

## Getting in control

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# Getting in control

## *Towards optimal self-management support for chronically ill patients with limited health literacy*

1. Het vermogen om te doen is net zo belangrijk, of zelfs belangrijker, dan het vermogen om te denken.
2. Zelfmanagement interventies moeten in de literatuur beschreven worden aan de hand van een taxonomie om de uniformiteit te bevorderen.
3. Een goede band opbouwen tussen de zorgverlener en de patiënt is de tijdsinvestering waard.
4. Door patiënten met beperkte gezondheidsvaardigheden zelf hun doelen te laten bepalen, worden zelfmanagement interventies effectiever.
5. Bij de ontwikkeling van zelfmanagement interventies moeten patiënten met beperkte gezondheidsvaardigheden in elke fase betrokken worden.
6. De verantwoordelijkheid voor goed zelfmanagement ligt bij de patiënt.
7. Door het groeiende aantal ouderen wordt zelfmanagement een steeds belangrijker thema.
8. Elke zorgverlener behoeft specifieke training met betrekking tot beperkte gezondheidsvaardigheden.