**Self Management for Health Care Providers – Quick Tips**

* ***Self management*** is a person’s active participation in achieving their best health & wellness
  + It involves gaining confidence, knowledge and skills to manage physical, emotional and social aspects of life in partnership with the health team and community supports
* Patient’s struggle to support and manage their health, particularly those with ***chronic conditions***
* Healthcare providers (HCPs) support patients with chronic disease by:
  + Empowering patients to take action
  + Engaging them to be proactive in managing their chronic disease
  + Involving them in care decisions
  + Ensuring patients are equals in care decision making
* Managing a chronic condition can be ***overwhelming***
* Self management support is ***slowing things down and making things doable for the patient***
* 80% of patients don’t follow their clinician’s advice related to the illness, so how can HCP’s improve this?
  + Check the patient’s readiness to take on their care
  + Provide resources and community supports
  + Use teach back to check understanding when providing education