

# Final Self management practice assessment tool

## Self Management Practice Assessment Tool for Clinicians

The purpose of this self administered survey is to provide a tool for clinicians/health care providers to reflect on their skills and knowledge on self management support in their day to day practice. Self management support involves the clinician/health care provider assisting and supporting the client to manage their own health and wellbeing. The reflection is from an overall perspective and not on the single episode of care provided.

The tool can be used by any health care provider that incorporates in their day to day practice a self management approach in their client care.

Although skills and knowledge of self management support occur throughout the health care encounter, there are particular expectations at different points of the care continuum. Consequently the survey identifies 3 key points; assessment, care planning/support and discharge/transition.

HealthWest Partnership  
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### A: SKILLS AND KNOWLEDGE

#### What is your level of understanding of:

	Low		Medium		High		N/A
Wagner Chronic Care Model	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Stages of Change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self Management Support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community Support Services for clients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clinical Services for clients (to refer to)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* Transtheoretical Model - Prochaska & Di Clemente

#### Overall, which techniques do you predominantly use in your day to day practice?

- Open questions
- Paraphrasing
- Summarizing
- Empathy
- Goal setting
- Repeating back/reflecting
- Closed questions
- Problem solving

Other (please specify)

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## B: CLINICAL PRACTICE

Please respond to the following statements in the context of an overview of your work in the past 2 weeks

### ASSESSMENT (may occur over a number of sessions)

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	N/A
I try to understand the client's perspective	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship with the client is critical in self management support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend time getting to know the client and what they want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I identify SMART goals with the client	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always check with the client how important the goal is to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always check with the client their readiness to start a goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always check with the client how confident they are about their goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I inform the referrer the outcome of assessment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I refer a client to another clinician/service I follow up the referral	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Engaging with clients who have emotional problems is a challenge for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### CARE PLANNING/SUPPORT

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	N/A
Any decisions on client goals are made together with the client	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I regularly review with the client how they are going with their goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using the care plan is just too time consuming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always try to go at the client's pace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I support the client in the choices/ goals they make	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always work with the client to identify their goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment

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**Overall, on average how frequently do you follow up with a client after initial assessment and care plan? (Please tick one response)**

- Weekly
- Fortnightly
- Monthly
- 6 monthly

Other (please specify)

**Overall, which top 2 methods do you use to follow up with clients? (Please tick 2 responses)**

- I phone the client
- The client phones me
- Face to face – centre/clinic/hospital
- Face to face – home visit
- Face to face – community setting
- Secondary consult/handover

Other (please specify)

## DISCHARGE/TRANSITION

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	N/A
I refer clients to other services as needed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm aware of resources and services in the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clients with chronic health conditions are rarely discharged	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are no other services to refer our clients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## C: SHARING IDEAS

**Three things I enjoy about self management support are**

- 1
- 2
- 3

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To provide better self management support it would be great to do/to have

## ABILITY TO SELF REFLECT

**How confident am I in my ability to self reflect?**

- Very confident
- Somewhat confident
- Confident
- Not very confident
- Not sure

Other (please specify)

**Overall, on average, how often do you regularly self reflect?**

- All the time
- Often
- Sometimes
- Occasionally
- Never
- Not sure

Other (please specify)

**overall, on average, how often do you self reflect as part of a regular team approach?**

- Daily
- Weekly
- Monthly
- Bi monthly
- Not sure

Other (please specify)