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

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


October 7th 2016 – 5th European Nursing Congress Rotterdam
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*
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

Conclusions

• 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

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

Assess
Beliefs, behaviours, knowledge

Advise
Specific risks benefits

Agree
Goal setting Interest, confidence & abilities

Assist
Identify barriers, strategies

Arrange
Follow-up planning

Glasgow et al. 2003
performance compared with self-efficacy in nurses working in Erasmus University MC

<table>
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<th>Subscales (n)</th>
<th>Score behavior</th>
<th>Score self-efficacy</th>
<th>Mean difference</th>
<th>Educational needs % (n)</th>
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<td></td>
<td>Score behavior</td>
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<td></td>
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<td>SD</td>
<td>Min ^</td>
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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

- Emotional and spiritual well-being
- Daily activities
- Social network
- Illness-related knowledge
- Intimate relationships, sexuality
- Transport, mobility
- Leisure activities
- Shared decision-making
- Symptoms, side-effects
- Lifestyle
- Following treatment recommendations
- Finances
- Household chores
- Self-care
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

Ethische dilemma's bij zelfmanagementondersteuning

Een handreiking voor verpleegkundigen

Jolanda Dwarswaard o. 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
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