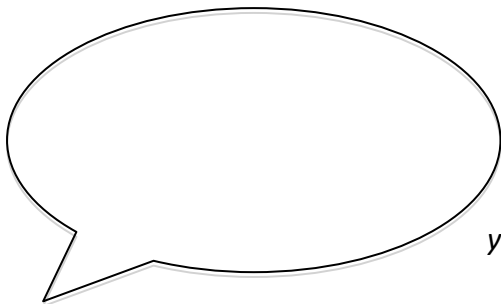


## Self-Management isn't just for patients: *what can healthcare professionals learn?*

Self-management support is about having the right conversation....



This is an opportunity to learn about different self-management techniques, acknowledge what they are already doing.  
*Gives you the opportunity to give yourself credit for what you are already doing*

### Goal Setting

My overall aim is to...

To achieve that, I am going to...

How important is this to me? *Not important* 0 1 2 3 4 5 6 7 8 9 10 *very important*

Why this is important to me...

I am going to do....

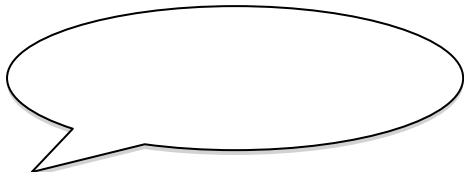
When....

How often....

How confident do I feel that I am going to complete this? *Not important* 0 1 2 3 4 5 6 7 8 9 10 *very important*

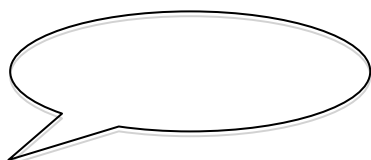
*A useful template to get anything done, whether health changes or work development!*

### Goal Follow-Up



Praise achievements and/or self-management skills  
If not completed, check important and problem solve

### Agenda Setting



So you have been feeling more tired and you have been coughing more... Is there something else?

From my perspective the things we need to cover today are... is that OK?

Sets the foundations for the rest of the conversation, and means each person gets to raise what matters to them.

*Useful for appointments with patients, and ANY other meeting!*

### Other resources

Health Foundation Person-Centred Care Resource Center (Self-Management Section)

<http://personcentredcare.health.org.uk/resources/behind-closed-doors>