Improve Nursing Practice: Outcomes, Technologies and Clinical Supervision

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European Best Destinations
The nursing care quality is a core concern for researchers, educators, leaders, and practitioners.

The complexity of self-management and individual characteristics influences nursing care. For that, it is important to develop tools to help nurses measure or identify the real problem of patients in several areas, such as self-care management.

The nursing outcomes are necessary to assess the quality of care and improve the reflexive practice.

It is important that health professionals use innovative educational plans using new technologies of information and communication to address these problems.

Clinical supervision is a facilitator process of professional support and learning with the purpose to improve practice, the quality and safety of care, and help nurses to use these tools and technologies.
In this symposium we propose to present five research studies in the context of doctorate research.

Participants should expect listen about:

- Tools to assess self-care management;
- Nursing outcomes to improve quality of care and reflexive practice;
- Innovative educational plans using the new technologies of information and communication;
- Clinical supervision as a facilitator process of professional support and learning.
Presentation Schedule

• **Validity and Reliability of Self-Management Style Instrument**
  Fernanda Bastos, PhD, MSc, RN

• **Clinical Utility of Self-Management Style Instrument**
  Alice Brito, PhD, MSc, RN

• **Nursing Outcomes Related to Self-Care**
  Maria Joana Campos, MSc, RN

• **The Value of Educational Technology in the Nursing Care: Benefits in Clinical Practice**
  Maria José Lumini Landeiro, PhD, MSc, RN

• **Nursing Clinical Supervision in Integrated Continuous Care Unit**
  Regina Pires, MSc, RN
Validity and reliability of self-management style instrument

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Introduction

Chronic diseases:

• Affects everyone and everywhere
• Not a disease of old people
• Mainly affects poor people

“DYING SLOWLY, PAINFULLY AND PREMATURELY”

Prevention and control:

• Disease management
• Self-management
Introduction

• Self-management style instrument was constructed bearing on the theory “self-management in chronic disease” (Bastos 2012; Bastos 2015)
Introduction

• Self-management style instrument is supported on self-management in chronic disease theory (Bastos 2012; Bastos 2015)

• This tool is conceptualized as a synthesis of personality, attitudes and health behaviors. Identifies personal features, different ways of living with the disease, and a self-report perception of behavior towards the therapeutic regimen.
Introduction

Theoretically styles are linked to seven dimensions:

• Internal Locus of control;
• self-determination;
• decision making;
• attitude to disease;
• attitude to regime;
• self-efficacy;
• interaction with health professionals

Grouped in two major categories:

• flexibility
• control.
• Overall goal:

  • Contribute to the development of the quality of nursing practice identifying the personal attributes that interfere with self-management to better adapt the strategies of approach to the chronic patient according to their individuality.

• Objective:

  • To evaluate validity and reliability of self-management styles instrument.
Methods

• Instrument content was based in a theory
• Items were constructed grounded on the content analysis of the research
• Validated by a group of experts
• Scale ranges from 0 to 4 for strongly disagree to strongly agree
• Reliability was evaluated by analysis of internal consistency (Cronbach alpha)
Participants

• 521 participants

• Three different contexts:
  • Two units of Primary Health Care; Hepatic and Pancreatic Transplantation Unit

• Participation criteria:
  • Diagnostic of a chronic disease (Diabetes, COPD, Hypertension, Liver transplantation…)
  • Be able to express verbally

• Participants characteristics:
  • Age: mean 56 years (Sd=10.9) Mn19-Max85
  • 246 women and 275 men
  • 72.2% married or “de facto marital status”
  • 75% basic education
Results

- Cronbach alpha of overall scale $\alpha = 0.77$
  - Flexibility (25 items) presented un alpha $\alpha = 0.58$
  - Control (16 items) $\alpha = 0.64$.

- Seven theoretical dimensions presented un alpha between 0.46 and 0.71
  - internal locus of control (6 items) $\alpha = 0.52$
  - self-determination (6 items) $\alpha = 0.51$
  - decision making (5 items) $\alpha = 0.49$
  - attitude to disease (17 items) $\alpha = 0.54$
  - attitude to regime (13 items) $\alpha = 0.46$
  - self-efficacy (3 items) $\alpha = 0.71$
  - interaction with health professionals (4 items) $\alpha = 0.51$
Results

• Score by self-management styles:
  
  • responsible style score (17 items) $\alpha = 0.72$
  • formally guided style score (14 items) $\alpha = 0.71$
  • independent style score (5 items) $\alpha = 0.10$
  • negligent style score (8 items) $\alpha = 0.62$
Conclusions

• The instrument has proven to be easy to apply and is of interest for the identification of people with chronic disease who are particularly vulnerable.

• However, it showed fragility in the discrimination of the independent self-management style score, and the validity of content in this subscale was not assured.
Validity and reliability of self-management style instrument

Thank You