

## Self-management support

### Usual shared decision-making

*A treatment plan is a set of actions your family doctor or nurse recommends to manage your health problem. Think about how well your family doctor or nurse adapted your treatment plans to your personal needs over the last 12 months...*

- 1) Does your family doctor or nurse ask if you felt you could do the recommended treatment plan?
- 2) When there are treatment choices, does your family doctor or nurse ask you what treatment you would prefer?

These 2 questions have the following potential responses:

- \* 1 I did not have any treatment
- \* 1 No, code as 1
- \* 2 Yes, sometimes, recode to 3
- \* 3 Yes, often, recode to 5

If either of these questions have the response of "I did not have any treatment", the dimension (Self\_management\_support) is not calculated.

Otherwise,  
 Self\_management\_support\_base\_score = mean of the non-missing items (potential range 1 to 5; missing when both usual shared-decision making items missing or patient did not have treatment)

### Visit shared decision-making

*Today...*

- 1) How good was the family doctor or nurse at explaining tests and treatments?
- 2) How good was the family doctor or nurse at involving you in decisions about your care?

Each of these 2 questions has the following potential responses:

	Recode to
1 Very poor	-1
2 Poor	
3 Fair – neither good nor poor	0
4 Good	
5 Very good	+1

Visit\_adjustment = mean of the non-missing of these 2 items (potential range -1 to 1; missing when both of the visit shared decision-making items missing)

### Activation

- 1) After seeing the family doctor or nurse today, how much do you know about your problem(s) or illness?
- 2) After seeing the family doctor or nurse today, how confident are you to deal with your problem(s) or illness?
- 3) After seeing the family doctor or nurse today, how confident are you about keeping yourself healthy?

Each of these 3 questions has the following potential responses:

	Recode to
1 Less than before the visit	-1
2 About the same as before the visit	
3 A little more than before the visit	0
4 Much more than before the visit	
	+1

Activation\_adjustment = mean of the non-mising of these 3 items (potential range -1 to 1; missing when all 3 of the Activation items are mising)

$$\text{Self\_management\_support} = \text{Self-management\_support\_base\_score} + \text{Visit\_adjustment} + \text{Activation\_adjustment}$$

Normalize to a 1 – 10 scale: 
$$\text{Self\_management\_support\_N} = (((\text{Self\_management\_support} + 1) / 8) * 9) + 1$$