

Check Your Self-Management IQ



Self Management support is an effective approach to help patients make behavior changes so they can better manage their health. This self-assessment tool will help you, as a health care professional, understand what areas you are doing well in and where there may be opportunities for personal growth. Complete the survey below to see how you are doing.

Please answer the statements below with: Yes, No, or Not Applicable:	Yes	No	N/A
I have patients that return visit after visit not having followed through on my recommendations.	Green	Yellow	Red
During the appointment, I do most of the talking.	Green	Yellow	Red
I struggle to get patients to do what they should do for their health.	Green	Yellow	Red
Patients sometimes come in angry and frustrated.	Green	Yellow	Red
Patients sometimes complain about their experience with our organization.	Green	Yellow	Red
Patients come in with too many issues/questions.	Green	Yellow	Red
We sometimes have communication issues within our team/organization.	Green	Yellow	Red
Patient materials are created without patient input.	Green	Yellow	Red
I have patients, that are also caregivers, that are neglecting their own health.	Green	Yellow	Red
If my patients don't have questions, then I know they understand.	Green	Yellow	Red
Limiting patient questions helps keep me on schedule.	Green	Yellow	Red
It is difficult to build in time, during appointments, to co-create action plans with patients.	Green	Yellow	Red
During appointments, patients are not engaged in the conversation or content.	Green	Yellow	Red
I am frustrated with patients who don't take responsibility for their health.	Green	Yellow	Red
Some of my patients/ caregivers say that managing a chronic disease (s) is overwhelming.	Green	Yellow	Red
Patients don't come prepared for their health care appointment.	Green	Yellow	Red
Totals:	0	0	0

Self-Management IQ Results:

Now What? Evaluate your results and improve your score ➔

Results

0-3 Yes's: Keep doing what you're doing.

Stay up-to-date on new developments in self-management. Connect with us via our website, sign up for our newsletters or follow us on social media: Twitter: [@swselfmanage](https://twitter.com/swselfmanage) or Facebook: www.facebook.com/swselfmanage

4-6 Yes's: You're off to a good start.

Quick Fact: Patients only spend 12.5hrs a year with their health care team. As a health care provider, there are lots of tips and tools you can use to maximize this time. Give us a call to learn how to incorporate these into your practice!

7-15 Yes's: Don't stress...we can help.

Quick Fact: Most of the time, people living with chronic disease manage their condition on their own. The role of the health care provider is to empower and equip patients and caregivers to be the best self managers they can be. Connect with us to learn how we can support you to better support your patients!

FREE Training Opportunities

Depending on how you scored, here's some free training opportunities to consider. Call us to get started! info@swselfmanagement.ca or www.swselfmanagement.ca

WORKSHOP NAME	DESCRIPTION
Brief Action Planning	These 3 questions and 5 skills will change the way you support patients and help integrate self-management into your work with them.
Health Literacy	Learn how to ensure that everyone understands health information and can use it to positively affect their health outcomes.
Choices and Changes	Learn strategies to assess the likelihood of a patient changing their behaviour and how to support them on the difficult journey of change.
Treating Patients with Care	Team building opportunity. Essentially customer service 101 for health care organizations. Learn to provide great care to clients and patients.
Empathy Effect	Learn 3 underlying premises of empathy and how to mitigate judgement to foster equity and build trusting relationships.
Foundations of Motivational Interviewing	Practical skill-building through structured activities focused on the processes and spirit of MI, change and sustain talk, understanding "resistance" and using open-ended questions, affirmations, reflections, and summaries.
Living a Healthy Life	Six week patient workshop to support people managing a chronic condition.
Powerful Tools For Caregivers	FREE six-week workshop series is designed to provide caregivers with the tools needed to look after themselves.
Getting The Most From Your Healthcare Appointment	This 1 to 1.5 hour workshop teaches patients to communicate effectively with their provider by helping them focus on what to do before, during and after their visit.
Coaching	1 to 1 or small group support to learn how to incorporate patient self-management strategies into your clinical work.