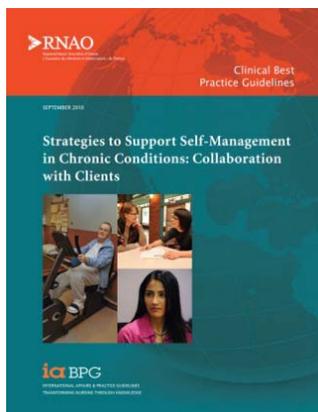


RNAO Best Practices: Evidence Booster

Strategies to Support Self-Management in Chronic Conditions: Collaboration with Clients

Strategies to Support Self-Management in Chronic Conditions: Collaboration with Clients, 2010



This guideline provides evidence-based recommendations for nurses and the inter-professional team to identify and support strategies including interventions that enhance the persons' ability to manage their chronic health conditions.



In Canada, approximately half of the population is living with at least one chronic condition and more than one in four is diagnosed with two or more chronic conditions.¹ The costs associated with lost productivity and health care expenditures is more than CAD \$90 billion.¹ Due to inflation that cost has risen to over \$97.8 billion (in 2018). Self-management supports and strategies are vital to the health and well-being for persons living with chronic condition(s).

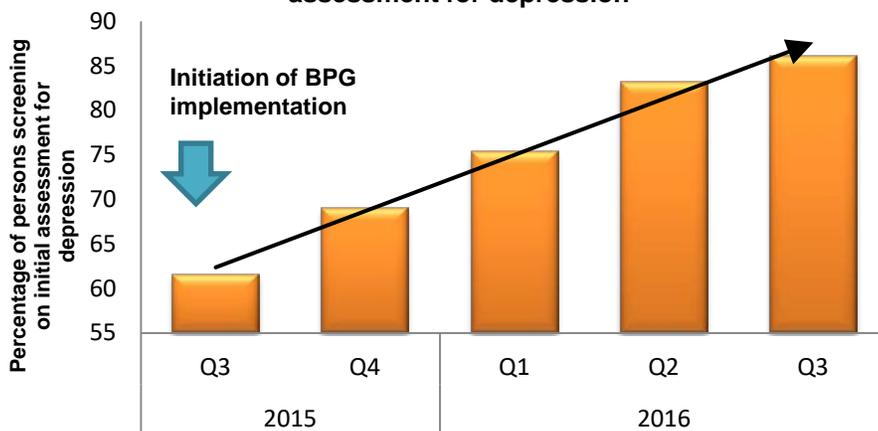
Aim: To examine changes in health outcomes associated with the implementation of the RNAO best practice guideline (BPG) *Strategies to Support Self-Management in Chronic Conditions : Collaboration with Clients 2010*, in a Telehomecare Best Practice Spotlight Organization® (BPSO®).

Measure: Using indicators from the Nursing Quality Indicators for Reporting and Evaluation® (NQUIRE®) data system to determine:

- (a) Percentage of persons with chronic conditions with documented screening on initial assessment for the presence or absence of depression (process indicator)
- (b) Percentage of persons with chronic conditions who reported whether they had good understanding of how to manage their health (outcome indicator).

Clinical improvement: For the process indicator, noted as an increase in percentage of clients that were screened for depression and for outcome indicator, an increase in the percentage of "Strongly Agree" responses to a survey question on good understanding of health management.

Figure 1: Average quarterly increase in percentage of persons with chronic conditions and documented screening on initial assessment for depression



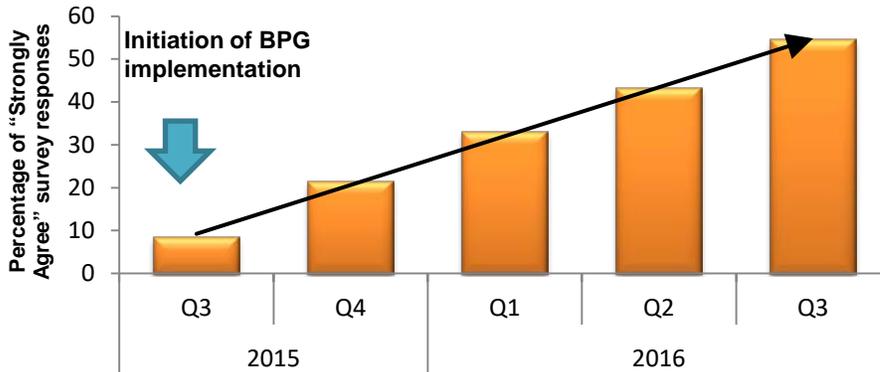
Impact: A 28.5 percent increase (61.5% to 86%) in the percentage of persons with chronic conditions and a documented screening on initial assessment for the presence or absence of depression in a Telehomecare BPSO was reported from 2015 to 2016.

Practice Changes

The Telehomecare BPSO employed several strategies to support guideline implementation. Chart audits were conducted to determine pre-existing diagnosis of depression and a screening tool was used to support routine assessment. Specifically the Spotlight Assessment Guide that includes green, yellow and red zones to indicate stable, contact health provider and call 911, respectively was implemented.

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Figure 2: Average percentage of “Strongly Agree” responses to a survey question on health management



Impact: A 85 percent increase (8% to 54%) in the percentage of “Strongly Agree” responses to a survey question on good understanding of health management for a Telehomecare BPSO from 2015 to 2016.

Practice Changes

To support practice changes the Ontario Telehomecare BPSO implemented several strategies including: mandatory in-person training as part of onboarding, with additional subject matter expert led webinars on key self-management support topics, just-in-time education and behaviour change support of persons with chronic illness to promote consistent and accurate self-monitoring techniques, and documentation of scheduled regular health coaching sessions. Guideline implementation was further facilitated by using the SMART (Specific, Measurable, Achievable, Results-Focused and Time Bound) goal framework. This helped health providers and persons with chronic conditions to collaboratively determine effective approaches to self-management.

Conclusion: This analysis demonstrates an increase in percentage of clients with chronic conditions and documented screening on initial assessment for the presence or absence of depression and percentage of clients with chronic conditions who reported good understanding of how to manage their health for the Telehomecare BPSOs that implemented RNAO’s best practice guideline, *Strategies to Support Self-Management in Chronic Conditions : Collaboration with Clients, 2010*.



RNAO launched the BPG Program in 1999² with funding from the Ministry of Health and Long-Term Care in Ontario, Canada. The 54 evidence-based BPGs developed to date are transforming nursing care and interprofessional work environments in all sectors in health systems worldwide. BPSOs are health-care and academic organizations that implement and evaluate these BPGs. Currently, there are 132 BPSOs across Canada and around the globe, representing more than 700 implementation sites.

NQuIRE³, a unique nursing data system housed in the International Affairs & Best Practice Guideline Centre, allows BPSOs to measure the impact of BPG implementation by BPSOs worldwide. The NQuIRE data system collects, compares, and reports data on human resource structure, guideline-based nursing-sensitive process, and outcome indicators.

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