

| Dimension: Mental Health | Patient Self Care Plans |
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| <p>This Intervention is Linked to the Following Secondary Drivers:</p> <ul style="list-style-type: none">• Client-centered and client-driven support systems in place to provide individual and peer-to-peer group support• Customized care plan for all clients experiencing mental health concerns and/or substance use issues | |
| <p>Level of Evidence: Good idea worthy of testing</p> | |

Summary:

A Patient Self Care Plan is a patient-centered planning technique that recognizes a patient's own strengths, assets and networks as part of their overall care plan.

Core Components

A Strategy for Using a Patient Self Care Plan might contain the following elements:

- Training for relevant staff on the purpose and use of the Patient Self Care Plan and how to support patients in developing their own
- Developing a brief patient self-assessment form and a brief patient Self Care plan form with clinic patients and utilizing the resources provided below.
 - A brief, user friendly patient self-assessment might include:
 - A survey of patient's own assets
 - An understanding of their family and social networks
 - An understanding of what (in their words) is important to them and could include prompts such as "favorite quotes", etc.
 - Areas in which they would like to include (include in their Self Care Plan)
 - A brief, user-friendly patient care form might include:
 - Patient goals (in their own words)
 - What they can do to help achieve their goals
 - Who they can call on (support system) to help them achieve their goals
 - How they will know if their plan is working or starting to work
- A simple and effective way to track the extent to which developing a Patient Self Care Plan:
 - Is viewed as useful by patients
 - Makes patients feel more involved in their own care
 - Results in better patient outcomes
- The patients' goals and strategies in their Self Care Plan can be used to motivate patients, to re-energize them when they are feeling down, and to help ensure that the care provided meets the patient's needs
- The plan can be reviewed and updated with the patient at regular intervals (e.g. every six months)

Tips and Tricks:

- Making effective use of Patient Self Care Plans takes time, testing, refining and ability to continually monitor and improve
- Ongoing, brief surveys of patients can help you determine if you are on the right track and can provide specific ideas for improvement
- Patient Self Care Plans can help build deeper, more authentic relationships between patient and provider.
- Ursuline Sisters HIV/AIDs ministry uses a Self Care plan that allows a patient to develop a detailed plan for what they will do (or not do) during specific situations and to practice regular Self Care.

Additional Resources (Existing Guides, Case Studies, etc.):

- [Common Elements in Self-Management of HIV](#)
- [Institute for Healthcare Improvement: HIV Self-Management and Adherence](#)
- Ursuline Sisters HIV/AIDs Ministry uses an assessment adapted from the following: Saakvitne, K. W., & Pearlman, L. A. (1996). Transforming the pain: A workbook on vicarious traumatization. New York: W.W. Norton & Company.

Suggested Measures:

Process Measures

- % of patients that complete brief survey related to their use of the Patient Self Care Plan (can be integrated into a large survey)

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Outcome Measures

- % of patients that agree or strongly agree that “The Patient Self Care Plan is useful”
 - Overall patient population
 - Segmented by race, gender identity, housing status, substance use status and other relevant sub-populations
- % of patients that agree or strongly agree that “The Patient Self Care Plan allows me to be more involved in my HIV Treatment”
 - Overall patient population
 - Segmented by race, gender identity, housing status, substance use status and other relevant sub-populations
- % of patients, regardless of age, with a diagnosis of HIV who had at least two (2) encounters within the 12-month measurement year

Citations and Acknowledgements:

To come as this idea is tested and develops an evidence base.