**A qualitative study of the effectiveness of chronic disease management plan on patient' self-management with diabetes, patients’ perspectives**

**Background and purpose:** Chronic Disease Management (CDM) plans must appropriately target patients' needs, but patients with chronic conditions are often poorly served by current health delivery and arrangement that fail to coordinate care across different service providers. Therefore, this qualitative study investigates the patient's perspectives on the effectiveness of CDM plans on self-management

**Methods:** A qualitative evaluation framed by post-positivism examined the effect of CDM plans on patient self-management in primary care. This study was set in a general practice setting in a semi-rural area and was used in semistructured in-depth interviews with a purposive sample of 15 patients with diabetes type 1 and 2. The interviews were carried out after CDM plans completion.

**Results:** Four themes and 18 sub-themes were identified in this study. Four themes are discussed: overwhelming managing diabetes, life priorities, lack of focus on person-centered care, and cognitive overload.

**Conclusion:** CDM plans are a well-used tool in primary care practice. Better targeted services based on patient needs, a higher level of coordination between the multidisciplinary team, patient involvement in their shared goal settings and decision making, and regular review are the outcome of improving and restructuring the current format of CDM plans.

**Relevance to clinical practice:** This method could help inform the development of the CDM plans to assess self-management and develop interventions to increase self-management skills among patients with diabetes

**Keywords:**Chronic disease management plan, primary health care, general practice setting, patient's perspective, patient care planning, patient-centered care, patient with diabetes, self-management