

Tool 20. Assessing patient confidence

Confidence is used to assess the likeliness that the patient will take an active role in managing their health and well being.

1. Ask the patient, “How sure are you that you can manage and control most of your health problems.”
2. Document the health factor screening results using the values in the table.
 - a. Instructions on documenting health factors can be found in tool 16.

HEALTH FACTOR	DEFINITION
Very Sure	The patient is confident that they can take an active role and manage most of their health problems. The patient is very likely to achieve their health goals.
Somewhat Sure	The patient is at least 70% confident that they can take an active role and manage most of their health problems. The patient is likely to achieve their health goals.
Not Very Sure	The patient is less than 70% confident that they can take an active role and manage most of their health problems. Support and education should be provided to assist them in increasing their confidence and ability to participate in self care activities.
I do not have any health problems	The patient does not acknowledge health problems. It is unlikely that the patient will be willing to set and achieve health goals at this time. Emphasis should be placed on providing the patient with support and education to understand their health problems, improve their confidence and ability to participate in self care activities.