

Table 1: Definition of Self-Care Elements

<b>Element of Self-Care</b>	<b>Definition</b>
Disease symptoms	Physical or psychological changes/indicators as a result of having chronic illness(es); examples include discussion of hypoglycemic symptoms, such as dizziness
Self-monitoring activities	Actions that patients should do on a regular basis in order to manage their diseases; examples include checking blood pressure or blood glucose level
Physical distress	Patients' experience of pain that interferes with their ability to manage their diseases; examples include fatigue and pain
Diet	Quality and quantity of patients' intake; examples include the kind and amount of high-carbohydrate food or drink such as soda consumed
Exercise	Regular physical activity, including leisure and recreational activities; examples include walking or swimming
Cigarette smoking	Tobacco use
Alcohol consumption	Alcohol intake
Medication use	Knowledge of medication name, description, and dosage information, and occurrence of side effects
Emotional distress	Patients' feelings as a result of their illnesses that interfere with their ability to manage the illness; examples include anxiety or depression
Family support/community resources	Family members, social clubs, religious organizations, and neighbors that provide physical and emotional assistance to the patients