

# Enhancing effective communication: distribution of and associations with Q-Care Profiles in adolescents with chronic conditions



On Your Own Feet Ahead!

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## Background

A Q-methodological study<sup>1</sup> revealed four distinct preference profiles for health care delivery and self-management (figure 1): 'Conscious & Compliant'; 'Backseat Patient'; 'Self-confident & Autonomous'; and 'Worried & Insecure'.

<sup>1</sup> Jedeloo S., A.L. van Staa, J.M. Latour, N.J.A. van Exel. (2010). Preferences for Health Care and Self-Management among Dutch Adolescents with Chronic Conditions: A Q-Methodological Investigation. *International Journal of Nursing Studies* 47 (5):593-603.

## Methods

Web-survey among 990 chronic patients (12-19 yrs) of a paediatric hospital. Adolescents scored their fit to the abbreviated QCP descriptions.

## Results

- Adolescents recognize themselves twice as often in the 'Conscious & Compliant' profile than in the other profiles (figure 2).
- Fit to any of the profiles is associated with age, gender, quality of life, impact of disease, self-efficacy, readiness for transfer, and independent health behaviours (figure 3).
- While the 'Backseat Patient' and the 'Worried & Insecure' type feel less self-efficacious, the 'Self-confident & Autonomous' type is at risk for non-adherence.

## Conclusions

- The Q-care profiles are recognizable to adolescents and they discriminate fairly well.
- A first test with the QCP as a tool to stimulate communication during consultations was promising.
- A practical manual for use of QCP during consultations was developed.



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## Aim

To examine the distribution of Q-care profiles (QCP) and their associations with adolescent characteristics

figure 1



figure 2

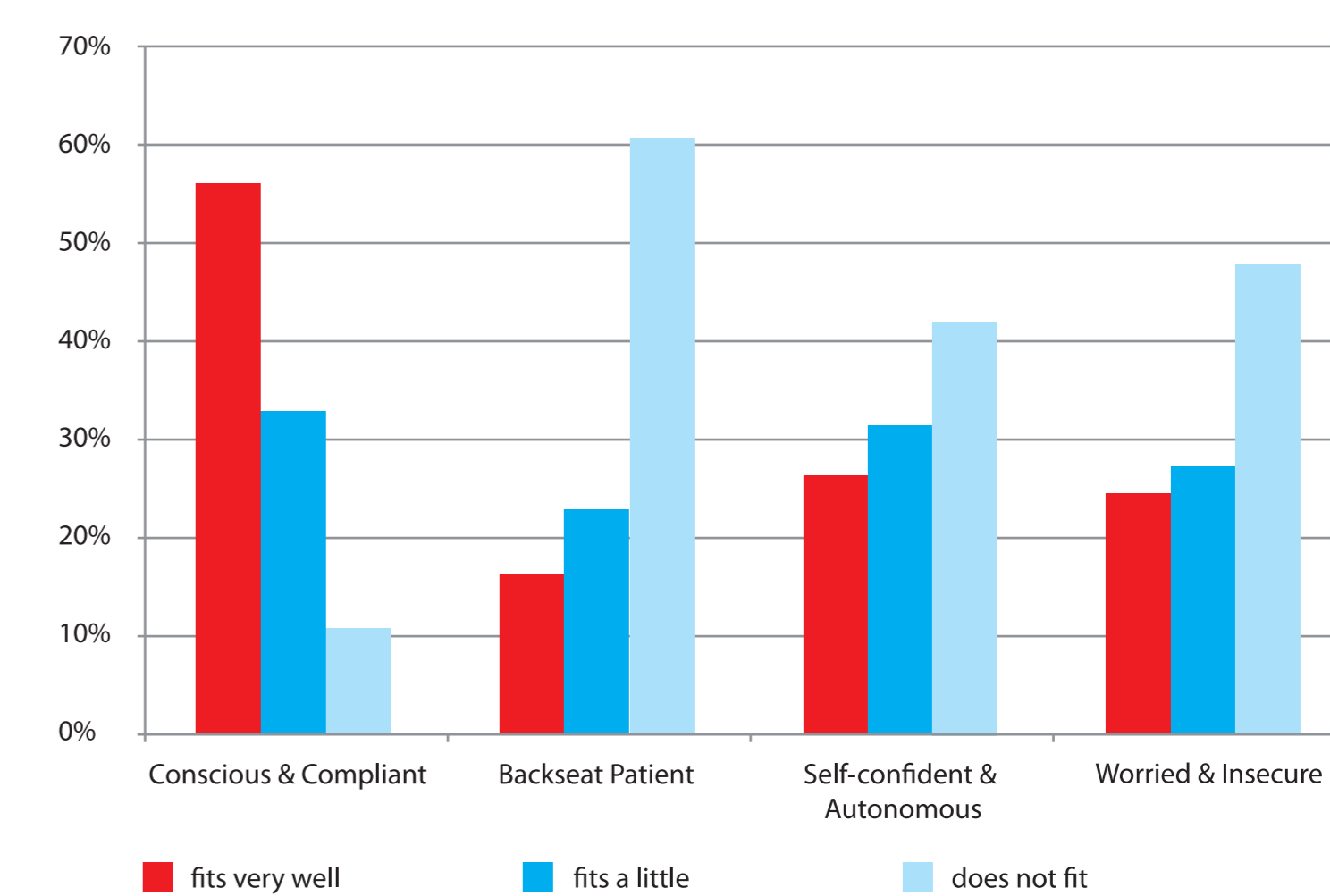


figure 3 Relation between adolescent characteristics and fit to care-preference profiles

Characteristics	Conscious & Compliant	Backseat Patient	Self-confident & Autonomous	Worried & Insecure
Female	x	x	x	++
Age	++	--	x	x
General health	++	o	x	--
Disease related quality of life	++	x	++	--
Presence of physical limitations	--	++	x	++
Body Image	x	x	x	--
Presence of therapeutic regime	--	x	x	++
Maturity	++	o	x	x
Happiness	++	o	++	--
Overall - self efficacy	++	--	++	--
Transfer readiness	++	--	++	--

++ positive relation, -- negative relation, o relation unclear, x no relation

eg. Physical limitations are less present in those with a better fit to the 'Conscious & Compliant' type, while more in those with a better fit to 'Worried & Insecure'.