

## Promotion of Self Care in the Community

**PICOT Question:** Do patients who practice self-care regularly reduce the demand of healthcare providers by lowering their risk of catching illnesses compared to patients who do not practice self-care regularly?

**Summary:** Self-care is an important factor to practice in your lifestyle, as it has numerous benefits. It reduces stress, it helps maintain a healthy relationship with yourself and the people around you, and it can prevent diseases. The burden of chronic diseases in the United States is enormous. Six out of every 10 adults suffer from a chronic illness and relying only on the medical system to provide pills and procedures to try and treat these diseases is not enough (Jonas, 2019). Smoking, bad eating habits, and lack of exercise are the leading causes of chronic illness, which increases the population of patients in hospitals. There is evidence that suggests that therapeutic yoga, massage, nutritional counseling, mindfulness, exercise, and similar self-care approaches can enrich patients' physical, emotional and mental health (Jonas, 2019). Engaging in these self-care routines can reduce the demands of healthcare providers.

Furthermore, our health care system makes it difficult to have self-care discussion during patient visits. Time is a crucial factor in delivering high-quality healthcare. There are ways that healthcare providers can offer an integrative health visit using a tool such as the Department of Veterans Affairs' Personal Health Inventory or the Healing Oriented Practices and Environments (HOPE) note. Both tools specifically address questions about self-care that are currently missing from most office visits and can help fill these gaps in communication (Jonas 2019).

**Conclusion:** In conclusion, self-care is an important element to include in daily living and it's important for healthcare providers to ensure patients have proper knowledge in maintaining their health. Self-care research and clinical efforts have been hindered by the perceptions on both patients and providers that "pharmacological interventions are more effective than lifestyle change" (Riegel, 2017). In return, we've seen that there has been little change or worsening in illness. The American Heart Association stated that, by changing their demography, it has resulted in "people living longer with multiple chronic conditions that are not well controlled because self-care is at the heart of control of chronic illnesses." (Riegel, 2017) It's important that healthcare providers are teaching and supporting self-care to all patients so that they are able to better prevent or maintain illnesses.

### References:

#### -Primary Article:

Riegel, B., Moser, D. K., Buck, H. G., Dickson, V. V., Dunbar, S. B., Lee, C. S., Lennie, T. A., Lindenfeld, J. A., Mitchell, J. E., Treat Jacobson, D. J., & Webber, D. E. (2017). Self Care for the Prevention and Management of Cardiovascular Disease and Stroke. *Journal of the American Heart Association*, 6(9), 1. <https://doi.org/10.1161/jaha.117.006997>

**-Secondary Article:**

Jonas, W. J. (2019, March 12). *Self-care: What Patients Want vs. What Physicians Can Provide*. AAFP. <https://www.aafp.org/news/opinion/20191203guested-selfcare.html>

**-Tertiary Article**

Meehan, T. J. (2020, July). *Patient Engagement in Self-Care*. Careful Nursing. [https://www.carefulnursing.ie/go/overview/professional\\_practice\\_model/practice\\_competence\\_excellence/patient\\_engagement\\_in\\_self\\_care](https://www.carefulnursing.ie/go/overview/professional_practice_model/practice_competence_excellence/patient_engagement_in_self_care)