

MODULE 2

HEALTH AND SELF-MANAGEMENT OF HEALTH

**TRAINING PROGRAM FOR ENHANCING THE ADOPTION
OF MOBILE HEALTH BY PERSONS WITH MENTAL HEALTH PROBLEMS**



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OBJECTIVES



- Self-assessment of the main strengths and weaknesses related to health and self-management skills

- Identify the needs of each participant

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INTRODUCTION

Participants

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What does health mean to you?

What comes to mind when you talk about health?



The ability **to adapt** and to **self-manage**

↳ **physical health**

↳ **mental health**

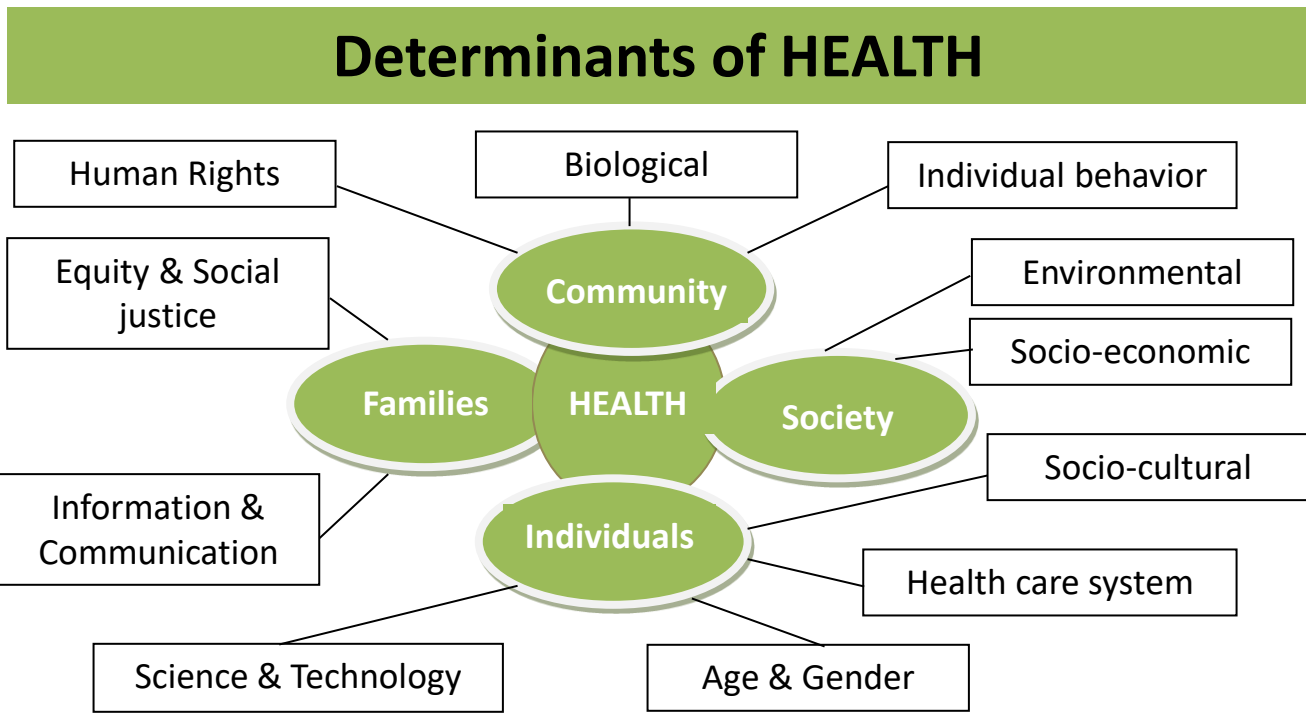
↳ **social health**

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Responsibility for Health

- **Individual** Responsibility
(self-care in health/self-management of health)
- **Community** Responsibility
- **State** Responsibility
- **International** Responsibility



New Philosophy of Health

- Health is a **fundamental human right**.
- Health is the **essence of productive life**.
- Health is **inter-sectorial**.
- Health is an **integral part of development**.
- Health is **central to the concept of quality of life**.
- Health involves **individuals, state and international responsibility**.
- Health & its maintenance is a **major social investment**.
- Health is a **worldwide social goal**.

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What does health self-management to you?

What comes to mind when you talk about health self-management ?

The ability of **the individual**, in conjunction with

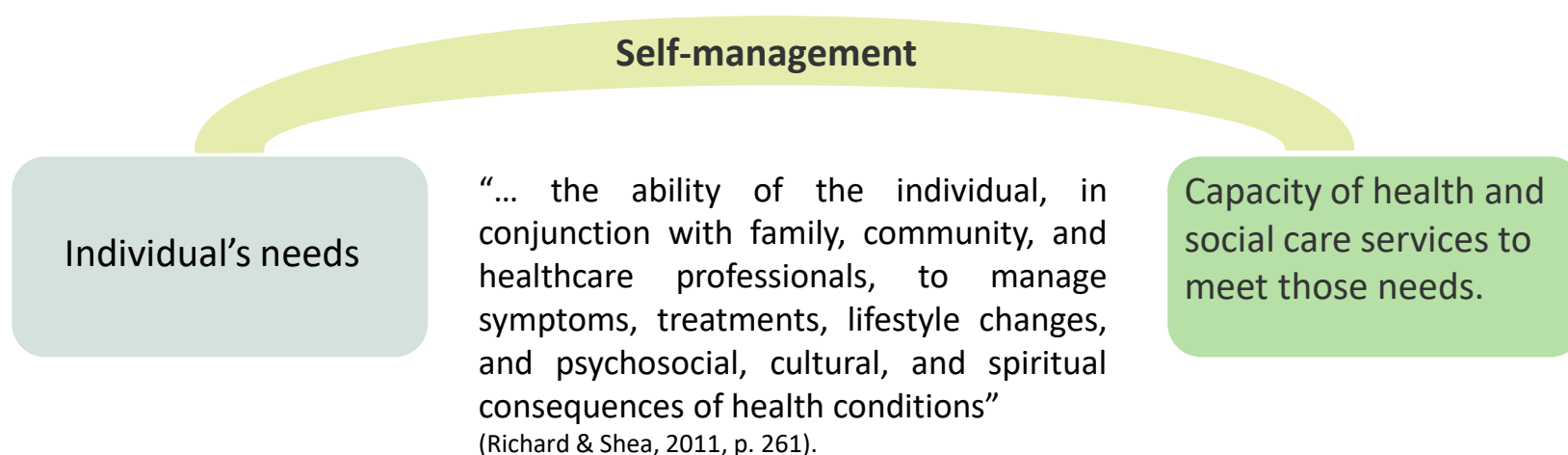
- ✦ family
- ✦ community
- ✦ healthcare professionals

to manage symptoms, treatments, lifestyle changes, and psychosocial, cultural, and spiritual consequences of health conditions.

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Health self-management tasks



Medical management: symptoms management, taking medications, adhering to a special diet, attending medical appointments

Behavioral management: adapting lifestyle, creating and maintaining meaningful behaviors in life roles (e.g. changing responsibilities within the family)

Emotional management: processing emotions that arise from having a chronic illness such as depression, grief, fear, anger

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Health self-management processes and skills

1. Focusing on illness needs

Learning (skills: Acquiring information, learning regimen, skills, and strategies)

Taking ownership of health needs (skills: monitoring and managing symptoms, side effects, and body responses, managing/taking medications, goal setting, decision making)

Performing health promotion activities (skills: Modifying diet, nutrition, smoking, and physical activity, reducing stress, taking action to prevent complications)

3. Living with a chronic illness

Processing emotions (skills: Exploring and expressing emotional responses, grieving)

Adjusting (skills: Identifying and confronting change and loss, managing uncertainty, developing coping strategies, accepting the “new normal”)

Integrating illness into daily life (skills: Reorganizing everyday life, creating a consistent health routine, balancing living life with health needs)

Meaning making (skills: Reflecting on/rearranging priorities and values, reframing expectations of life and self, learning personal strengths and limitations, becoming empowered)

2. Activating resources

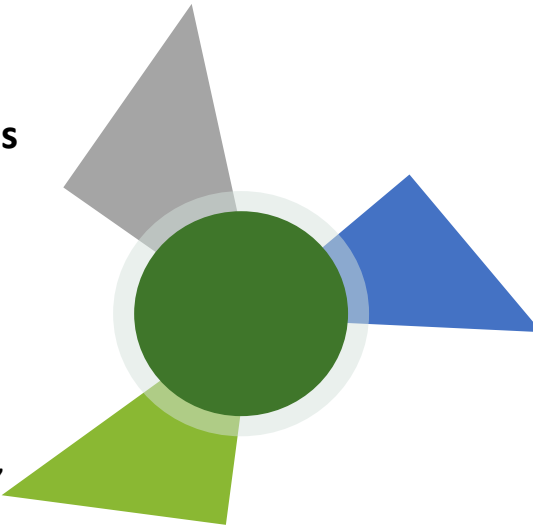
Healthcare resources (skills: Finding the right provider(s), communicating effectively, making decisions collaboratively)

Psychological resources (skills: drawing strength and wisdom from past experiences, cultivating courage, discipline, and motivation, maintaining positive outlook and hope)

Spiritual resources (skills: Praying, being part of a spiritual community)

Social resources (skills: Seeking support of family and friends, working through issues of dependence/independence, creating a community of peers with similar experiences)

Community resources (skills: Seeking financial assistance, and community resources)



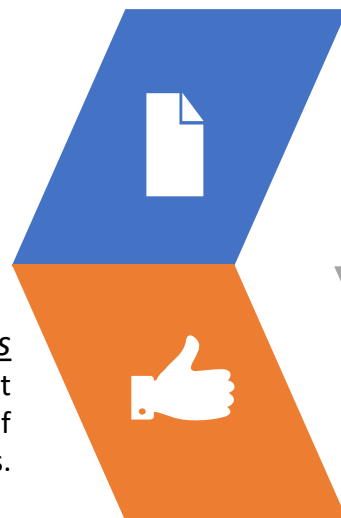
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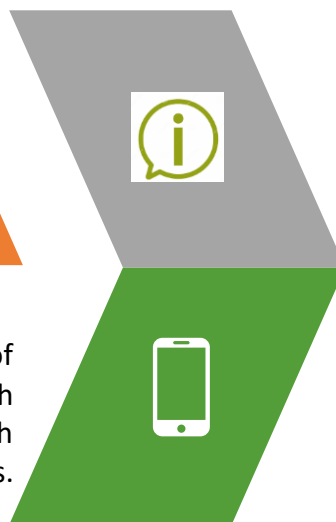
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Examples of digital health instruments in health self-management



Decision support systems
Relationship channels facilitating patient access to services and the organization of professionals' agendas.

Electronic medical records available and accessible from the different patient care devices. Electronic personal health record systems (PHRs) support patient centered health care by making medical records and other relevant information accessible to patients, thus assisting patients in health self-management.



Information to the patient and to the people of reference which improves the quality of health care on the evolution of their process.

Portable digital devices aimed at the management and control of diseases, especially in the case of chronic diseases, providing PMHP with greater autonomy and quality of life and allow them to interact with healthcare services.

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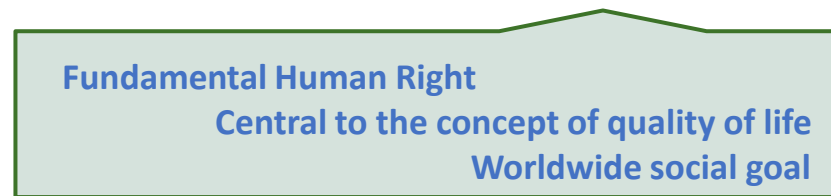


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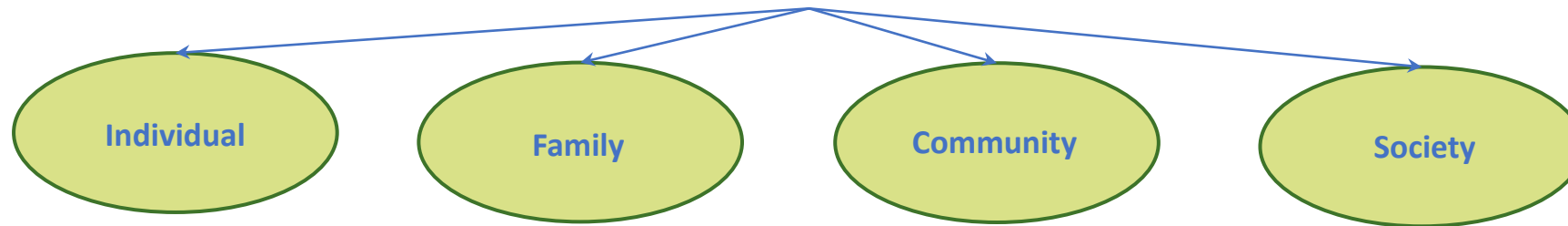
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Debriefing

What is health



Responsibility



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Debriefing

Health self-management



	Definition
	<p>The ability of the individual, in conjunction with</p> <ul style="list-style-type: none">✦ family✦ community✦ healthcare professionals <p>to manage symptoms, treatments, lifestyle changes, and psychosocial, cultural, and spiritual consequences of health conditions.</p>

	Tasks
	<p>Medical management</p> <p>Behavioral management</p> <p>Emotional management</p>

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	Processes and skills
	<ul style="list-style-type: none">▣ Focusing on illness needs▣ Activating resources▣ Living with a chronic illness <p>+ specific skills for each area</p>

	Factors
	<p>Demographic</p> <p>Clinical</p> <p>System</p>

Benefits of health self-management

- Improve people's capacity to act on their own health
- Strengthens the mechanisms of population health protection and transform the processes of health promotion, disease and disability prevention and care

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