Supporting patients in using their personal strengths in chronic illness management

*participatory design approach*

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Research Project: Incorporating Patient-Identified Personal Strengths into patient care

• Collaboration between Case Western Reserve University and SPS
• Financed by Patient-Centered Outcomes Research Institute, USA
• Project team (Norway)
  – Una Stenberg, Project Manager
  – Ólöf B. Kristjánsdóttir, Researcher
  – Jelena Mirkovic, Researcher
  – Tonje Krogseth, Patient representative
  – Cornelia Ruland, PI
• Collaborators
  – Senter for sykelig overvekt, OUS, Avdeling for smertebehandling, OUS, Enhet for lungerehabilitering, OUS, Sunnaas sykehus, poliklinikk (på Aker), Oslo kommune, Helseetaten, Samhandlingsarena Aker, OUS
Personal strengths

- The characteristics people use to achieve well-being
  - Meaning
  - Engagement
  - Interpersonal relationships
  - Community environment
  - Optimism
  - Hope
Background

- Why putting focusing on personal strengths?

Niemiec, 2013, Mindfulness and Character Strengths A Practical Guide to Flourishing

Senter for pasientmedvirkning og samhandlingsforskning
Project goals

① Identify patient-identified personal strengths relevant to chronic illness management
② Develop a strength-focused Patient Assessment Tool
③ Identify best practices for incorporating patients’ personal values and strengths in collaborative care process
④ In a series of experiments in practice test and optimize the proposed solution
Research design

- Participatory and user-centered design
- People with different chronic conditions
  - obesity
  - chronic pain
  - pulmonary disease
- Various participatory methods
- Development through different phases
Research process: Phase 1

• **Goal:**
  Identify the strengths of people with a chronic illness

• **Methods:**
  – 15 Interviews and 7 Focus groups (39 patients)
  – Both broad and open-ended and more specific questions
Research process: Phase 1

• Preliminary results:
  – Three main themes:
    (1) Taking care of myself
    (2) Knowledge and insight into my own condition
    (3) Focus on what is good in my life
Research process: Phase 2

• Goals:
  – Identify meaningful strengths categories
  – Exploring how technology could be used to facilitate integration of personal strengths in patient-provider collaboration

• Methods:
  – 5 Workshops (18 participants)
  – Card sorting
  – Group interviews
Research process: Phase 2

- Results:
  - 6 main groups of strengths categories
  - 3 topics of discussion:
    1. Potential contexts of use
       *(when, with who, type of device)*
    2. User requirements
       *(usability, functionality, barriers)*
    3. Usefulness of the strength-based tool
Research process: Phase 3

• Goals:
  – Selecting final category names
  – Developing low-fidelity paper prototypes

• Methods:
  – 6 Workshops (6 patients and 2 patient representatives)
  – Prototyping
  – Prioritizing category names
Research process: Phase 3

• Results:
  – Final categories of strengths

<table>
<thead>
<tr>
<th>Category</th>
<th>Example of strengths items</th>
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<tbody>
<tr>
<td>Relations and support</td>
<td>- I can ask my family for help</td>
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<tr>
<td></td>
<td>- I receive help from competent health care providers</td>
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<tr>
<td>My sources of energy</td>
<td>- I have a hobby I am passionate about</td>
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<td></td>
<td>- I spend time on advancing my skills, I enjoy the feeling of managing my challenges</td>
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<tr>
<td>Knowledge about my health</td>
<td>- I have knowledge and insights into my condition that make me feel more secure</td>
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<td></td>
<td>- I have the resources and knowledge to manage my medications</td>
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<tr>
<td>Activity and rest</td>
<td>- I do relaxation exercises</td>
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<td></td>
<td>- I have a routine for exercising</td>
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<tr>
<td>Emotions and self-awareness</td>
<td>- I do not accept being judged or talked down to</td>
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<tr>
<td></td>
<td>- I have learned to differentiate between sensible thinking and feelings</td>
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<tr>
<td>Positive thoughts and disposition</td>
<td>- I try to look at things as challenges, not as problems</td>
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<tr>
<td></td>
<td>- I do not perceive myself as sick even if I am in pain</td>
</tr>
</tbody>
</table>
Conclusion and final remarks

- Important insights into various factors
  - Users requirements
  - Values
  - Contexts of use

- New potentials of technology
  - More efficient patient-provider communication
  - Self-management interventions
Next steps

- Phase 4: Workshops with clinicians
- Phase 5: Development of high fidelity prototypes and iterative formative evaluation
Thank you for your attention 😊

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