

Introduction

The concept of self-management behavior (SMB) has been used by professionals and nonprofessionals and is commonly related to disease management.

- Initially used in the 1960s to indicate a person's active participation in the treatment of a disease
- Nurse researchers use the concept when studying behaviors of people with chronic illness and is on the national nursing research agenda with a focus on translation to the community setting
- International health organizations, such as the World Health Organization (WHO) use the concept in their discussions about disease management interventions

This concept analysis of SMB was conducted in the context of Orem's Self-Care Framework. Orem defines self as "the action of mature and maturing persons who have the powers and who have developed or developing capabilities to use appropriate, reliable, and valid measures to regulate their own functioning and development in stable or changing environments" (Orem, 2001, p.43).

The *purpose* of this concept analysis was to create a clarifying theoretical definition of self-management behavior. The *aims* are to report a concept analysis of SMB and to formalize the results as an explanatory theory that includes the antecedents, attributes, and consequences of SMB.

Methods

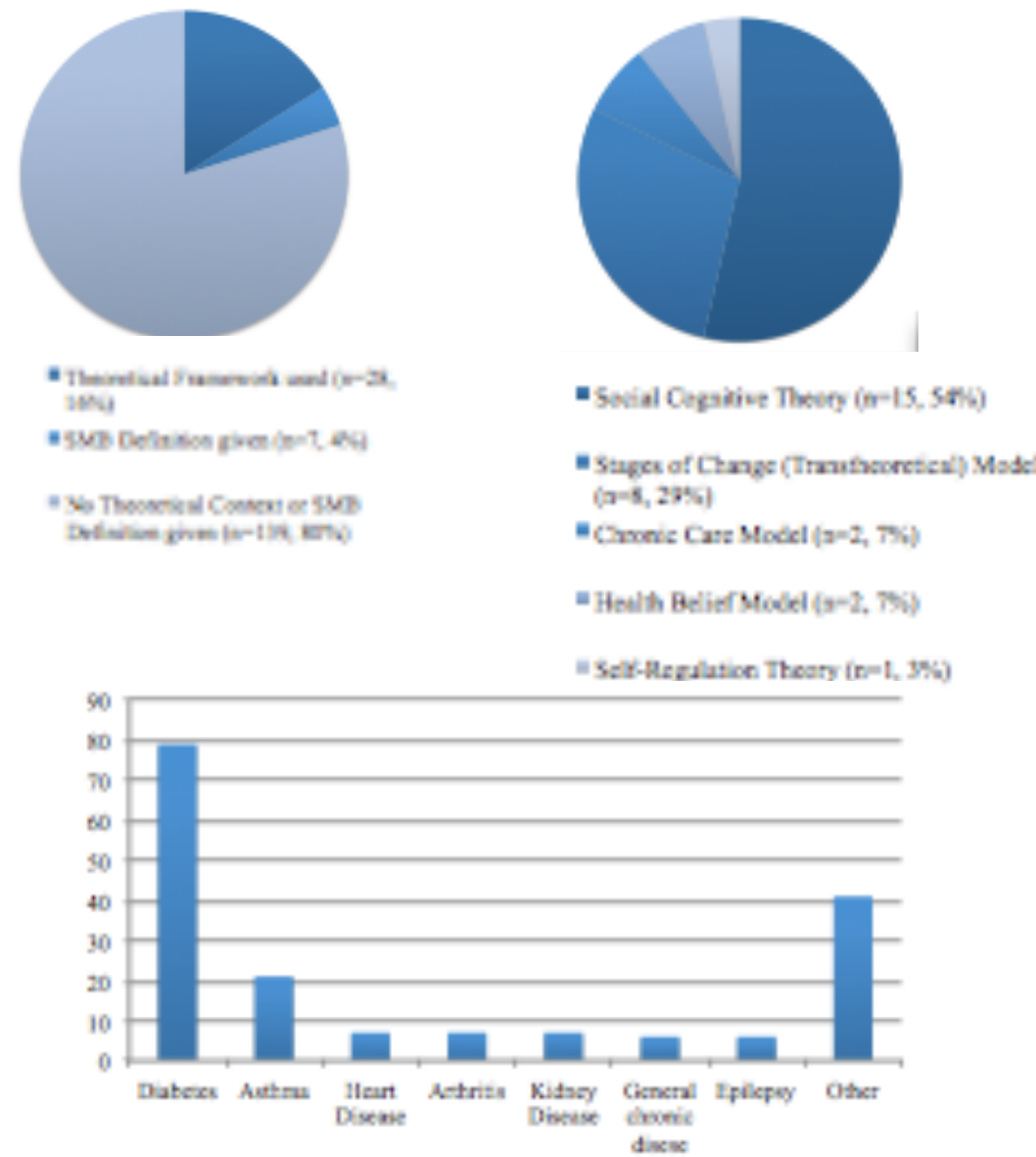
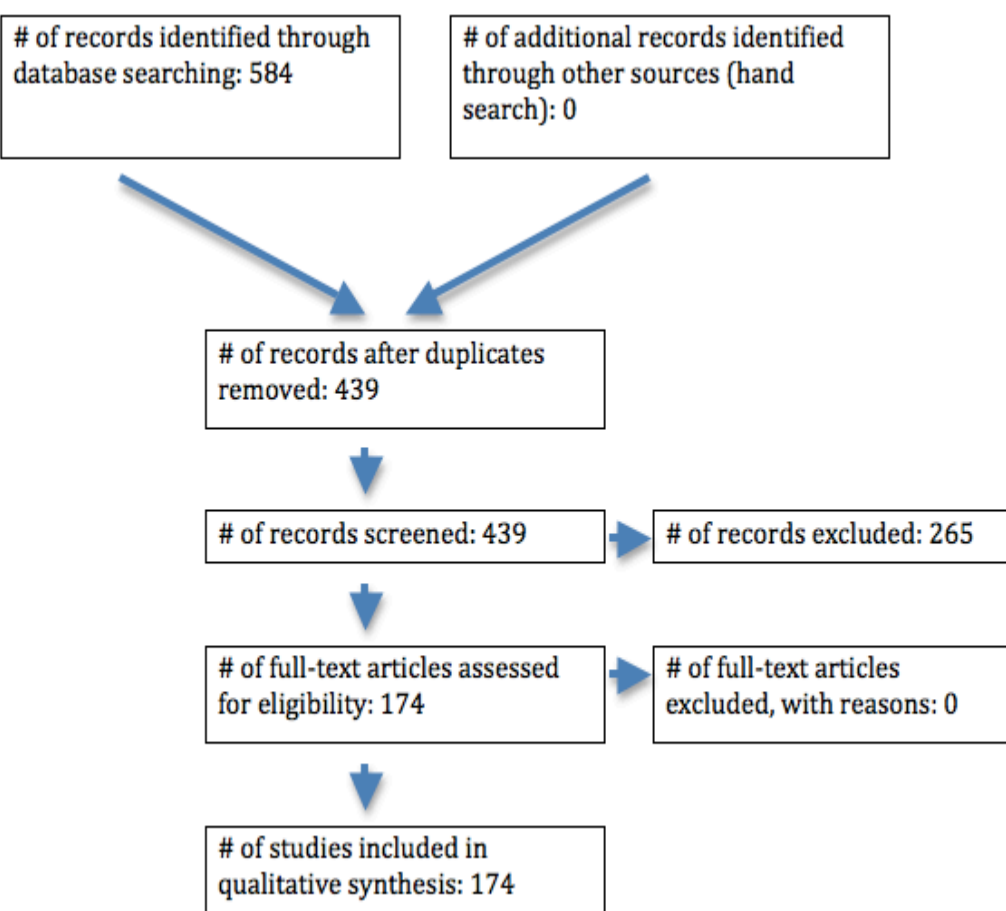
The analysis was conducted conceptually in the context of Orem's Self-care Framework. Walker and Avant's eight-step concept analysis approach guided the analysis.

A systematic review of the literature was conducted using seven relevant academic databases:

- Cumulative Index to Nursing and Allied Health Literature (CINAHL),
- Cochrane Database of Systematic Reviews
- Cochrane Central Register of Controlled Trials
- U.S. National Library of Medicine's MEDLINE
- American Psychological Association's PsycARTICLES and PsycINFO
- Sociology Research Database SocINDEX

The search term used was "self-management behavior" and articles were limited to those published between April 2001 and 2013.. Attributes, antecedents and consequences were extracted to support the creation of theoretical and operational definitions.

Results



Attributes of Self-Management Behaviors

PROACTIVE LIFESTYLE Actions that an individual proactively pursues for overall wellbeing (ie. exercise, adequate nutrition, rest).

PROACTIVE PROBLEM-SOLVING MANAGEMENT Disease management actions that an individual performs to manage a problem, most commonly (ie. medication adherence, self-monitoring).

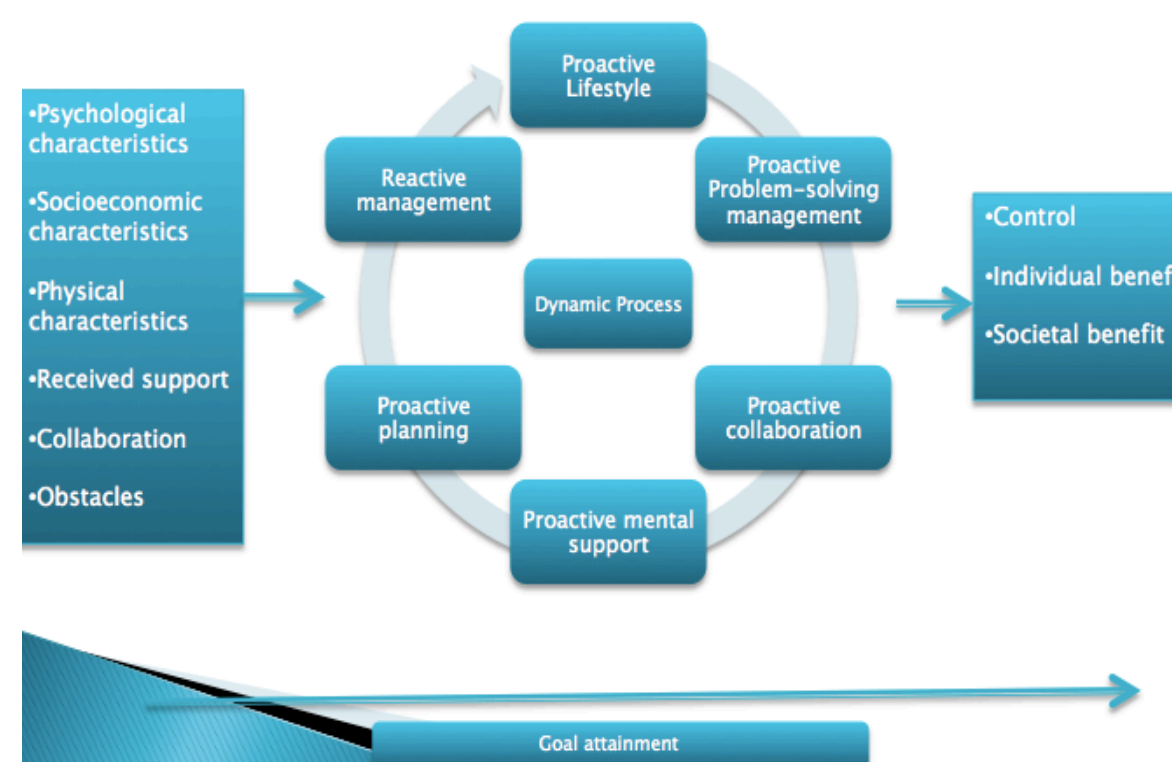
REACTIVE MANAGEMENT Disease-specific and general actions individuals take in response to a change in condition or circumstances (ie. distancing from danger, coping in a high-risk situation).

PROACTIVE COLLABORATION Disease specific actions that an individual initiates to collaborate toward management with a family member or an external person or group with expertise, and this person or group has a sense of responsibility toward the individual (ie. check-ups with primary care providers, self-advocacy, family support).

PROACTIVE MENTAL SUPPORT Actions individuals take to support themselves psychologically and intellectually to increase the likelihood of successful management, including cognitive symptom management, persistence, information management, awareness and healthy coping.

PROACTIVE PLANNING Actions individuals take to support themselves for increased likelihood of successful management, including action planning, mobility preparedness for the future, and goal setting.

DYNAMIC PROCESS Reactive management actions influence new proactive actions for management when adjusting due to circumstantial change to achieve is the desired goal.



Results

SELF-MANAGEMENT BEHAVIORS ARE PROACTIVE ACTIONS RELATED TO LIFESTYLE, A PROBLEM, PLANNING, COLLABORATING, AND MENTAL SUPPORT, AS WELL AS REACTIVE ACTIONS RELATED TO A CIRCUMSTANTIAL CHANGE, TO ACHIEVE A GOAL.

PHYSICAL, PSYCHOLOGICAL, SOCIOECONOMIC AND CULTURAL CHARACTERISTICS, SPECIFICALLY RESPONSIBILITY, AS WELL AS COLLABORATIVE AND RECEIVED SUPPORT, PREDICT THE TYPE OF SMBS.

THE RESULTS OF SMBS ARE CONTROL OVER A PROBLEM AND PROGRESS TOWARD A GOAL, AS WELL AS INDIVIDUAL AND SOCIETAL BENEFITS.

Self Management Behaviors Middle-Range Explanatory Theory Conceptual-Theoretical Model



Model Case

A young woman's goal is to control her asthma to live a more symptom free life. She chooses foods that help her achieve a healthy weight, limits her consumption of red meats, eats at least 2.5 cups of fruits and vegetables and is physically active for at least 30 minutes each day. She minimizes her stress with relaxation techniques, such as meditation or spiritual practices, and getting enough sleep each night (proactive lifestyle). She removes any triggers from her home (proactive problem-specific management). Regular asthma specialist appointments are attended and she calls when she has a question about her symptoms or the management plan they agreed upon (proactive collaboration). She looks online for group discussion or support related to other people living with asthma (proactive mental support). She creates a plan for when she is having symptoms, such as reaching out for family support (proactive planning). If she starts to have symptoms and her asthma becomes out of control, she takes the correct medication and seeks help if her actions are not resolving her symptoms (reactive management). She revises the management plan with her provider for better asthma control (dynamic process).

Conclusion

- This concept analysis expands the current use of the concept SMB in all disciplines that use the concept and with lay persons who have a goal to manage an aspect of their lives.
- A clear theoretical definition of SMB will assist in the creation of a common language between members of disciplines and groups of people collaborating toward a common goal related to SMB.
- The theoretical definition can be used by nursing and healthcare professionals to create a holistic approach to disease management that includes assessments of and interventions targeted to modifiable antecedents that affect the management of disease and, therefore, outcomes.
- Policy makers can use the results of this concept analysis to advocate for funding to enhance the antecedents that enable SMB for their constituents.
- Future research may be designed to explore the role of self-efficacy, the most common antecedent, on the attributes of SMB and explore the amount of self-efficacy needed for different attributes of SMB to be present