

**Table 5. Discussion of Self-Care Elements
Initiated by Patients and Physicians during Encounters (N = 50)**

Self-Care Element	Initiated by Physician	Initiated by Patient	Total Discussed	Not Discussed
	Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)
Disease symptoms	21 (42)	17 (34)	38 (76)	12 (24)
Self-monitoring activities	23 (46)	8 (16)	31 (62)	19 (38)
Discussion of medication use	25 (50)	25 (50)	50 (100)	0.0 (0.0)
Diet	15 (30)	8 (16)	23 (46)	27 (54)
Exercise	15 (30)	15 (30)	30 (60)	20 (40)
Alcohol consumption	8 (16)	2 (4)	10 (20)	40 (80)
Cigarette smoking	13 (26)	2 (4)	15 (30)	35 (70)
Family support/community resources	7 (14)	6 (12)	13 (26)	37 (74)
Emotional distress	7 (14)	6 (12)	13 (26)	37 (74)
Physical distress	15 (30)	23 (46)	38 (76)	12 (24)
Total	149	112	261	239