

**Title: Supporting Patient Engagement and Self-Management With Trust and Selfies: Abstract # 0018**

**Aim:** To share the narrative of how developing a trusting relationship, providing consistent evidence-based care and engaging the person with a wound and her family can positively affect the journey of physical healing, emotional healing and self-managed care.

**Method:** The wound care nurse established a trusting relationship with a 38 year-old female with Type 1 diabetes who presented with bi-lateral full thickness, limb-threatening heel ulcers. This partnership was facilitated by two-way communication, meeting the patient where she was at and encouraging her to talk about and share her experiences of illness. The wound care nurse with the patient and family identified goals to improve and personalize the patient experience, identified risk factors, created clear lines of communication, and explored the coping skills, social support and psychological support with the patient (International Best Practice Statement 2016). During care visits, the patient took “selfie” photos of her ulcers to document the story of her journey to engage in self care.

**Findings:** The collages of her wounds, her family, and her caregivers created a pathway to memories, thoughts and emotions that enabled the patient, family and the health care team to explore, discover, clarify and make connections to the present moment and to create meanings for illness. This collection of visual was a stimulus to uncover concerns, feelings and perceptions that may have not shown up in conversation (Hawkins and Lindsay 2006). Engaging patients through photography supported the patient’s understanding of evidence-based wound care practices (Wang *et al* 2014) and empowered the patient to manage her health status and take some control over her disease.

**Applications:** This care experience strengthened the patients’ determinations of her health care needs, improved her self-efficacy and self-care efforts to continue to focus on prevention strategies independently. Patient centered care that engaged the patient and family was a crucial step in supporting wound healing and emotional disclosure and support psychosocial aspects of wound healing. Arts based strategies with aesthetic utility can evoke emotional responses in health care providers and can aid in making meaning and linkages to previous knowledge and experiences (Archibald *et al* 2016). These linkages can promote empathetic understanding and engagement with patients and families and leverage knowledge, motivation and self-managed care strategies supporting holistic care.

**References**

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