PHRI Patient Self Management Paradigm

Key Components and Activities

	Components	Functions	Activities	Outcomes
1	Practice level PSM component	Facilitate self management Educate patients Facilitate use of community services Assist pts to overcome barriers	Provide office based Pt Ed materials Practice evidence based medicine w/clinical targets Link patients to community based providers Develop feedback system Stay connected to patients between visits	**Patient centered practice:** Improve use of evidence based medicine Improved communication w; pats/ community providers Improved patient health status Improved patient/provider satisfaction
2	Community level PSM component (includes gov, providers, employers, coalitions)	Provide PSM resources Promote resource utilization Link to patients and providers	Develop/promote support groups Develop/promote pt and provider information/communication tools Identify/Develop/Maintain community based services Reduce access barriers Promote health improvement policies	**Patient centered care system:** Improved community based resources Improved communication between providers and patients Better access to care Healthier population
3	Patient level PSM component	Actively address symptoms conditions, risk factors Get/stay informed and motivated Link to support systems and providers	Read/ask/follow-up on symptoms/ conditions/treatment plans Develop support systems Communicate w/providers on symptoms/ conditions/treatment/use of services Identify goals, barriers and strategies to overcome	**Patient Directed Self Management:** Improve ability to deal w/chronic conditions Increased personal responsibility Improved care plan adherence Improved health status Improved satisfaction w/care system

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