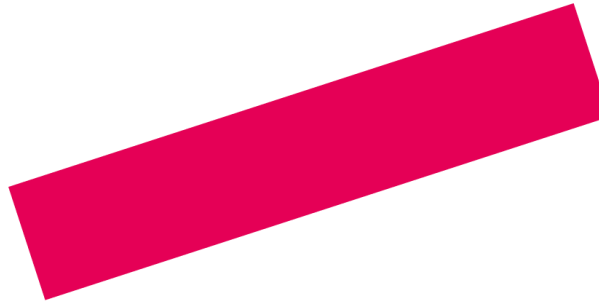


# Self-management after stroke



Dr. Ton Satink – presentation for SPOT Europe



# Self-management is a 'must'

*It is impossible to have a chronic condition without being a self-manager.*

(Lorig, 2006,p17.)

*... we propose the formulation of health as the ability to adapt and to self manage in the face of social, physical and emotional challenges.*

(Huber et al. BMJ, 2011)

# Content

Concept of self-management

*+ time for questions*

What about self-management post-stroke?

Discussion & Recommendations

*+ time for questions*

# Concepts and terminology

Self-management

Selfcare

Selfregulation

Shared decision

Self directing

Self-determination

Autonomy

Self-direction

Different words, slightly different meaning, but generally *focus on Self-management and self-direction*

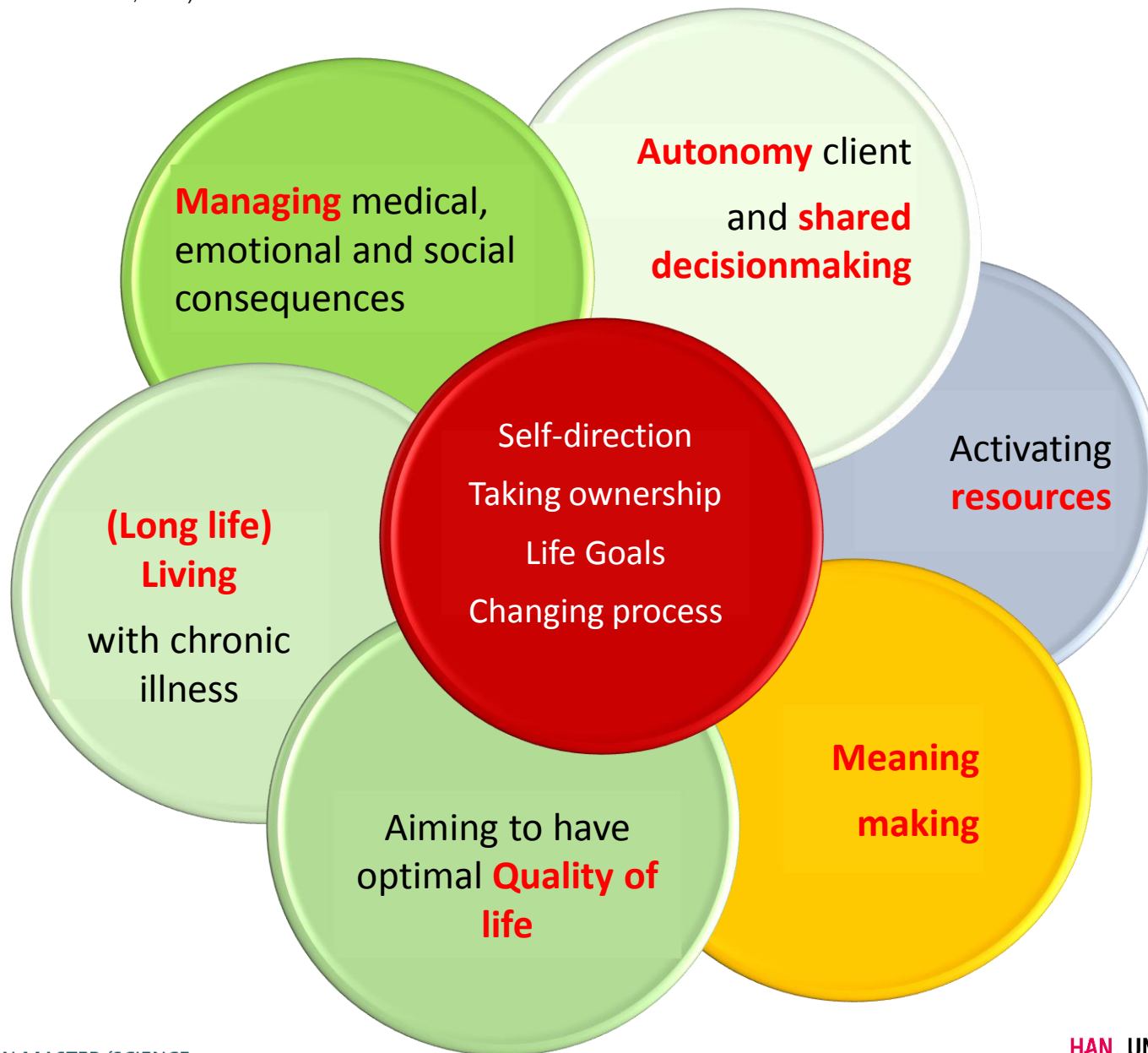
# Self-management

“an individual’s ability, in conjunction with family, community and health care professionals, to successfully manage the symptoms, treatment, physical, psychosocial, cultural and spiritual consequences and inherent lifestyle changes required for living with a long-term chronic disease”

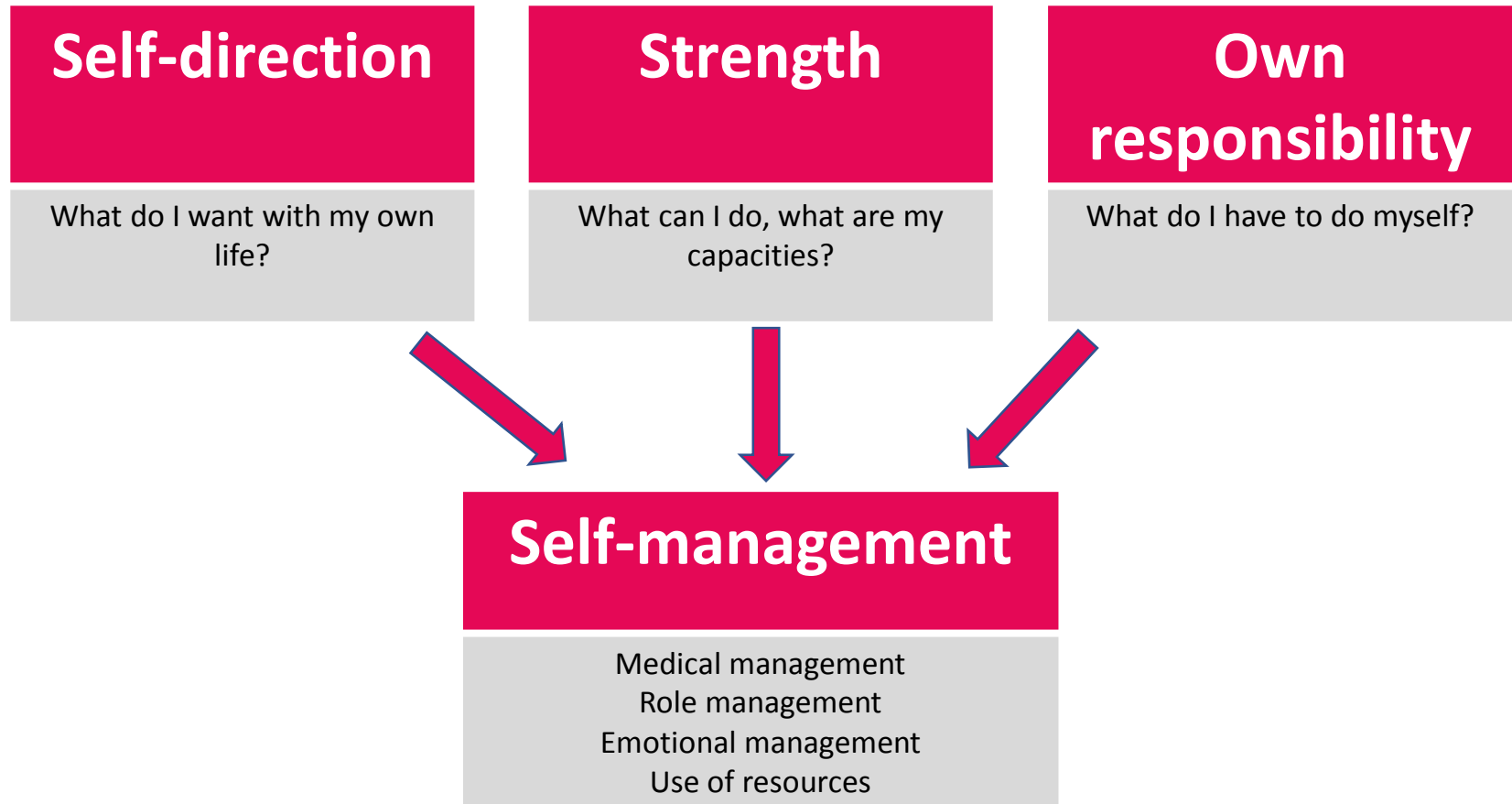
(Barlow, 2002; Wilkinson, 2009)

# SELF management

part of 'person centred care'



# Self-direction & Self-management



# What is “expected” from clients to manage themselves?

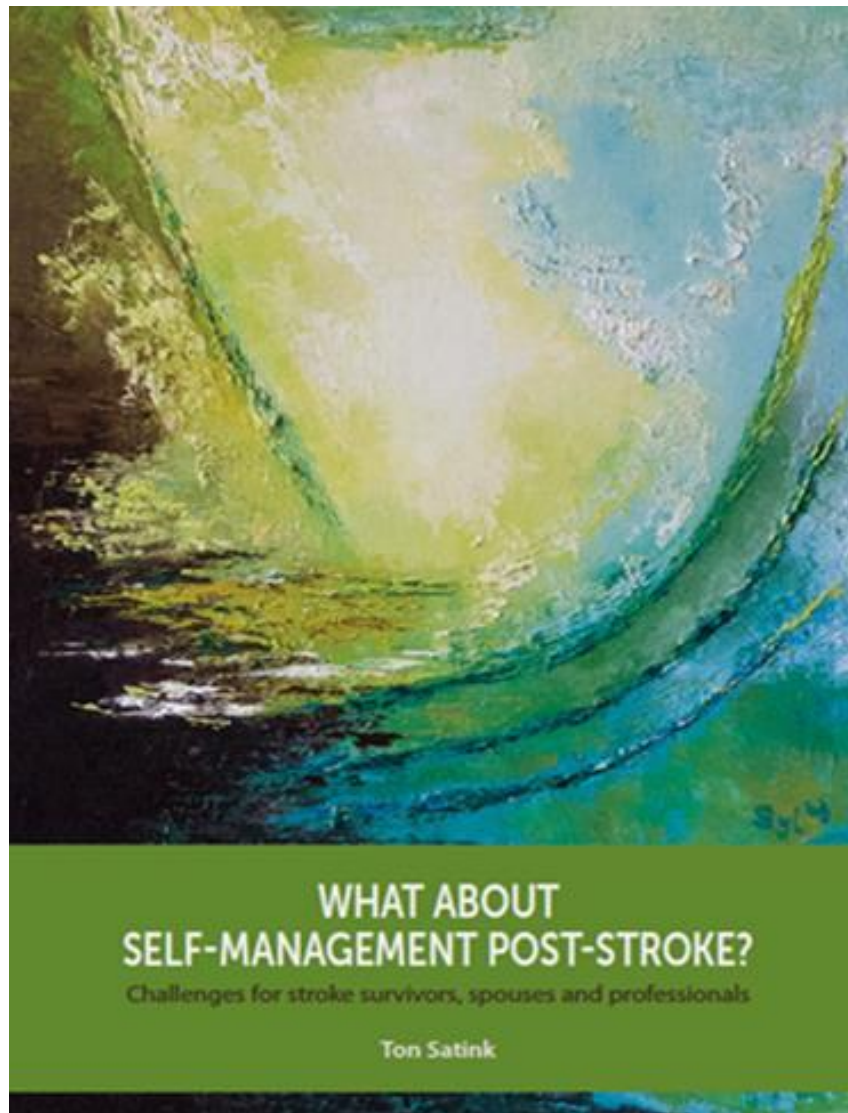
Dimensions of self-management	Adaptive ‘tasks’ for people with chronic diseases
Medical management	Manage the disabilities & symptoms of the disease
	Manage the treatment
Role management	Manage daily activities & roles and live a meaningful life
	Maintain relationship with professionals & (in)formal networks
Emotional management	Prepare for uncertainty and changes
	Reach and maintain emotional balance
	Develop positive self-image

# Self-management and self-direction

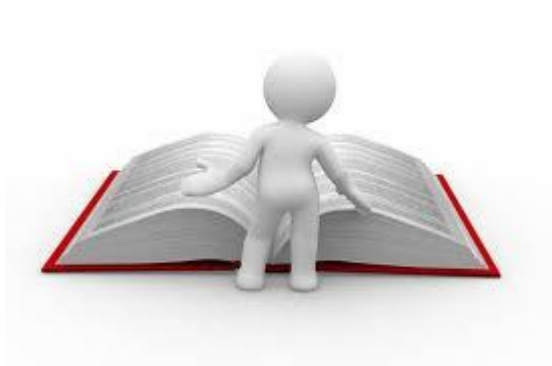


---

# Questions & Reflections ?



## Literature review



## 2-years longitudinal study in home environment

10 Persons with stroke

Visit after 3 – 6 – 9 – 15 – 21 months

**Observations**



**Interviews**



## Focus groep interviews

- 16 Persons with stroke
- 33 Partners
- 27 Professionals



---

# Results & interpretations

# Diverse forms of self-management



**Self-management**  
Persons with stroke

**Co-management**

**Self-management**  
partner

**Family**  
**management**

## Persons with stroke

Self-management is a strange word;

Long-lasting and personal process;

Trial and error and learning to live your own life.

## Persons with stroke & Partners

Not ready for self-management;

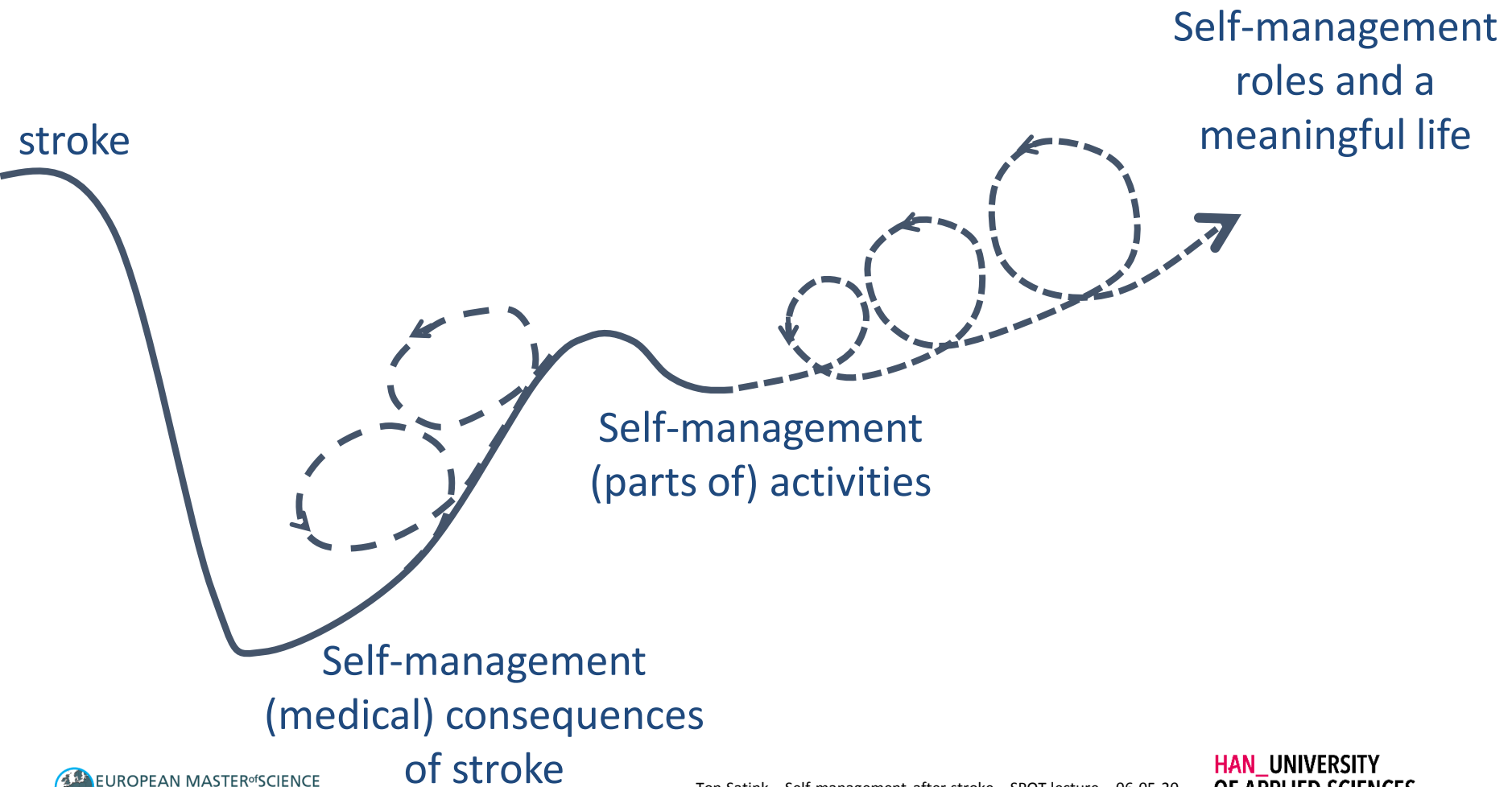
Co-management;

Real self-management starts at home;

Environment can facilitate but also limit self-management.

Changing relationship

# Process of self-management



---

# Dicussion & recommendations

# Self-management at home



## Two types of self-management programs at home

- Practical self-management
- Existential self-management

# Time dimensions in self-management



**Clock time**

**What am I doing NOW?  
How am I doing this?  
How am I managing this?**

**Practical self-management**

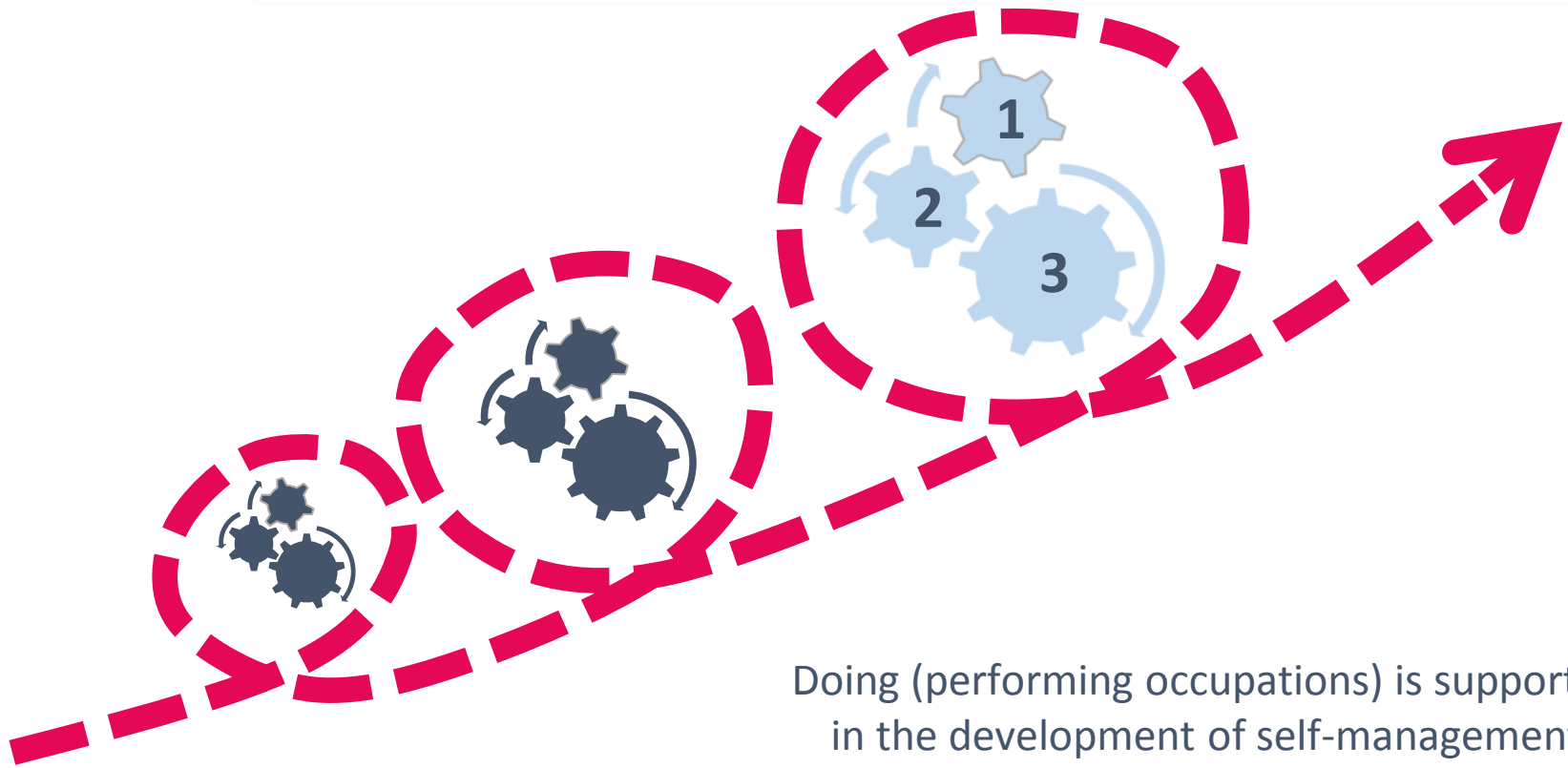


**Existential time**

**Am I doing the right thing(s)? Is  
what I do meaningful for me?  
How do I manage my life?**

**Existential self-management**

# Use the process of doing in self-management



Doing (performing occupations) is supportive  
in the development of self-management.

See lecture next week about 'The Power of  
Doing' for SPOT Europe

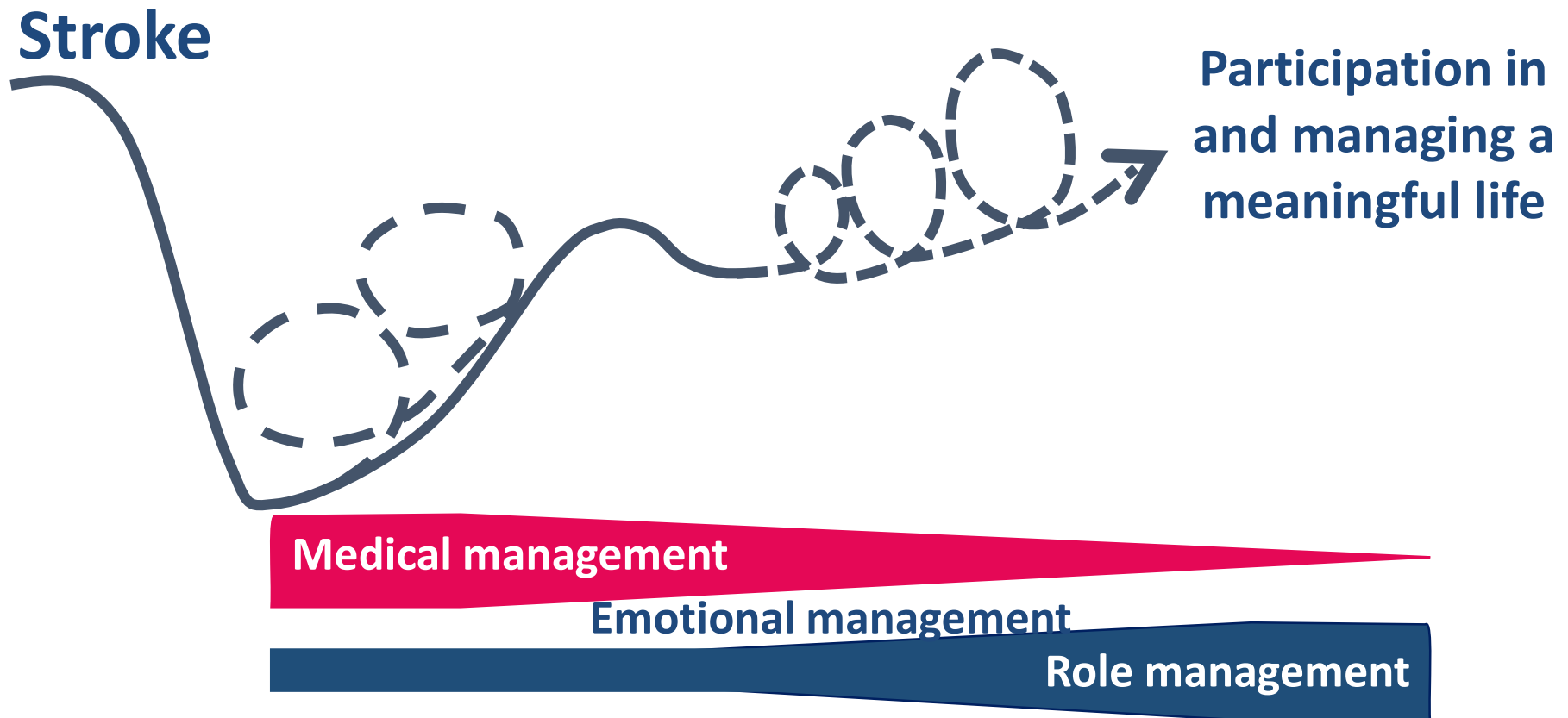
# Self-management & co-management

Involve **partner** in rehabilitation

- Appointments about 'help and support'
- Co-management

Involve **social network** to support self-management and participation client

# Combine & adapt medical, emotional and role management interventions during process



---

# Questions & Reflections ?



**Thank you for  
your attention !**