“Self-Management Support” is a major component of the Chronic Care Model (Wagner, Austin & Von Korff, 1996), which has been implemented through the Chronic Illness Breakthrough Series conducted by the Institute for Health Care Improvement (Wagner, 1998). The Chronic Care Model, or adapted versions of the model, is being used to guide the planning and delivery of chronic health care in the majority of Canadian provinces.

Figure A. Chronic Care Model

THE CHRONIC CARE MODEL

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The model involves two overlapping realms, the community and the health-care system, with “Self-Management Support” as one of the four essential components within the health-care system. The self-management support refers not only to coping with a condition, but also to the development of personal skills for health and wellness (Barr et al., 2003.).