



RESOURCEFUL PATIENTS: BUILDING KNOWLEDGE AND SKILLS FOR INFLUENZA SELF-CARE

Although influenza is typically considered a seasonal issue, increasing attention is focused on the potential for a pandemic and planning for management in the event that one occurs. While influenza epidemics are notoriously difficult to predict, patients, healthcare providers, and managed care organizations need to plan for effective surveillance, prevention, treatment, and follow-up of patients who experience influenza and its complications.

Program Objectives:

- Identify the importance of the resourceful patient's role in effective self-management and self-care of influenza
- Define and describe influenza, in particular the risks and unique factors that impact each influenza season
- List and describe the aims of CDC interim influenza guidelines, and the importance of options for managing influenza chemoprophylaxis and treatment
- Apply principles of adult learning and information therapy to managed care organizations' internal and community-based efforts to build knowledge, skills, and resources for self-diagnosis, treatment, and management of influenza



Pharmaceuticals