

# From passive care recipients to co-creators

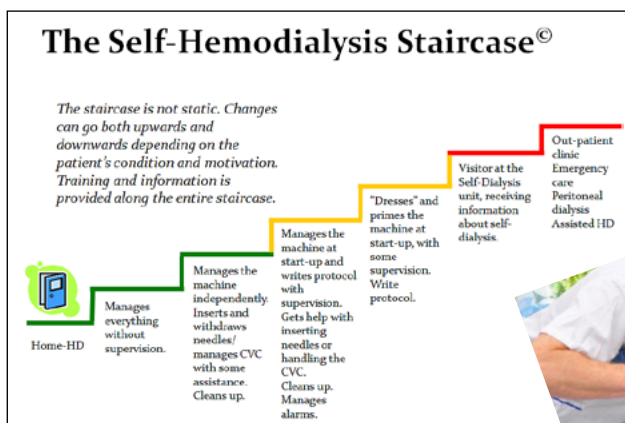
- A supporting skill development model for safe self-care

When the patient moves from being a passive care recipient to being a co-creator in their own care, the need for higher competence in self-care increases significantly.

In order to succeed in this transition, a model for skill development is needed. We have developed such a model in Jönköping County Council.

## Goal:

The goal is that 75% of patients with hemodialysis (HD) and peritoneal dialysis (PD) should have self-dialysis, which means a shift when it comes to responsibility for patient safety



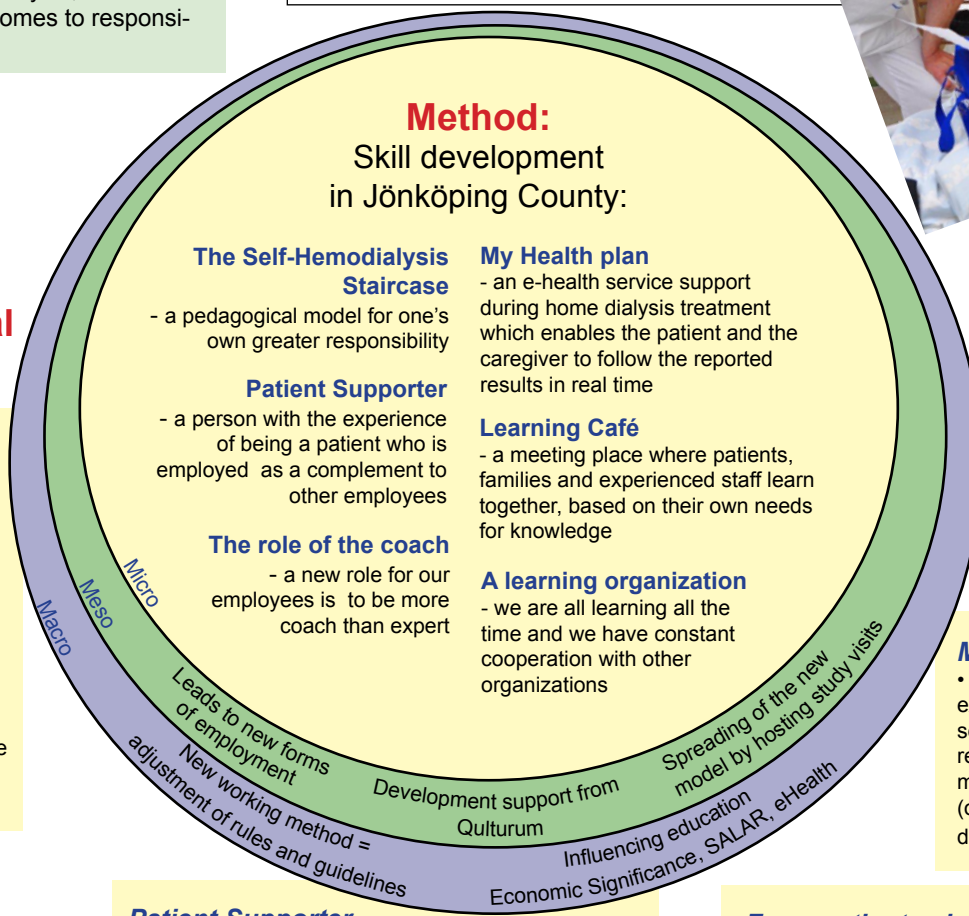
Author: Britt-Mari Banck, Berith Hedberg, Annmargreth Kvarnefors, Eva Lindholm, Anita Hegestrand Magnusson och Rolf Bardon 2013.



## Results and goal achievement

### The Dalysis staircase

- Today, 62 patients (approximately 60%) have self-dialysis.
- Since its inception, three patients returned to assisted HD due to reduced eye vision and dementia
- The average age of patients in self-dialysis has increased from the age of 49.2 in 2006 to the age of 63 in 2012



Approximately 4% of the population in Sweden has impaired kidney function. In Jönköping County processed 104 (out of 3000) patients are on/have/receive hemodialysis (HD).

HD treatment is provided/given either as assisted care or in the form of self-dialysis.

### My Health plan

- Patient and caregivers experience increased security when patient-reported outcomes are monitored continuously (outcome measures under development)



### Patient Supporter

- A patient supporter has been employed at the Dialysis Unit since November 2012
- Patients feel that "an experienced patient can explain in a different way than someone who does not have the experience", "a patient supporter knows what it means to be sick"

### From patient school to Learning Café

- Individuals with own experience of dialysis involved in dialogues
- 18 patients (3 relatives) have completed Learning Café

## Conclusion:

- Prerequisites for a safe self-care is that the patient's level of competence and empowerment are developed parallel.
- The expertise of having been a patient brings a new and important dimension into the model.
- We need to awaken patients' interest by offering to join as a "guest" to begin with.
- It is based on learning from each other!
- Skills development model can be seen as a generic model that can be used even in other areas.