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Supplementary Material

A shared journey: evaluating a patient-assessed measure of self-management of chronic conditions in an Australian setting

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Supplementary material

Fig. S1. New Supplementary Scales

Patient Self-Management Survey: Patient

Instruction: On the following scales, **One (1) to Ten (10)**, please place a mark to indicate:

1. How confident are you to self-manage your health?

I am.....

1	2	3	4	5	6	7	8	9	10
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Not very Confident

Confident

Very Confident

2. How much do you understand your health concerns and how to manage them?

I have.....

1	2	3	4	5	6	7	8	9	10
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No understanding

Some Understanding

Good Understanding

3. Please rate the level of support received to help you self-manage your health.

I have had.....

1	2	3	4	5	6	7	8	9	10
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No support

Some Support

A Lot of Support

4. Please use the scale below to rate your current level of overall health.

1	2	3	4	5	6	7	8	9	10
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Very Poor

Very Well

5. Relative to 3 months ago how would you rate the change in your overall health?

-2	-1	0	+1	+2
Much worse		No Change		Much Better

How many acute episodes of care (Hospital / unplanned GP consults) have occurred over the last month? Please enter a number:

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Table S1. Modified 20-item PACIC+ Survey

Subscale	Item	Question*
1- Support	1	I have been encouraged to share with others who have similar health issues to mine.
	2	I have been contacted after visiting my health provider to see how I am going.
	3	I have been encouraged to visit community programs that might help me.
	4	I have been referred to specialist health care providers.
	5	I have been kept informed about the outcomes of visits to specialist providers.
	6	I have been given help to get support from my family, friends, and community.
2 - Problem-Solving	7	I have been given a task list of things I can do to improve my health.
	8	I have been helped to plan ahead and shown what to do in case of problems with my health.
	9	I have been shown how my actions can influence my health.
	10	I have been satisfied my health care is well organised.
	11	I have been part of the team and set goals to help me manage my illness.
3 - Collaboration and Review (Follow-up)	12	I have been asked about how my chronic illness affects my life.
	13	I have been asked about my health habits.
	14	I have been asked about any problems with medicines or treatments.
	15	I have been asked about what I want to discuss at each visit.
	16	I have been asked about the effect of my illness on my family, social and work-life.
4 - Goal Setting	17	I have been asked about my health goals.
	18	I have been asked about my ideas for a treatment plan.
	19	I have been asked about my values and traditions.
	20	I have been asked about my specific health goals to improve my health.

* A 5-point Likert scale response score ranging from 1 (Never) to 5 (Almost Always) is summed for each factor.

Whilst this tool is primarily useful for evaluating Self-management it has generic application for patient centred care in evaluating those components linked with a patient's engagement, goals, problem-solving, support and collaborative review as part of the decision-making process.