

**PHC Support for Self-Management of Chronic Conditions
(Indicator Set: Primary Health Care Providers)**

<p>Descriptive Definition</p>	<p>Percentage of patient population, age 18 and older, with chronic health conditions who received at least one of the following types of self-management support from their primary health care (PHC) provider:</p> <ul style="list-style-type: none"> • Provided with a treatment plan • Encouraged to use self-help groups or programs 	
<p>Method of Calculation</p>	<p>Numerator</p>	<p>Number of individuals in the denominator who reported receiving at least one of the following types of self-management support from their PHC provider over the past six months:</p> <ul style="list-style-type: none"> • Provided with a treatment plan; and/or • Encouraged to use self-help groups or programs. <p>Inclusions</p> <ul style="list-style-type: none"> • Individual is in the denominator • Individual reported at least one of the following over the past six months: <ul style="list-style-type: none"> – Was helped in making a treatment plan – Was encouraged to go to a specific group or class to help to cope with chronic condition(s) – Was encouraged to attend programs in the community that could help him or her care for his or her chronic condition(s) <p>Exclusions</p> <p>None</p>
	<p>Denominator</p>	<p>Number of respondents age 18 and older with at least one chronic condition.</p> <p>Inclusions</p> <ul style="list-style-type: none"> • PHC client/patient • Age of individual is at least 18 years • Individual reported having at least one chronic condition <p>Exclusions</p> <p>None</p>
<p>Data Source</p>	<p>Canadian Practice-Based Primary Health Care Survey Tools: Patient Component¹</p>	



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<p>Notes</p>	<p>Definitions of Terms</p> <ul style="list-style-type: none"> • A PHC client/patient is an individual who has had contact with the provider at least once in the past year and has a record with the provider dating back at least two years. • Self-management support is considered provided if the response was “yes” to questions on self-management support. • Chronic conditions include those listed in the survey. • Self-help groups are small, autonomous, open groups that meet regularly and whose primary activity is mutual aid. Self-help groups are run by group members and do not have any professional leadership.² • Self-management refers to tasks that individuals must undertake to live well with one or more chronic conditions, including having the confidence to deal with medical management, role management and emotional management of their conditions.³
<p>Interpretation</p>	<ul style="list-style-type: none"> • A high rate for this indicator can be interpreted as a positive result. <p>Further Analysis</p> <ul style="list-style-type: none"> • This indicator can be modified to measure resources for self-management and for self-help groups and programs separately.
<p>Indicator Rationale</p>	<p>For approximately nine million Canadians, or 33% of the population, living with one or more chronic health conditions is a daily reality.⁴ The number of individuals affected by chronic disease in Canada is also expected to increase as the population ages and as a result of the rise in contributing risk factors, such as overweight and obesity and physical inactivity.⁵</p> <p>Most Canadians with chronic health conditions have a regular PHC provider. Research indicates that individuals with chronic conditions use the health care system more often and more intensively, and that the intensity of use increases in relation to the number of chronic comorbidities.^{4, 6} Individuals diagnosed with chronic health conditions in Canada account for approximately 51% of visits to PHC physicians (family physicians or general practitioners), 55% of visits to specialists, 66% of nursing consultations and 72% of nights spent in a hospital.⁴</p> <p>Research indicates that engaging and activating patients in their own care leads to better health outcomes, including possible stabilization and improvement of chronic health conditions and a decreased risk of complications.⁷ Involving patients in self-management also has the potential to increase patient function, lower pain and decrease health</p>

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care costs.⁸ For example, self-management education in chronic obstructive pulmonary disease has been shown to result in decreased hospital admission rates.⁹

Self-help groups are an increasingly important resource in self-management of chronic conditions.¹⁰ These voluntary groups are usually formed by individuals affected by a particular condition and provide mutual support. Many self-help groups can be accessed online and are especially helpful to individuals with decreased mobility.

In addition, self-management of chronic conditions can augment traditional patient education by teaching problem-solving skills and enhancing self-efficacy, as well as by providing information and technical skills.^{11, 12} PHC organizations that provide easily accessible resources may make it easier for patients to understand and manage the disease processes, treatment options and/or self-care practices that may be available to them.¹³

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