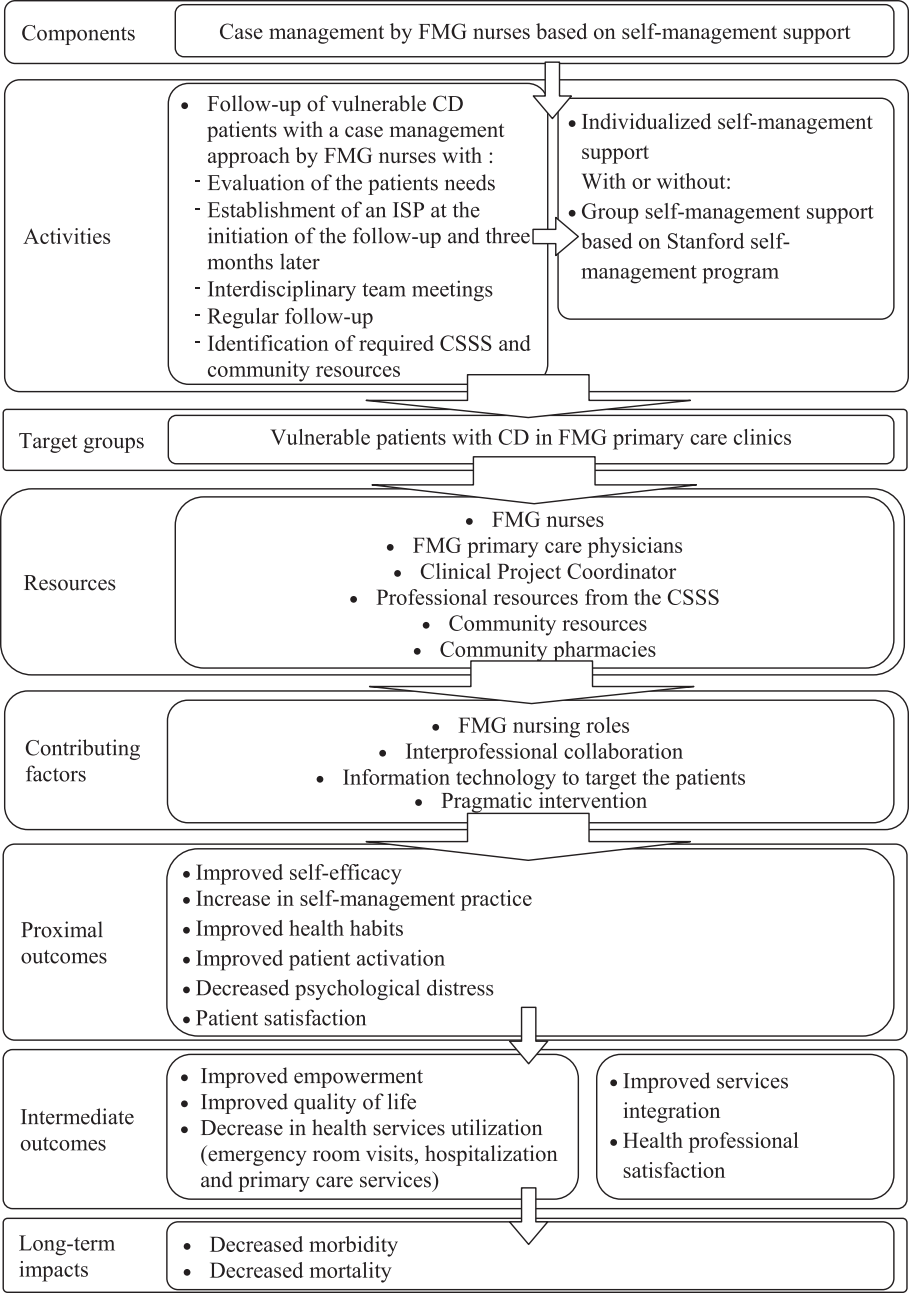
Components
Case management by FMG nurses based on self-management support
Activities
• Follow-up of vulnerable CD patients with a case management approach by FMG nurses with :
- Evaluation of the patients needs
- Establishment of an ISP at the initiation of the follow-up and three months later
- Interdisciplinary team meetings
- Regular follow-up
- Identification of required CSSS and community resources
• Individualized self-management support
With or without:
• Group self-management support based on Stanford self-management program
Target groups
Vulnerable patients with CD in FMG primary care clinics
Resources
• FMG nurses
• FMG primary care physicians
• Clinical Project Coordinator
• Professional resources from the CSSS
• Community resources
• Community pharmacies
Contributing factors
• FMG nursing roles
• Interprofessional collaboration
• Information technology to target the patients
• Pragmatic intervention
Proximal outcomes
• Improved self-efficacy
• Increase in self-management practice
• Improved health habits
• Improved patient activation
• Decreased psychological distress
• Patient satisfaction
Intermediate outcomes
• Improved empowerment
• Improved quality of life
• Decrease in health services utilization (emergency room visits, hospitalization and primary care services)
• Improved services integration
• Health professional satisfaction
Long-term impacts
• Decreased morbidity
• Decreased mortality