Self Management Team Members

Co-Leaders
Janalee Taylor
513.636.8032
Elizabeth Mathison
513.803.6138

Chronic Care Director
LeaAnn Dick
513.803.2208

Chronic Care Project Manager
Virginia Collins
513.803.2810

Quality Improvement Consultant
Jason Newsome
513.803.2693

Data Analyst
Kevin Stanford
513.803.2226

Self Management Support

"Change the Conversation"
"Change the Relationship"
"Change the Outcome"

For more information Please contact:

Janalee Taylor
513.636.8032
Janalee.Taylor@cchmc.org

Elizabeth Mathison
513.803.6138
Elizabeth.Mathison@cchmc.org

change the outcome®

Self Management Collaborative

Our Mission:

- **Develop** the collaborative communication skills of direct care staff
- **Implement** evidence based, patient and family centered, self management programs
- **Optimize** the ability of the patient/family to effectively manage their chronic condition at home
- **Sustain** and spread self management programs

Cincinnati Children's®

2015 CCHMC Strategic Plan Care Processes and Outcomes:

Implement self management programs for 100% of the diseases and disorders to optimize the ability of the patient/family to effectively manage their chronic conditions at home with a confidence rating greater than or equal to 7 out of 10 by June 30, 2015

What is Self Management?

The Institute of Medicine (2004) defines self-management as "the ongoing process by which an individual with a chronic illness or condition and his/her family engage in the following tasks":

- **Medical management** – managing symptoms and promoting health
- **Emotional management** – managing emotions commonly experienced
- **Role management** - managing the impact of illness on functioning, interpersonal relationships, and life roles (Lorig 2003)

Post Collaborative Teams:

- Juvenile Idiopathic Arthritis
- Systematic Lupus Erythematosus
- Asthma Innovation Lab
- PPC -Asthma
- Cystic Fibrosis
- Asthma
- Urology Complex Clinic
- Diabetes
- Lipid Clinic
- Center for Better Health and Nutrition
- Neurology
- Tuberous Sclerosis
- Epilepsy – New Onset Seizure
- Home Health Care – Asthma
- Adolescent Medicine – Obesity Clinic
- Physical Medicine & Rehab
- Sickle Cell
- Acute Lymphoblastic Leukemia

How ready is your team to join us?

- OT/PT
- Nutrition
- Heart Institute – Syncope
- Autism
- Small Child
- Ophthalmology – Uveitis
- Speech Pathology
- Nephrology – Kidney Transplant
- Neurogenic Bladder in Spina Bifida
- Kidney Transplant
- Dysphagia & Speech Sound Disorders

Process for Implementation of Self Management Programs

Enroll your team in the next Self-Management Collaborative which consists of 2 components over 6 months:

1) ACCEPT – Advancing Comminication and Care by Engaging Patients.
Training for all your direct care staff in behavior change communication skills. This training is delivered in a combination of online learning and classroom instruction.

2) BTS Collaborative – Use improvement science methods and learn and interact with other teams who are implementing self-management skills and tools.
A subset of your team will participate in:

- **Five** – 4 hour learning sessions
- **Four** - 45 minute webinars

Benefits of Collaborative Participation for your Team:

- **Integrate** these skills and written tools into daily patient/family interactions.
- **Optimize** the ability of the patient/family to effectively manage their chronic condition at home
- **Sustain** the gains and spread