

Intoduction

Purpose of Tool: To provide parameters to assess your capacity to support patient self-management in your clinical practice.

Nurse Self Assessment

Question	Yes/No
Establish a Focus	
At start of care and on an ongoing basis, I assess patient beliefs, behavior and knowledge with a standardized assessment.	<input type="checkbox"/>
I ask open-ended questions whenever possible to learn about patients' perceptions and concerns, adapting the level of my conversation based on cognitive and language deficits.	<input type="checkbox"/>
I actively listen to my patients as they tell their illness story.	<input type="checkbox"/>
Share Information	
I share information about the illness with the patient to help my patients make informed decisions on where to focus their efforts.	<input type="checkbox"/>
I provide personalized feedback on lab values and functional status related to risks/benefits and ways behaviors can affect outcomes.	<input type="checkbox"/>
I provide feedback to patients, the home health team and physicians regarding the patient's progress/status with an emphasis on the patient's self-defined goals.	<input type="checkbox"/>
Develop Shared Goals	
I collaboratively develop a patient-centered emergency care plan that correlates with my patient's goals and is reinforced with each encounter.	<input type="checkbox"/>
I collaboratively set goals with the patient/caregiver based on the patient's interest and confidence in his or her ability to change the behavior.	<input type="checkbox"/>
I refer to speech therapy to identify the best possible way to present information to patients with hearing loss, cognitive deficits, memory deficits, vision issues and/or processing deficits and various learning styles.	<input type="checkbox"/>
Develop an Action Plan	
I establish a patient/caregiver driven action plan with my patients to support self-management goals.	<input type="checkbox"/>
I provide an opportunity for my patients to identify their confidence levels in achieving specified goals.	<input type="checkbox"/>
Identify personal barriers, strategies, problem-solving techniques and social/environmental support available for all patients.	<input type="checkbox"/>
Use Problem Solving Techniques	
I offer tools and coaching to ensure medication simplification and reconciliation occurs effectively according to patient's ability.	<input type="checkbox"/>
I support and encourage my patients to develop skills needed to communicate effectively with physicians.	<input type="checkbox"/>
I define plans for follow-up including setting a specific date to revisit or check in by phone to follow-up with the patient's progress towards goals.	<input type="checkbox"/>