

1. Self-management support in palliative care

...Assessing, planning, and implementing appropriate care to support the patient to be given the means to master or deal with their illness or its effects. Supported self-management in advanced disease, by nurses, can, empower people to acknowledge the impact of their condition on their life, and enable them, where possible, to face the range of challenges they may have, and identify areas where they need further support, help or care. Therefore, for individuals it's about being provided with the means to master or deal with problems rather than relinquish them to others... (Johnston et al 2014)

2. Self-management support in relation to opioids and their side-effects

- Understand what you see as the everyday challenges that patients have in managing their opioids and related side-effects
- Picture the conversations and actions you take or would like to take to put patients in better positions to manage their opioids and related side-effects

3. Practical issues for patients

- Getting prescriptions
- Obtaining the medicines
- Understanding
- Organising
- Storing
- Scheduling
- Remembering
- Taking

(Schumacher et al 2014)

4. Self-management support: professional roles

- **Advocate** – To support self-management and the right of palliative patients to receive appropriate medicines to meet their symptom control needs
- **Educator** – To provide instruction regarding medicines to allow patients to self-manage
- **Facilitator** – To promote relationships between healthcare professionals and patient/carer to enable effective access to and use of medicines
- **Problem solver** – To use expertise (underpinned by robust needs assessment) to work out whether current medicines and dosages are appropriate, or whether they should be altered
- **Communicator** – To facilitate communication between individuals e.g. encouraging a patient to discuss their pain with their carer
- **Goal setter** - To identify specific goals that the patient wishes to achieve, and the methods to achieve the goals. This is motivational and enhances self-management performance
- **Monitor** – To observe and constantly re-assess self-management of medicines over time. This requires evaluation of an individual's capacity to self-manage vs. their willingness to engage and compliance
- **Reporter** – To gather information and report it e.g. at multidisciplinary team meetings