



## Stanford Chronic Disease Self-management Program

### Weekly patient objectives

#### WEEK 1

- 1 - Define at least three differences between acute and chronic disease.
- 2 - Identify a set of problems that are common among various chronic illnesses.
- 3 - Identify the components of the Symptom Cycle.
- 4 - Name at least 2 components of the Self-Management Tool Box.
- 5 - Practice distraction as a self-management tool.
- 6 - Make a self-management behavior action plan for the coming week.

#### WEEK 2

- 1 - To identify the steps of problem-solving.
- 2 - Discuss ways of managing anger, fear and frustration.
- 3 - Name at least five benefits of exercise.
- 4 - Plan a fitness program by choosing a long-term exercise goal.
- 5 - Make an action plan for the coming week.

#### WEEK 3

- 1 - Describe at least four causes of shortness of breath.
- 2 - Demonstrate diaphragmatic and pursed-lip breathing.
- 3 - Identify at least four causes of pain and fatigue.
- 4 - Describe at least one new method of dealing with pain and fatigue.
- 5 - Name three means of monitoring endurance exercise.
- 6 - Add to and modify their endurance exercise program.
- 7 - Make an action plan for the coming week.

#### WEEK 4

- 1 - Discuss at least four ways in which a good eating plan can help in their self-management process.
- 2 - Define what healthy eating means.
- 3 - Discuss future plans for healthcare with family and healthcare professionals.
- 4 - Discuss how to solve communication problems using the problem-solving steps.
- 5 - Make an action plan for the coming week.

#### WEEK 5

- 1 - Discuss at least two ways of remembering when to take their medications.
- 2 - Define the difference between a drug allergy and side effect.
- 3 - Discuss at least two ways of lessening the side-effects of their medications.
- 4 - Utilize *Living a Healthy Life* and other resources to learn about their medications.
- 5 - Name at least two questions to evaluate a new treatment.
- 6 - Name five symptoms of depression and discuss three means of managing minor depression.
- 7 - Demonstrate changing negative thinking to positive thinking.
- 8 - Make an action plan for the coming week.

#### WEEK 6

- 1 - Demonstrate communication skills useful for talking with their physicians.
- 2 - State their role in the care of their chronic condition.
- 3 - Make a plan for dealing with their health problem(s) in the future.