



## Weekly patient objectives

### W E E K 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.

### W E E K 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.

### W E E K 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.

### W E E K 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 health care with family and health care professionals.
- 4 – Discuss how to solve communication problems using the problem-solving steps.
- 5 – Make an action plan for the coming week.

### W E E K 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.

### W E E K 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.

