Arizona Living Well
Chronic Disease Self-Management Program Overview
What is CDSMP?

• CDSMP refers to Stanford University’s Chronic Disease Self-Management Program developed by Dr. Kate Lorig. For more information you can visit: http://patienteducation.stanford.edu/
What is CDSMP?

• The program is designed to help people gain self-confidence in their ability to control their symptoms & learn how their health condition/s affect their lives.

• Small-group workshops are generally 6 weeks long, meeting once a week for 2.5 hours and are lead by lay leaders living with chronic conditions.

• The meetings are highly interactive, focusing on building skills, sharing experiences and individual/group support.
What are the outcomes of CDSMP?

Established outcomes from randomized, controlled trials include:

- Improved Health Behaviors:
  - Minutes in exercise
  - Cognitive symptom management
  - Communication with physicians
  - Fewer ED visits
  - Improved Self-efficacy

- Improved Health Status:
  - Fatigue
  - Shortness of breath
  - Pain
  - Role function
  - Health distress
What is the training system for CDSMP?

- CDSMP is taught by trained lay-leaders who are living with chronic conditions

- Lay-leaders are trained by Master Trainers
  - The training is held locally

- Master Trainers are trained by T-trainers from Stanford either locally or in Palo Alto, CA
What are the licensing requirements?

- Agencies offering the course must be licensed to do so through Stanford University: http://patienteducation.stanford.edu/licensing/

- Licensing is also available for Tomando Control de su Salud (Spanish CDSMP)
6-week Course

- The course is ideally for 10 – 15 attendees and meets for 2.5 hours, once a week, for 6 weeks.

- The course teaches management skills through interaction, goal setting and action planning practiced over the 6 weeks.
Lay-Lead

• The effectiveness of the course is in the interaction leading to the practice and acquisition of self-management skills.

• The course is equally as effective lead by lay-leaders who are self-managers of their conditions as by health professionals.
Topics - Curriculum

Various topics covered in the curriculum include:

• Making an action plan
• Using your mind to manage symptoms
• Feedback/problem solving
• Difficult emotions
• Fitness/exercise
• Better breathing
• Working with health care professionals
• Working with health care system
• Fatigue
• Nutrition
• Future plans for health care
• Communications
• Medications
• Making treatment decisions
• Depression
• Pain
Importance of Fidelity in Evidence-Based Programming

• Fidelity = adhering to the conditions and circumstances of the researched program to increase the likelihood of achieving the same outcomes.

• The course licensing, training and materials are all designed to ensure fidelity to the CDSMP.

• Course must be presented as designed in order to be effective.
Requirements to be a Master Trainer (MT)

• Complete training for Master Trainers

• Co-facilitate two workshops

• MTs can lead workshops and train lay-leaders

• Co-facilitate one leaders training per two years
Requirements to be a Lay Leader

- Preferably be a lay-volunteer who is self-managing a chronic condition
- Complete Lay Leader Training
- Co-facilitate one workshop
- Co-facilitate one workshop per 2 years
Requirements to offer CDSMP at Your Site

• Must purchase a license from Stanford University
  http://patienteducation.stanford.edu/licensing/

• Maintain fidelity to the evidence-based program

• Report to Stanford (minimal time commitment)
Licensing fees and requirements

- Three-year licensing period
- Must comply with annual reporting
- Licenses are purchased based on the number of workshops being offered
- Workshops may be held at any appropriate facility under an organization’s license with trained leaders
Materials to teach CDSMP

• Materials to lead courses are provided at training

• Information for materials to teach the course may be found at:
  
  http://patienteducation.stanford.edu/materials/
Materials to teach CDSMP

- Sample lists of teaching kits (items used to lead a workshop) may be found at:
  www.livingstrongerlonger.org/prolinkscd.htm
The CDSMP List-Serv

• Stanford maintains a list-serv and web site resource for master trainers

• The list-serv helps to network and learn from other’s questions/experiences.
CDSMP & the HACN

- Arizona’s Healthy Aging Communication Network’s (HACN) Web Site has resources for those interested in CDSMP: www.livingstrongerlonger.org/chronic.htm

- The HACN can also hold web meetings for MTs and lay leaders in Arizona
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