

# Self-management training in Parkinson's

Teach problem-solving skills	<ul style="list-style-type: none"><li>● Teach how to analyze communication breakdowns.<ul style="list-style-type: none"><li>○ What are intrinsic factors?</li><li>○ What are external factors?</li></ul></li><li>● Brainstorm possible solutions.</li></ul>
Support good decision-making through education and validation	<ul style="list-style-type: none"><li>● How Parkinson's affects speech.</li><li>● What makes speech fluctuate.</li><li>● How medication affects speech.</li><li>● Validating cognitive or language challenges.</li><li>● What to expect over time.</li><li>● How to prepare for future changes.</li><li>● Validating frustration, isolation, or other feelings.</li></ul>
Help patients identify and use resources	<ul style="list-style-type: none"><li>● Join a support group.</li><li>● Read literature to educate themselves.</li><li>● Find books (or videos) by other people with Parkinson's disease.</li><li>● Participate in a research study.</li></ul>
Improve relationships with medical providers	<ul style="list-style-type: none"><li>● Make a short "how to communicate with me" card.</li><li>● Write down questions.</li><li>● Make a list of symptoms and concerns.</li><li>● Create a phone call template or "cheat sheet."</li></ul>
Teach patients how to take action	<ul style="list-style-type: none"><li>● Identify their own goals.</li><li>● Prioritize to figure out which goal to focus on first.</li><li>● Determine the steps to achieve their goal.</li><li>● Plan when and how they will take action.</li></ul>

# Successful self-management depends on strong self-efficacy

Self-efficacy is “the confidence one has in his or her own ability to accomplish the plan” (Yorkston et al., 2017, p. 9).

- Ask your patient how confident they feel about carrying out their plan. You could use a number scale.
- If they report low confidence, then change the plan!
- This goes for the home exercise programs you assign, too.

<p>Performance mastery with a phone call</p>	<ul style="list-style-type: none"> <li>• Rehearse the phone call.</li> <li>• Make a visual reminder to speak loud or with intent.</li> <li>• Write down key words or questions.</li> <li>• Provide moral support.</li> <li>• Use nonverbal feedback during the call (point to a visual aid, cue to speak louder).</li> <li>• Support patient in an after-action self-assessment.</li> <li>• Provide feedback.</li> <li>• Make a plan for the next phone call.</li> </ul>
<p>Find a peer model and capitalize on social persuasion</p>	<ul style="list-style-type: none"> <li>• Support groups (in person or virtual).</li> <li>• Conversation groups (in person or virtual).</li> <li>• YouTube videos, books, podcasts, or blogs.</li> <li>• Share anonymous stories and examples of other clients.</li> </ul>
<p>Re-interpret symptoms</p>	<ul style="list-style-type: none"> <li>• People may attribute failure to a symptom they can't change. Such a viewpoint may cause a person to feel helpless, and that it's “out of their hands.”</li> <li>• SLPs can help re-frame the failure to open up opportunities for success.</li> </ul>

Yorkston, K., Baylor, C., & Britton, D. (2017). Incorporating the Principles of Self-Management into Treatment of Dysarthria Associated with Parkinson's Disease. *Seminars in speech and language*, 38(3), 210–219. <https://doi.org/10.1055/s-0037-1602840>