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Nurses' motivating practices in self-management support, a self-determination theory perspective

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Statement of the Problem: Chronic conditions account for more than half of the global disease burden. Today, patients living with a chronic condition are expected to take a more active role in dealing with the physical, psychosocial and social demands of their disorder. To achieve optimal self-management, patients often require professional support. Nurses are challenged to drop their expert role and form partnerships with patients. Evidence demonstrates that nurses often control the process of self-management and leave little room for patients' autonomy. According to the Self-Determination Theory (SDT), a motivating and autonomy-supportive healthcare climate has beneficial effects on health behavior outcomes, whereas a demotivating, controlling climate might lead to adverse effects on e.g. patients' motivation and health behavior. This study aimed to explore nurses' motivating practices in chronic care SMS and its association with person-related antecedents-derived from the SDT.

Methods: Cross-sectional multicenter study was conducted within a random clustered sample of hospitals and home care organizations in Belgium. Nurses with at least 50% of their patients living with a chronic illness were eligible to participate. Data were collected through validated self-reporting instruments between January 2016 and May 2017. Motivating versus demotivating practices was measured by a validated vignette-based questionnaire. Four behavioral options can be distinguished i.e. an autonomy-supportive, structuring, controlling, or chaotic practice in chronic condition management. Person-related antecedents were measured with the basic psychological need satisfaction and need frustration scale, the patient-invested contingent self-esteem scale and the Dutch version of the Maslach Burnout Inventory.

Results & Implications: Results will help us to learn if nurses establish a motivating, and thereby autonomy-supportive, or rather demotivating and controlling healthcare climate. The results will indicate what might be the predictive value of person-related antecedents on (de)motivating practices. The results can inform the development of an intervention to train nurses in giving autonomy to chronic patients in the management of their condition. teacher core member of the strategic policy unit of the Master of Nursing and Midwifery. She is also secretary of the Examination Committee and is a member of the steering committee of this key program

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