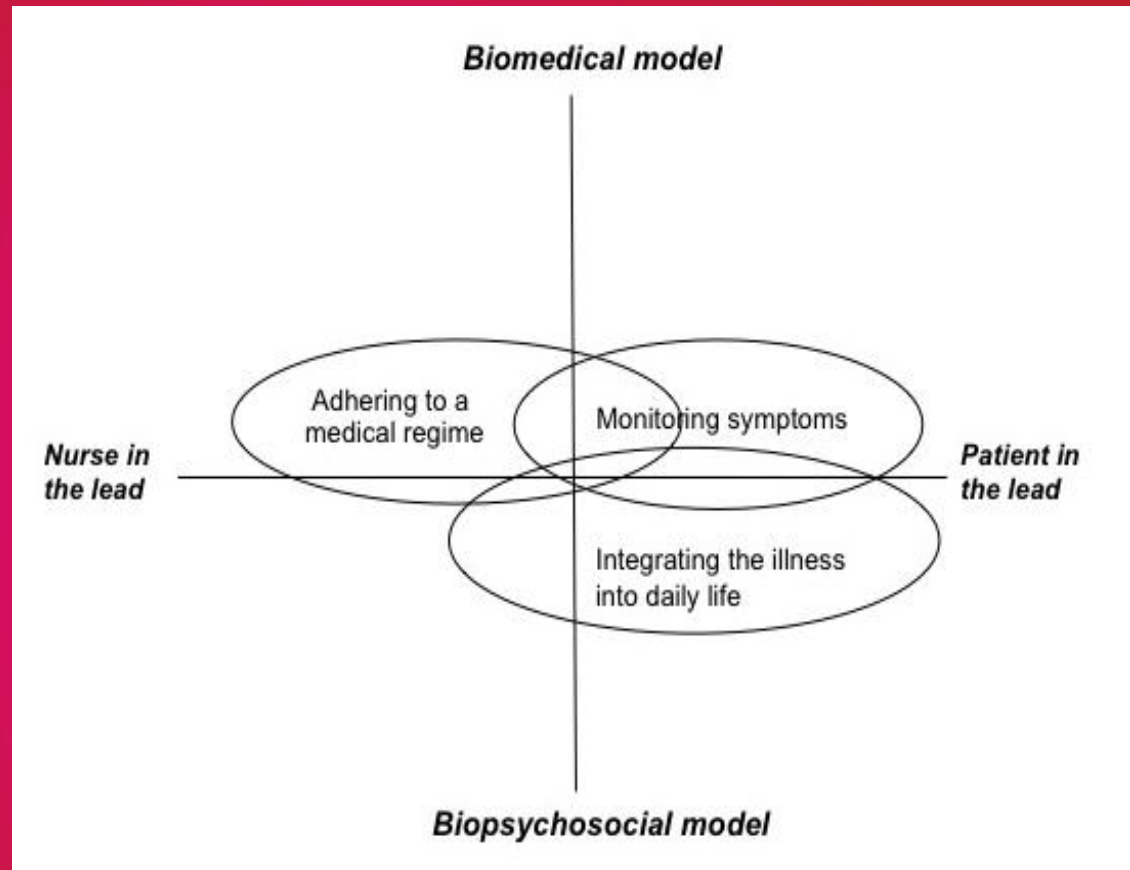
Aim

To unravel nurses' views on self-management and the activities and interventions they undertake to support outpatients with various chronic conditions



Dominant perspectives of nurses on the goal of self-management

Interview study
nurses
Erasmus MC



Been-Dahmen, J.M.J., Dwarswaard, J., Hazes, J.M.W., van Staa, A.L., E. Ista. Nurses views on patient self-management: a qualitative study. *Journal Advanced Nursing* 71 (12): 2834-2845

Conclusions

Interview study
nurses
Erasmus MC



- Nurses had distinct perceptions about self-management and their own support role
- Biomedical model dominated in definitions of nurses' views on self-management
- Supporting social and emotional adaptive tasks of patients was often overlooked
- Providing integral support that meets all patient needs a challenge

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Research Theme 2

Research into nurse competences for self-management support

Phase 1

- Dominant views of nurses on SMS
- **Q-study: Attitude Profiles**

Phase 2

- What are relevant nurse competences for SMS?
- **List of competences & questionnaire study among nurses**

Phase 3

- Scan of nursing curricula; development of educational tools
- **Study book on supporting SM**

The 5 A's of Self-management Support



performance compared with self-efficacy in nurses working in Erasmus University MC

	Score behavior				Score self-efficacy				Mean difference	Educational needs % (n)
Subscales (n)	Mean sum score	SD	Min ^	Max	Mean sum score	SD	Min	Max		
Assess (347)	2.07	0.71	.00	4.00	2.93	0.61	0.50	4.00	0.85*	6.9% (24)
Advise (322)	2.11	0.65	.00	4.00	2.97	0.56	1.33	4.00	0.85*	7.8% (27)
Agree (298)	1.60	0.77	.00	3,83	2.65	0.69	0.00	4.00	1.04*	20.2% (70)
Assist (273)	1.86	0.75	.00	4.00	2.78	0.63	0.83	4.00	0.92*	14.7% (51)
Arrange (263)	1.48	0.76	.00	3.83	2.49	0.72	0.67	4.00	1.01*	13.0% (45)
<i>Overall (255)</i>	2.47	0.68	.83	4.00	3.04	0.51	1.50	4.00	0.57*	7.5% (26)
Total sum score	11.69	3.40	3.83	21.00	16.96	3.03	5.67	24.00	5.27*	
<i>No educational needs</i>										34.0% (118)

van Hooft S.M., Dwarswaard J., Bal R., Strating M.M., van Staa A.L. What factors influence nurses' behavior in self-management support? An explorative questionnaire study. *International Journal of Nursing Studies* 63: 65-72



Phase 3

Development, implementation and evaluation of a nursing SMS intervention

Aim

To develop and pilot test a nurse-led self-management support intervention in which patient needs, theory and evidence-based methods are taken into account



Rationale behind the intervention



Self-regulation theory (Bandura 1991)

- Evaluating various life areas (holism)
- Goal setting
- Planning
- Self-monitoring
- Feedback and relapse prevention

Solution-focused brief therapy (Cladder 2002)

- Focus on the positive desired outcomes rather than on problems / negative aspects

Can you tell me how it is going in the following areas:

Choose your answer by checking:

- 1 = Well
- 2 = Neither good nor bad
- 3 = Bad



First experiences with the intervention



Nurse specialists

- *“By evaluating the various areas of life we get a holistic view of the patient and the problems he/she faces in a short time.”*
- *“I feel that, after the heavy treatment process, patients want to think about their future and want to work on things to go on with their lives.”*

Patients

- *“Really important!”*
- *“Pleasant”*
- *“Confronting” and “emotional”*

Interviews & observations into ethical dilemmas in self-management (support) as experienced by nurses and patients

6 experts, 20 patients, 15 nurses working in various settings



Dwarswaard J., van de Bovenkamp H. 2015. Self-management support: A qualitative study of ethical dilemmas experienced by nurses. Patient Education & Counseling 98 (9):1131-1136.



Ethische dilemma's bij zelfmanagementondersteuning

Een handreiking voor verpleegkundigen

Jolanda Dwarswaard & Hester van de Bovenkamp

Three types of ethical dilemmas in self-management support



1. Respecting patient autonomy ↔ OR Reaching optimal health outcomes
2. Respecting patient autonomy ↔ OR Stimulating patient involvement
3. Employing a holistic approach to self-management support ↔ OR Safeguarding professional boundaries

Zelfmanagement en eigen regie

Van Staa/Mies

Zelfmanagement en eigen regie

Eerste druk



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