

# SELF-MANAGEMENT AND SELF-EFFICACY TOOLS

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## Introduction

The rehabilitative therapeutic model has to include the self-management achieved through therapeutic education. This requires patient's adherence through an optimal communication, the evaluation of the characteristics of the patients and the respect for their latency time.

## Methods

Therapeutic education includes hygienic-behavioural rules, self-assessment of oedema, skin care, body weight control, combined self-management (manual self-drainage/self bandage), management of the elastic brace, physical activity.

Concerning self-efficacy tools, we use the drawing-colouring in children and photos in teenagers, in consideration of the difficulty in expressing one's emotions, based upon Rose's critical visual methodology framework and the ULL-27 questionnaire in secondary upper limb lymphoedema.

## Results

The most important challenge is always to improve the patient's quality of life and development awareness of one's limits-possibilities for an optimal self-management and this was obtained in almost all patients.

## Conclusions

The therapeutic-educational strategy aims to induce a greater awareness-responsibility of the patients for the management of their pathology.