

Name of the guideline:

Evidence-based Strengths Interventions Guideline

Description: The purpose of the *Evidence-based Strengths Interventions Guideline* (EB-SIG) is to assist health care providers to incorporate a strengths approach into care for adults with chronic health conditions to achieve optimal health and wellbeing.

In 2014, an Omaha System care plan for the EB-SIG was developed using a content expert approach by a team consisting of two nurse care coordinators from a health care home in the Midwest, two nurse researchers, and an Omaha System expert. NCCs were trained and experienced in providing strengths-based interventions for adults with chronic health conditions. During development, we interviewed the NCCs, taped and transcribed the interview, and identified strengths-based interventions in the interview transcript. We then mapped the strengths-based interventions to Omaha System terms.

The team members reached consensus regarding each intervention in the EB-SIG for semantic representation of strengths-based practice, and evaluated the fit of the intervention within the context of the EB-SIG care plan. Strengths-based intervention content was then reviewed and streamlined by reducing duplication and semantic equivalence.

The interventions are intended to be used with other Omaha System care plans for adults with chronic health conditions to assist in planning to promote strengths-based care.

Omaha System Problems (adults):

Health care supervision

Population: Community-dwelling adults with chronic health conditions

Diseases/Condition: multiple chronic conditions such as heart failure, COPD, diabetes

Practice setting: Primary care and community health

Levels of practice: Individual and family

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Source: Development of a Strengths-based Plan of Care for Older Adults with Chronic Health Conditions

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