**Module 4 Self-Management: Facilitator Preparation Guide**

**Goal:** After participating in the PACER Module 4 training, the learner will better understand how to work within an interprofessional team to define and identify opportunities to utilize self-management to enhance the patient and provider experience.

* Objective 1: The learner will define patient self-management.
* Objective 2: The learner will identify the significance of patient self-management for health outcomes, health costs, patient satisfaction, and provider well-being.
* Objective 3: The learner will describe practices a provider can implement to enhance patient self-management.

**Preparing for the Event:** It is highly recommended to discuss the following items with involved faculty before the event

1. What takeaways would you like participants to take away regarding patient self-management?
2. What principles of patient self-management impact the successful implementation of patient care plans?
3. Identify who will be “Kim Jones” and practice responses to questions participants may ask in a successful or unsuccessful care plan.
   1. Traditionally care plans will include offering connection to home health for her mother, encourage meal prepping in advance, or consulting with her work to return her hours to normal. Most patients likely have “buts” or reasons why these things will not work. After hearing more about patient self-management in the module, care plans should move towards a more patient collaborative/requesting suggestions from the patient type of approach. Here the patient may consult having her grown children come over to check on her mom at lunch, purchasing some prepped ahead healthier options at the grocery, or interviewing home health companies for one she might feel comfortable with allowing to come into her home to care for her mother.
   2. Please reference 5 – Session Materials – Case Study document for more information regarding the Kim Jones role.
   3. Consult 2 - Event Structure – Self Management for more details.
4. Discuss with team pre-survey questions on the 2 - Event Structure – Self Management and how to populate data compilation to 4 – PowerPoint – Self Management slide 20.
5. Consult the attached two journal articles for reference.

**Printing Items:**

1. Print one of the following for each participant

* 5 – Session Materials – Participant Event Handout
  + IMPORTANT: Ensure you have filled out the date/location/faculty portion of this worksheet before printing
* 5 – Session Materials – Care Plans
* 5 – Session Materials – Case Study
* 6 – Post Module Evaluation – Self Management
* 6 – Pre Module Evaluation – Self Management

2. Print one of the following for each facilitator

* 2 – Event Structure – Self Management
* 3 – Facilitator Guide – Self Management
* 4 – PowerPoint – Self Management