



# Chronic Condition Self-Management

## WA Health Models of Care and Self-Management

In Western Australia, [Models of Care](#) (MOC) have been prepared to describe 'best practice care and services within a health care system for a person or population group as they progress through the stages of a condition, injury or event.'

More than sixty models of care have been developed to date by networks of experts, champions, stakeholders and consumers, drawing from evidence-based research and expert opinion and tailored to the WA health policy context.

### Guiding Principles

- Being patient-centred.
- Promoting equity of health services in WA.
- Communicating, consulting and collaborating.
- Based on best practice evidence; expert opinion.
- Responding to existing policy.
- Influencing future planning.

### Key Focus Areas

These are based on the National Chronic Disease Action Areas (National Health Priority Action Council 2006):

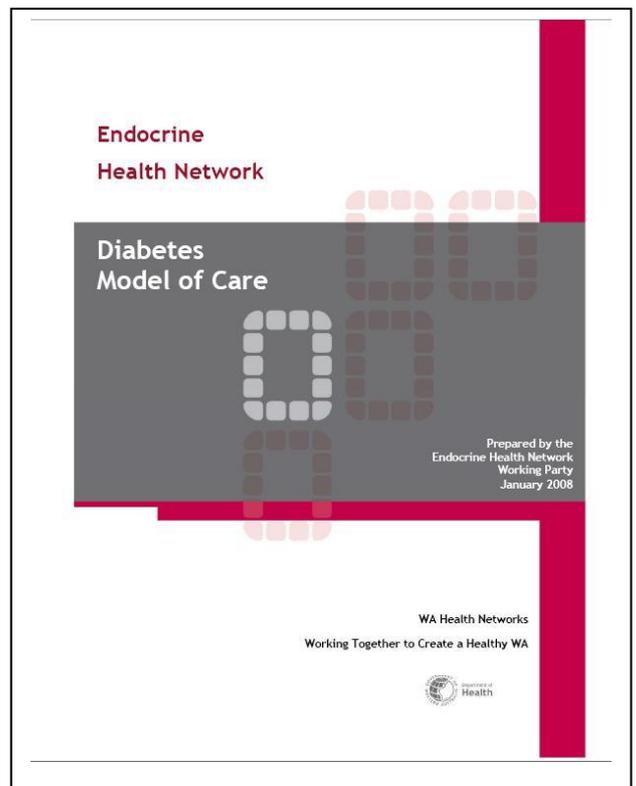
- Prevention and promotion.
- Early detection and intervention.
- Integration and continuity of care.
- **Self-Management.**

### Example: The Diabetes Model of Care

The Diabetes Model of Care addresses the stages of diabetes prevention and management:

1. Community awareness and prevention
2. Prevention and early diagnosis in high- risk groups
3. Optimal initial and long term management (including self-management)
4. Early detection and optimal management of complications
5. Coordinated prevention and management of acute episodes.

The MOC reports that 'healthcare professionals alone cannot manage diabetes. The challenge is to provide the environment in which diabetes can be jointly managed by health professionals and their clients, promoting self-management and empowerment'.



## Model of Care Matrix

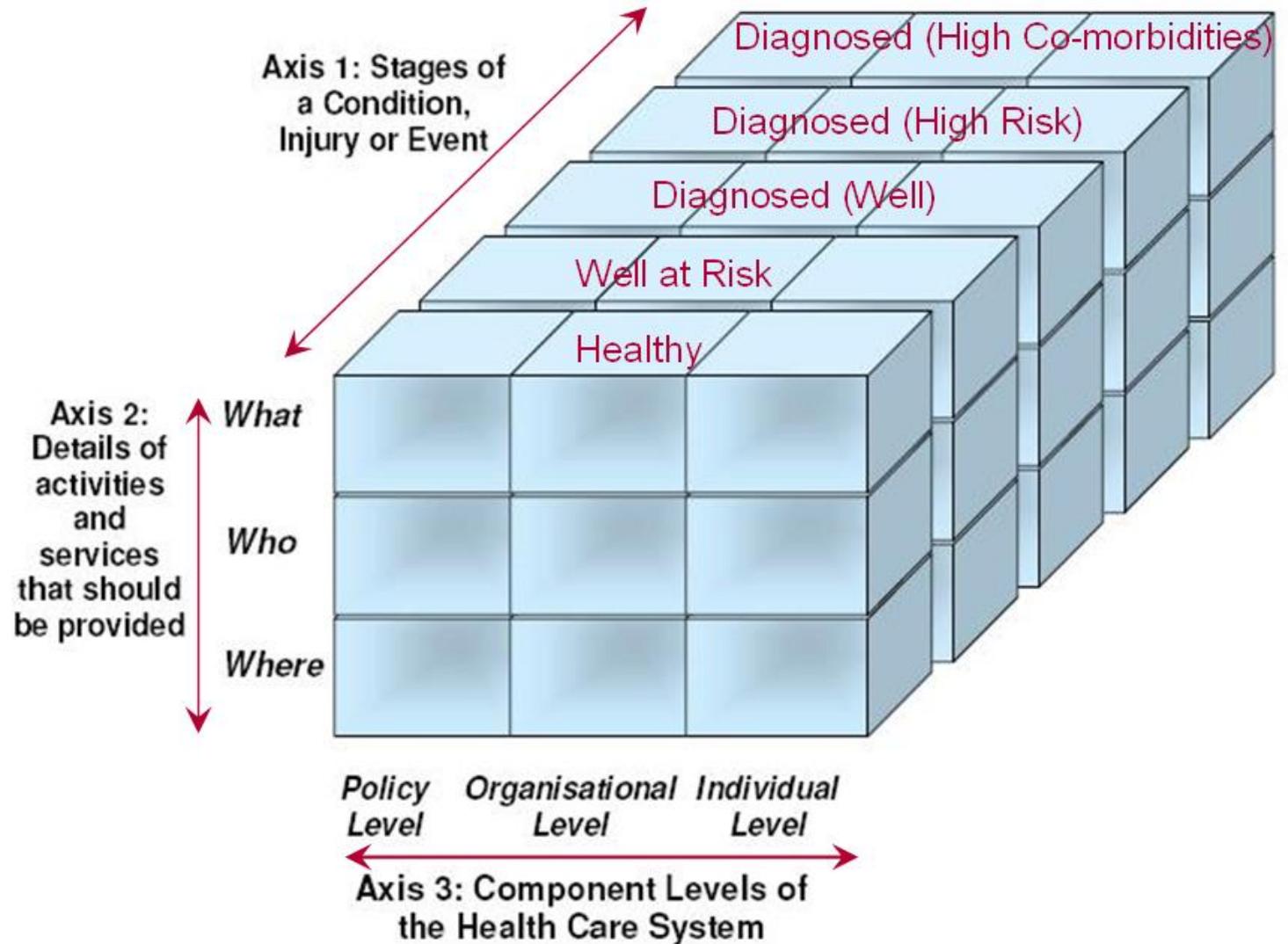
WA Health models of care have been developed using a multidimensional framework or matrix consisting of three axes:

**Axis 1:** Stages of a condition, injury or event

**Axis 2:** Component levels of a health care system

**Axis 3:** Details of activities and services that should be provided.

(Adapted from: [WA Health Model of Care – Overview and Guidelines](#), WA Health Strategy and Networks)



This document can be made available in alternative formats on request for a person with a disability.