Enhancing self-efficacy for self-management in people with cystic fibrosis

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Project Objectives

• Assess the feasibility of a system of health-mentors supported by IT
• Improve self-monitoring and self-management in individuals with CF
• Improve quality of life for individuals with CF
• Develop a health-mentor network to link between central and outreach CF care teams
The Intervention

Mentor only:
- Participants allocated a mentor for 6 months
- Via phone-mentoring participants identify health-related goals and set action plans to achieve them

Mentor + IT:
- Allocated a mentor for 6 months
- In addition are given a prepaid mobile phone with a programme allowing them to monitor their symptoms

Control Group:
- Usual care
Inclusion Criteria

- Age: 14 years and over
- Formal diagnosis of CF
- Able to provide informed consent
- Home telephone
- Parental consent for under 18 years old
- Stable at time of recruitment
- No diagnosis of other active lung disease
- Has not received or is not waiting for organ transplantation
- Absence of severe lung disease (FEV1 <35%)
Clinical Outcome Measures

- Baseline demographics
- Spirometry & 6MWT
- MRC dyspnoea and Breathlessness scales
- Cough
- Sputum
- Weight
- Medication use
Quality of life and self-efficacy

- **Self-efficacy assessment**: Stanford Self-Efficacy for Managing Chronic Disease 6-Item Scale – (Lorig et al)

- **Quality of life**: CFQ-R (Quittner et al)

- **Generic health status**: SF36v2

- **Qualitative interviews**: Conducted pre- and post-intervention
Mentoring

- Mentors (health professionals not directly involved in CF care) matched to participants
- 1 or 2 participants per mentor
- Initial face-to-face meeting then regular phone contact (weekly/fortnightly – negotiated with mentee)
- Online forms to record session details
Mentoring Role

- Assist in identification and creation of action-plan/goal setting
- Assist participant to develop self-efficacy for self-management of CF
- Empowering and supporting patient to self-manage CF
- Motivation and assist in identifying and overcoming barriers

Mentor role was NOT to provide clinical advice
Cystic Fibrosis Research Trial
Welcome to Cystic Fibrosis Research Trial

Press [START] to start a survey
or press [REPORT] to view graph report

Question 2 of 9
Please select the option that describes your cough today.
- Much worse
- Moderately worse
- Slightly worse
- Normal
- Slightly better
- Moderately better
- Much better

Next Q Prev Q

Question 6 of 9
Has anything happened today that affects the way you feel? (eg: the weather, work, health social)

Next Q Prev Q
Diary use by age over the active study period

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## Stanford Self-Efficacy Scores by Time and Group

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<th>Mean</th>
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Questions

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