

## Self-Management Support Training Module: Self-management support - more strategies

### Learning objectives for this session

By the end of this session participants will be able to:

- identify a wide range of self-management support (SMS) strategies used to support people with long-term conditions (LTCs)
- provide examples of strategies from their own practice
- identify one new strategy they will use in future.

### Trainer's Notes

1. This session is designed for staff who have been providing SMS for a while and are showing skills in terms of listening, asking questions, patient-centredness, cultural competence and behavioural changes.
2. Please read this document and the Handout at least a couple of days before the training session and then decide if this session is suitable for your staff. Remember you can replace the examples in the Handout with examples from your practice.
3. Think of the variety of SMS strategies used in your practice with people with LTCs. Be prepared to come up with some examples from your practice in case participants are not able to identify examples. There are nine strategies listed in the Handout. If you don't think all of the strategies will work for your staff and your practice, just choose the strategies that are suitable.
4. Please print off enough copies of the Handout for the number of people in the session.
5. Please have a whiteboard or a flipchart and three post-it notes per participant available for the evaluation activity.
6. Complete the Certificate of Attendance on the last page of this Training Plan for each participant.

Purpose and time	Activity
	<p>Welcome everyone to the session.</p> <p>Explain that this session is about a range of more advanced SMS strategies.</p>
<p>Activating prior knowledge (15 mins)</p>	<p><b>SMS strategies</b></p> <p>Ask participants to brainstorm different strategies they use in SMS with people with LTCs. If necessary, give the participants an example e.g. being culturally competent.</p> <p>Write up the strategies on a whiteboard or flipchart. Then ask participants how many people use the different strategies.</p>
<p>Building new knowledge (35 mins)</p>	<p><b>Using SMS strategies</b></p> <p>Give each participant a copy of the Handout. Go through each strategy and examples one by one.</p> <p>Discuss examples from your practice. Make sure every participant gets an opportunity to share their examples and their perspectives.</p> <p>At the end, add other strategies and examples from your practice.</p>
<p>Evaluation (5 mins)</p>	<p><b>Plus, Minus and Interesting</b></p> <p>Make sure everyone has access to post-it notes. Ask everyone to take three post-it notes – label the first one ‘P’ (for plus), the second ‘M’ (for minus) and the third ‘I’ (for interesting).</p> <p>Explain this is an evaluation of the session.</p> <p>Ask people to write something on each of their three post-its (what was a plus, what was a minus and what was interesting) and then put the post-its up on a wall/whiteboard/table top under the three categories.</p> <p>Take a photo of the responses for your records.</p>
<p>Improvement activity (5 mins)</p>	<p><b>One new strategy I will use in SMS with people with LTCs</b></p> <p>Ask each participant to write down on another post-it with their name on it, one strategy they will use as a result of this session. Go around and share.</p> <p>Take a photo of all the post-its at the end for your records.</p>
	<p><b>Certificate of Attendance</b></p> <p>Please complete the certificate on the last page of this Training Plan for each of the participants.</p>

