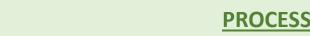
### **ANTECEDENTS**





## **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)



#### **Short-term**

## Behaviours

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

#### **Conditions**

Self-eficacy Motivation Perceived stress Body awareness Emotional inteligence

Health literacy Knowledge

Symptom management Chronic dyspnea

#### **Long-term**

## Health satus Control

Morbidity Mortality

## Individual outcomes

Quality of life Psychosocial satus

# Family outcomes

Quality of life Function

#### Healthcare

Access
Utilization
Provider
Relationships
Costeffectiveness

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]