

### Appendix 6. Definitions of current self-management practice by patients

Concepts	Definitions in Van de Velde D <i>et al.</i> <sup>1</sup> and Audulv Å <i>et al.</i> <sup>2</sup>
<b>Self-management behaviors</b>	<b>Strategies individuals perform to live well with long-term conditions, including medical, role and emotional management</b>
<ul style="list-style-type: none"> <li>● Medical management               <ul style="list-style-type: none"> <li>-Disease-specific controlling behavior</li> <li>-Healthy behavior</li> </ul> </li> <li>● Role management</li> <li>● Emotional management</li> </ul>	<ul style="list-style-type: none"> <li>● It is often disease-specific and includes both very complex and technical tasks (e.g., dialysis at home), as well as quite simple tasks (e.g., taking medicine).               <ul style="list-style-type: none"> <li>- Strategies to control symptoms, limit complications and/or disease progression.</li> <li>- Behaviors enacted to enhance health and limit the risk of lifestyle related illness.</li> </ul> </li> <li>● It is deemed to maintain, change or create new meaningful behaviors or life roles with the purpose of managing the disease and its associated effects. It also includes reviewing the roles of an individual and afterwards accomplishing the essential adaptations or changes.</li> <li>● Emotional management represents the ability to deal with emotions<sup>30</sup> such as uncertainty, anger, depression, stress, etc.</li> </ul>
<b>Self-management skills</b>	<b>To be able to fulfil this lifetime task, five skills recur when it comes to self-management</b>
<ul style="list-style-type: none"> <li>● Problem-solving</li> <li>● Decision-making</li> <li>● Using resources</li> <li>● Forming a patient-healthcare professional partnership</li> <li>● Goal-setting, taking action and evaluating the attainment of goals</li> </ul>	<ul style="list-style-type: none"> <li>● This consists of problem definition, the generation of possible solutions, solution implementation and the evaluation of results.</li> <li>● This skill is related to making informed choices. This skill can also be linked to the patient and healthcare professional partnership as self-management entails collaborative decision-making.</li> <li>● Learning how to find and use the right resources. Such resources could include websites, libraries, community agencies and so on.</li> <li>● In the partnership between patients and healthcare professionals, the professionals are experts about the disease and the patients are experts about their lives. The patient and the professional occupy equal positions and co-operatively work together.</li> <li>● It is based on making a short-term action plan and implementing it. Eventually, the person should be able to evaluate whether the goals are met.</li> </ul>

1. Van de Velde D, De Zutter F, Satink T, *et al.* Delineating the concept of self-management in chronic conditions: a concept analysis. *BMJ open* 2019;9(7):e027775
2. Audulv A, Ghahari S, Kephart G, *et al.* The Taxonomy of Everyday Self-management Strategies (TEDSS): A framework derived from the literature and refined using empirical data. *Patient Educ Couns* 2019;102(2):367-75.