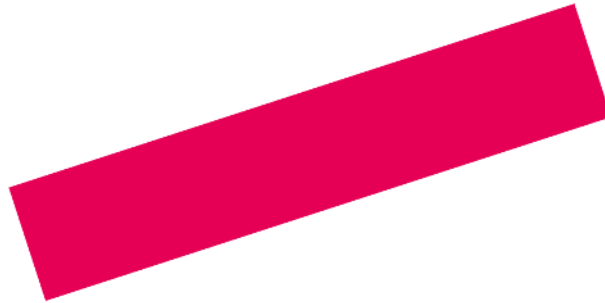


# Self-management after stroke



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

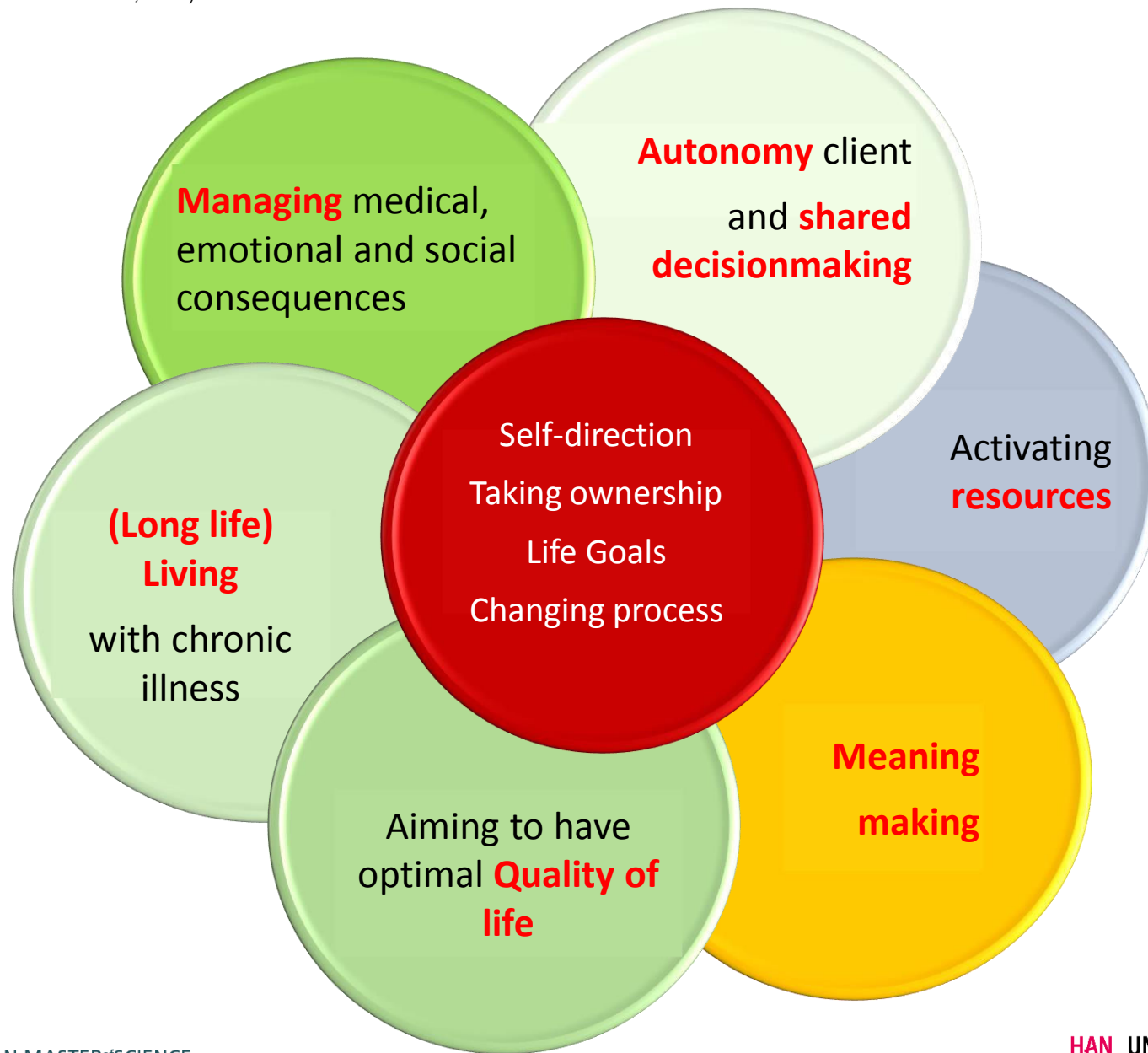
“an **individual’s ability**, in conjunction with family, community and health care professionals, to successfully manage the symptoms, treatment, physical, psychosocial, cultural and spiritual consequences and inherent lifestyle changes required for living with a long-term chronic disease”

(Barlow, 2002; Wilkinson, 2009)

# SELF management

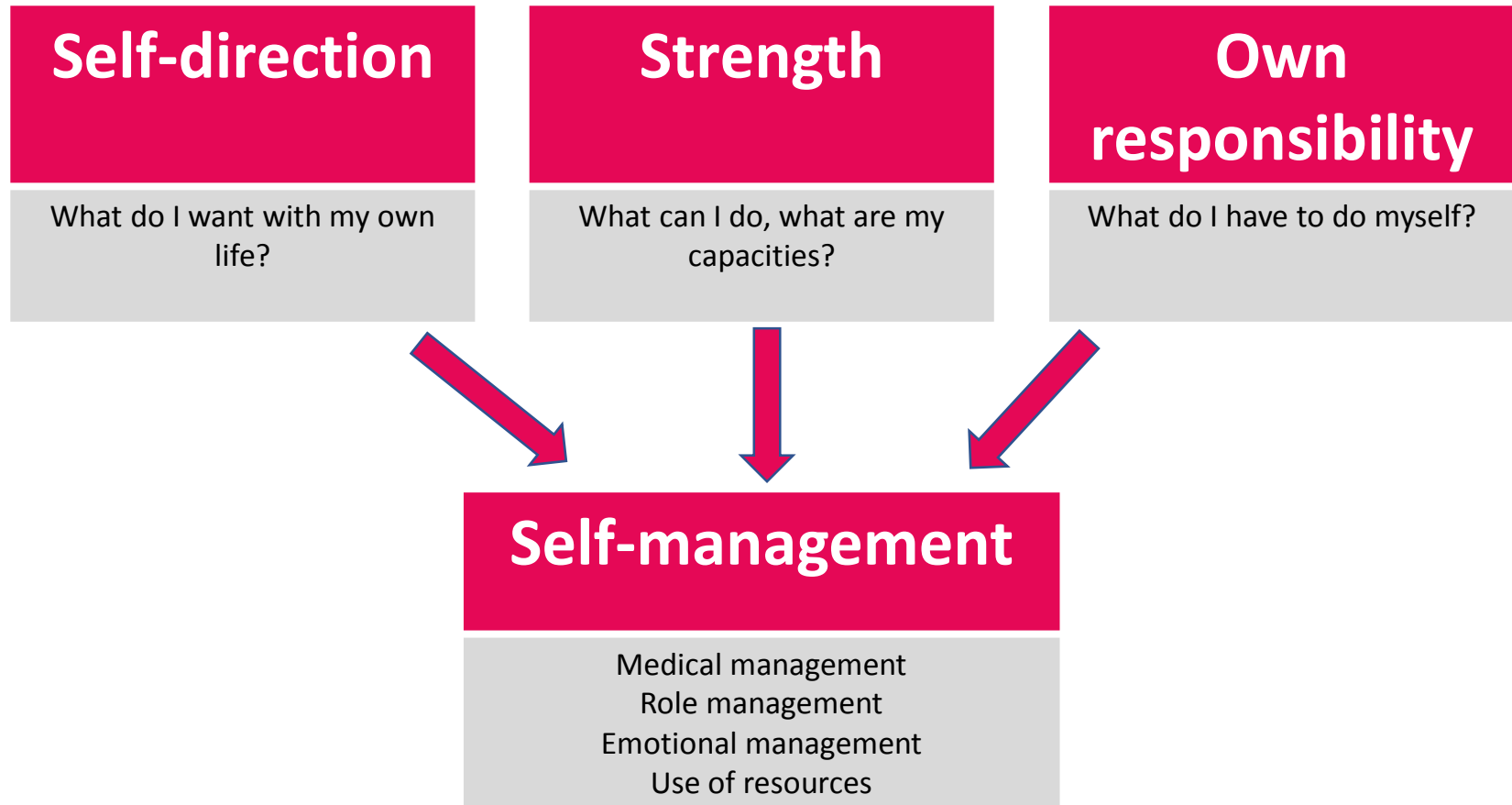
part of 'person centred care'







# Self-direction & Self-management



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

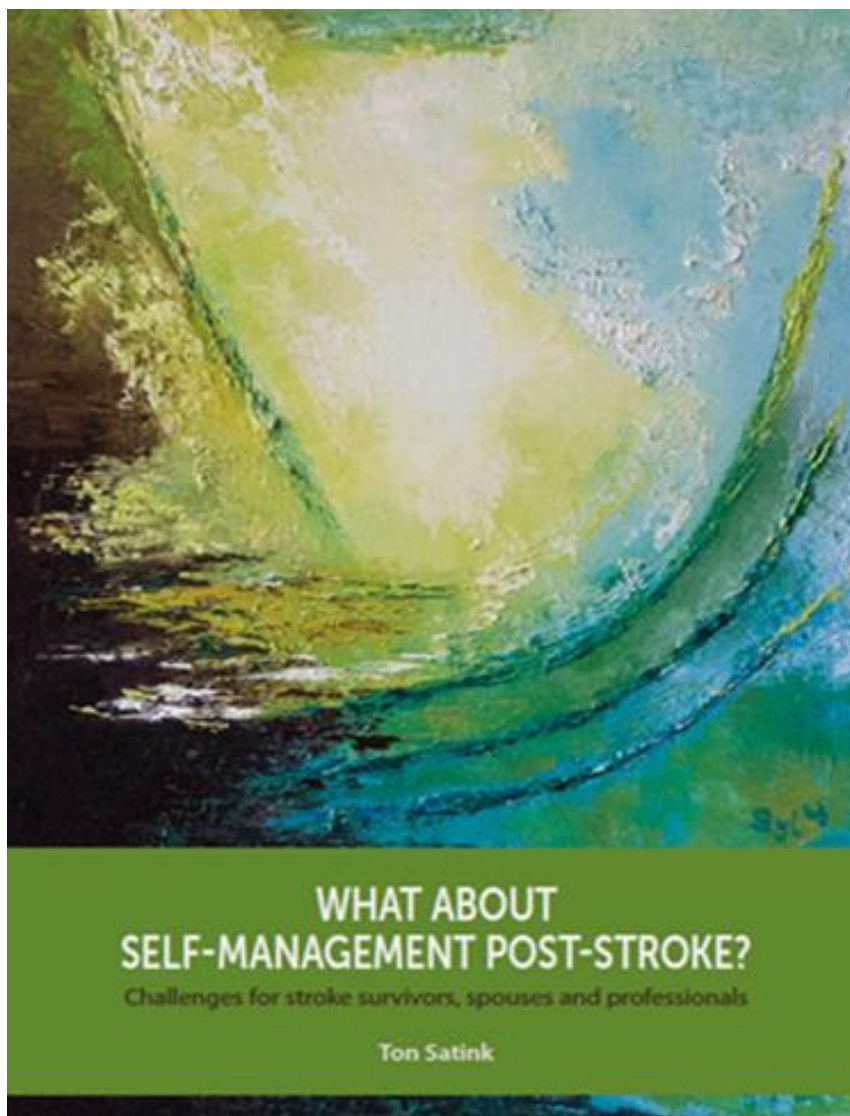
Dimensions of self-management	Adaptive ‘tasks’ for people with chronic diseases
Medical management	Manage the disabilities & symptoms of the disease
	Manage the treatment
Role management	Manage daily activities & roles and live a meaningful life
	Maintain relationship with professionals & (in)formal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

# Self-management and self-direction



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# 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



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# 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;

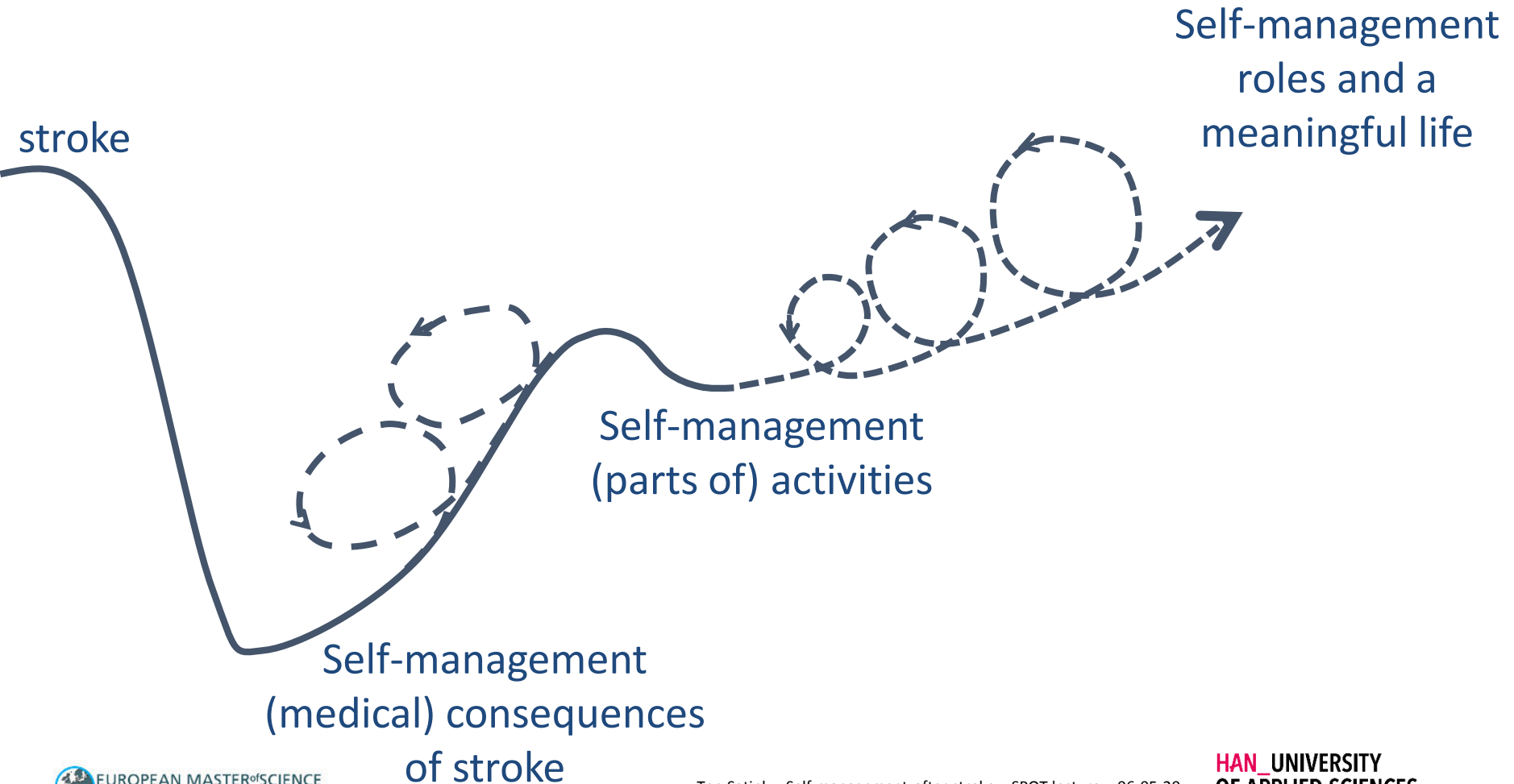
Co-management;

Real self-management starts at home;

Environment can facilitate but also limit self-management.

Changing relationship

# Process of self-management



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# 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**

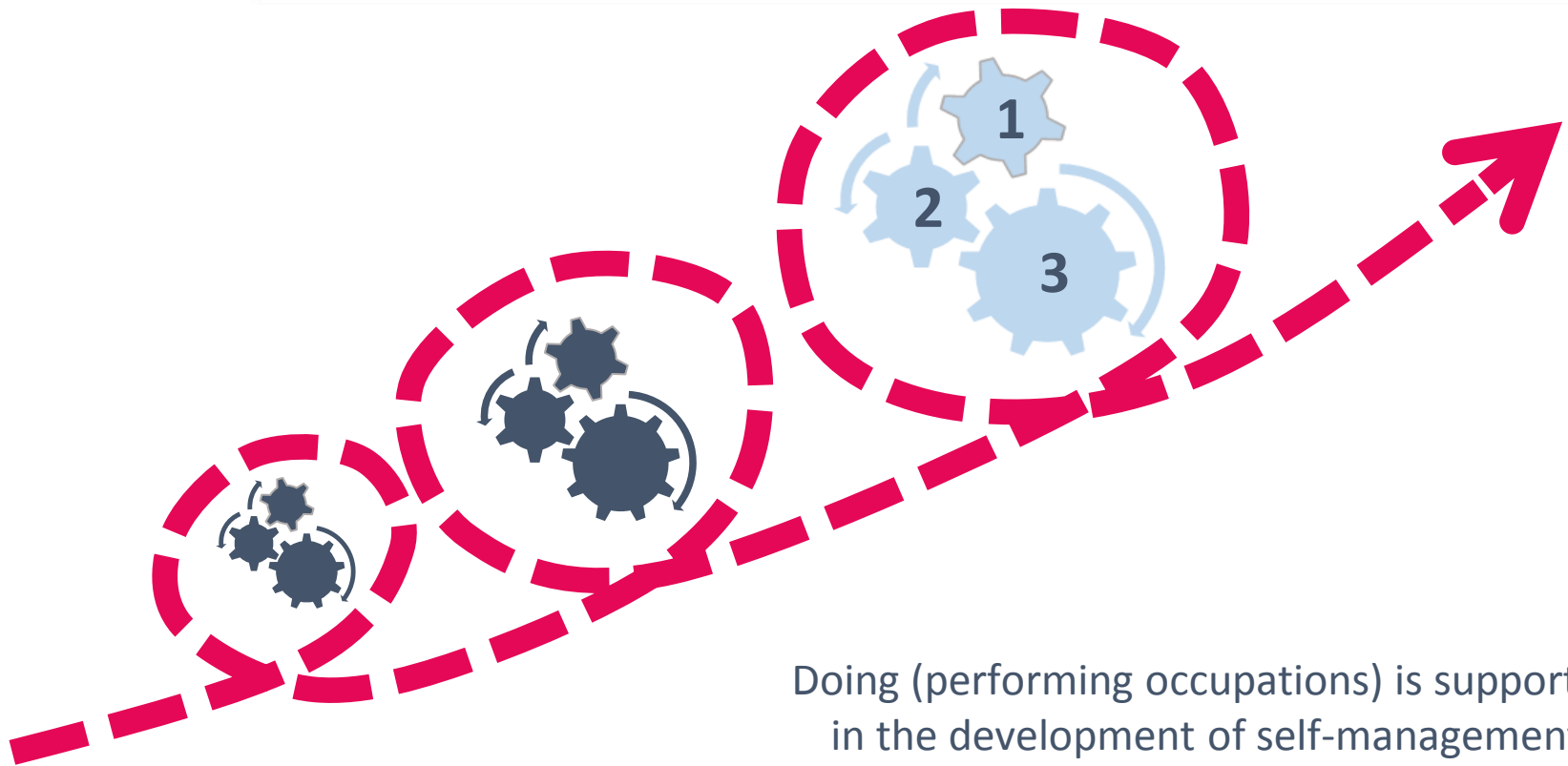


**Existential time**

**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



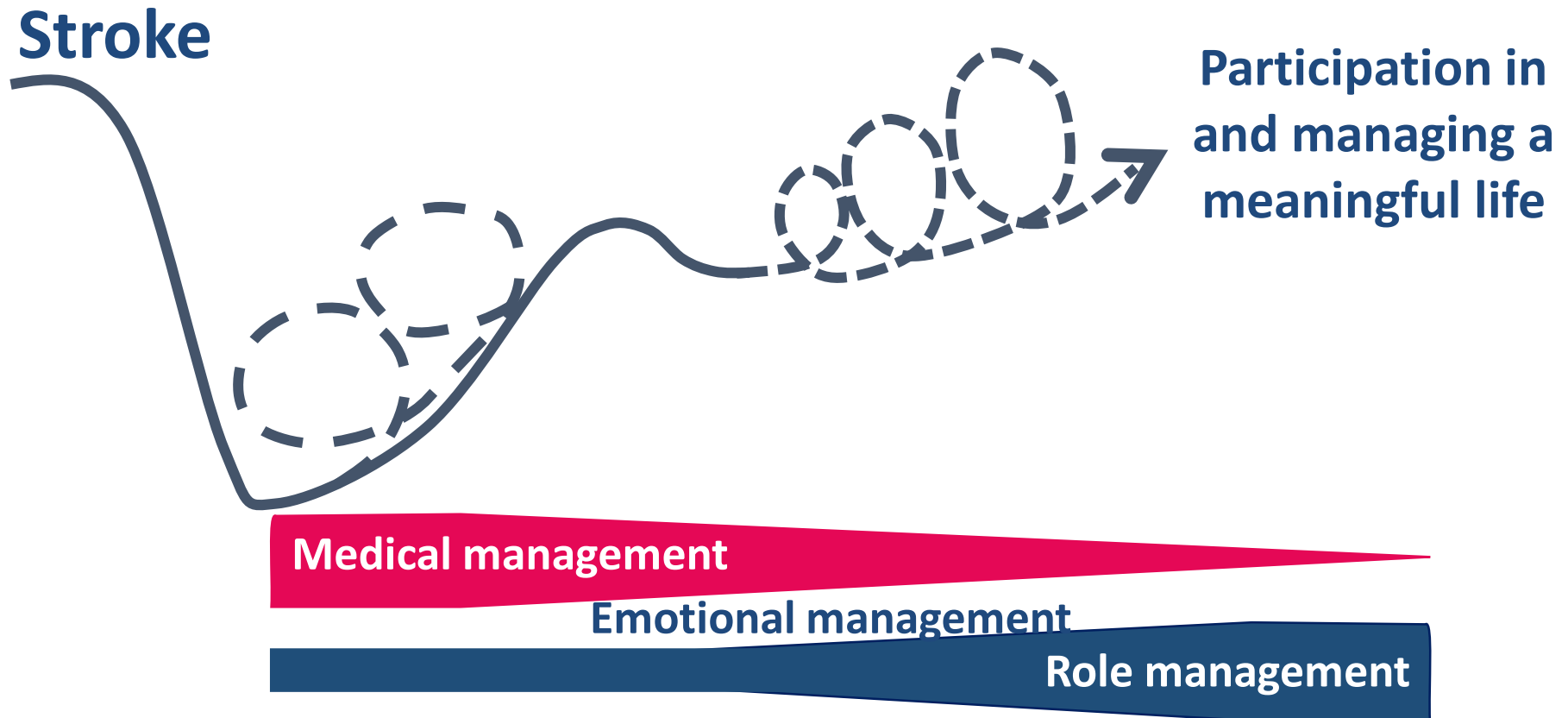
# Self-management & co-management

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



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# Questions & Reflections ?



**Thank you for  
your attention !**