

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/>

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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

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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

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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)

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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.

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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
- <http://patienteducation.stanford.edu/licensing/fees.html>
- 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.

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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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