



Inspiring change – an innovative self-management intervention for people with chronic organ failure living in the community

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Methods

Conceptual Theories

- Self-efficacy (Bandura, 1977)
- Behaviour Change (Michie et al, 2011)
- Adapted Santana Model of Person-centred Care (Giusti et al, 2022)

Context and Stakeholders

- 3 diverse primary care settings
- Patients, family caregivers, community care workers, healthcare professionals

Content Guidance

- Scoping Review (Farrant et al, 2025)
- Focus Groups and Interviews
- Theory of Change Workshops

Results



SELF MANAGEMENT OF
SHORTNESS OF BREATH

SHORTNESS OF BREATH



SELF-MANAGEMENT OF
FATIGUE

FATIGUE



PAIN
SELF-MANAGEMENT

PAIN



GENERAL
SELF-MANAGEMENT

PAIN

FATIGUE

SHORTNESS OF BREATH



Implications

- Toolkit supports person-centred care.
- Task-shifting addresses rehabilitation workforce shortages and expands access to services.
- Requires coordinated care pathways, and training and mentorship of community care workers.