

The Five Fs: Self-Management in Chronic Disease or

My Life Long Love Affair,
Theoretically Speaking

Lucy Todd MSN, ACNP, CNN

Origins of The Five Fs

- ▶ Personal history
- ▶ Love of theory
- ▶ Praxis moment

Theoretical Foundation of 5 Fs

- ▶ Maslow's Hierarchy of Needs - 1943
 - Physiological needs
 - Safety and security
 - Love and belonging
 - Self-esteem
 - Self-actualization

- ▶ Adaptation Theory - Sister Callista Roy - 1964
 - To respond positively to change, a person must adapt

- ▶ Stages of Grief - Elisabeth Kubler-Ross
 - On Death and Dying, 1969
 - Shock and denial
 - Anger
 - Bargaining
 - Depression
 - Acceptance

The Five Fs

- » Food
- » Finances
- » Family
- » Faith
- » Feelings

Food

- ▶ Access to appropriate food
 - Grocery store nearby
 - Adequate transportation
- ▶ Knowledge of prescribed diet
- ▶ Willingness to follow diet as best able
 - Patient or “closest cooking relative” shops/cooks appropriate foods
- ▶ Ability to consume prescribed diet
 - Good dentition
 - Able to swallow and digest food

Finances

- ▶ Adequate financial resources or access to financial assistance to supply basic needs
 - Housing
 - Utilities
 - Food
 - Medications
 - Transportation
 - Clothing

Family

- ▶ Functional social and emotional support system
 - Family
 - Friends
 - Neighbors
 - Social communities

Faith

- ▶ Spiritual integration
- ▶ What is spirituality?
 - A sense of connectedness to all that is past, present and future
 - Religion is only one way to express our spiritual side
 - Many people now describe themselves as spiritual, but not religious

Feelings

- ▶ The ability to process the inevitable grief that comes with chronic illness
- ▶ The loss of the former life must be processed through the stages of grief
- ▶ Many patients are stuck in anger and/or denial and never are able to move on to acceptance of their new reality
- ▶ Often non-compliance is an outward sign of being stuck in anger/denial

Using the Five Fs

- ▶ Assessment tool for the team
 - MSW
 - MD
 - Nurses and PCRTs
 - RD
- ▶ Education of patient, family, staff
- ▶ Advocacy
 - Within the clinic
 - Within the healthcare system

