

## ANTECEDENTS



## PROCESS



## OUTCOME

### FACILITATORS AND BARRIERS

- Personal / Lifestyle
- Health status
- Resources
- Environment
- Health Care System

### Individual self-management

- Focusing on illness needs
- Activating Resources
- Living with the condition



### Family Management



### Nursing support

for implementing Pharmacological / non-pharmacological interventions (ICN, 2019)



SCOPE OF INTERVENTION	NURSING INTERVENTIONS (ICN, 2019)
Medication	<ul style="list-style-type: none"> <li>✓ Teaching about the use of inhalators, use of medication, and oxygen therapy</li> <li>✓ Teaching family about the treatment regime</li> </ul>
Educational programs	<ul style="list-style-type: none"> <li>✓ Promoting self-management of symptoms and self-care</li> <li>✓ Teaching about the disease, exercise, nutrition, symptom management techniques, and smoking cessation</li> </ul>
Breathing exercises	<ul style="list-style-type: none"> <li>✓ Teaching about breathing exercises</li> </ul>
Body awareness	<ul style="list-style-type: none"> <li>✓ Teaching about disease – signs and symptoms recognition</li> <li>✓ Assessing symptom control</li> <li>✓ Promoting self-management of symptom</li> <li>✓ Monitoring/evaluating signs and symptoms</li> </ul>
Sharing of peer experiences	<ul style="list-style-type: none"> <li>✓ Promoting social support</li> <li>✓ Referring to peer group</li> <li>✓ Referring to support group therapy</li> </ul>
Emotional intelligence	<ul style="list-style-type: none"> <li>✓ Assessing fear/depression/anger</li> <li>✓ Facilitating the ability to communicate feelings</li> <li>✓ Reinforcing communication</li> <li>✓ Providing emotional support</li> </ul>
Web application	<ul style="list-style-type: none"> <li>✓ Teaching patients and families about innovative health app systems</li> <li>✓ Evaluating self-management of disease</li> </ul>
Transversal interventions	<ul style="list-style-type: none"> <li>✓ Assessing readiness for self-management</li> <li>✓ Assessing family readiness for self-management</li> <li>✓ Assessing barriers to behavior change /adherence</li> <li>✓ Assessing capabilities for behavior change</li> <li>✓ Providing family anticipatory guidance</li> <li>✓ Supporting the decision-making process</li> <li>✓ Assessing adherence to the therapeutic regime</li> <li>✓ Reinforcing achievements</li> <li>✓ Providing self-management support (to individuals and caregivers/families)</li> <li>✓ Reporting status to the interprofessional team</li> </ul>

### Short-term

**Behaviours**  
Medication,  
Breathing  
exercises,  
pulmonary  
rehabilitation,  
healthy lifestyle  
adherence  
Smoking cessation

### Conditions

Self-efficacy  
Motivation  
Perceived stress  
Body awareness  
Emotional  
intelligence

**Health literacy**  
Knowledge

**Symptom  
management**  
Chronic dyspnea

### Long-term

**Health status**  
Control  
Morbidity  
Mortality

**Individual  
outcomes**  
Quality of life  
Psychosocial  
status

**Family  
outcomes**  
Quality of life  
Function

**Healthcare**  
Access  
Utilization  
Provider  
Relationships  
Cost-  
effectiveness

Appendix A Framework for nurses to promote self and family management of chronic dyspnoea in complex chronic patients, adopted from Grey et al. 2015 [22]

