



Partners in Care
FOUNDATION
changing the shape of health care



Arthritis?

Diabetes?

High Blood Pressure?

Other Chronic Conditions?

Introducing:

Healthier Living

An Evidence Based Self-Management Program

Feel Better

Take Control of Your Health

Take Control of Your Life

Healthier Living

Chronic Disease
Self-Management
Program (CDSMP)

Program Overview

An evidence-based program
developed & licensed by
Stanford University
Patient Education Research
Center

Natalie Zappella, M.S.W., M.U.P.

Self-Management Programs

- Chronic Disease Self-Management*
- Arthritis
- Diabetes
- HIV/AIDS
- Chronic Pain
- Tomando Control de su Salud (Spanish)
- Arthritis (Spanish)
- Diabetes (Spanish)



*Leader manual available in Arabic, Bengali, Chinese, Dutch, French, German, Greek, Hindi, Italian, Japanese, Korean, Khmer, Norwegian, Punjabi, Russian, Somali, Swedish, Tagalog, Tamil, Turkish, Vietnamese



Program Goals

To build self-confidence & provide:

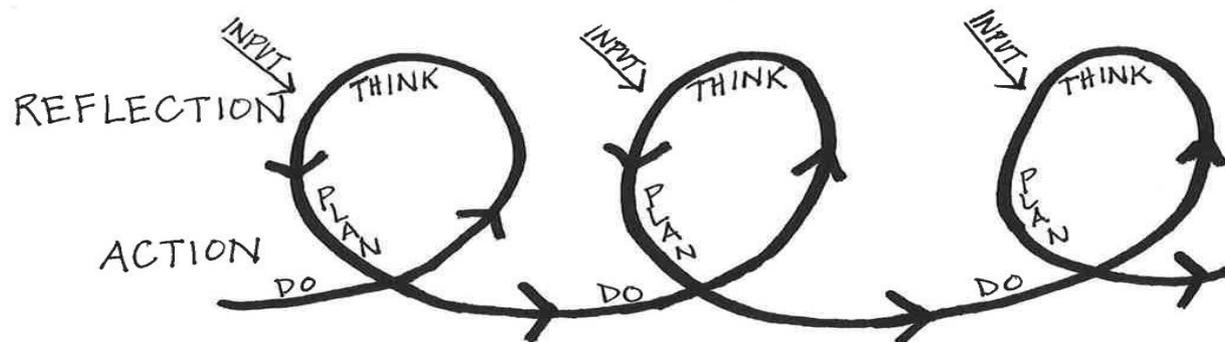
Social Interaction

Shared Experiences & Support

Identification of Problems

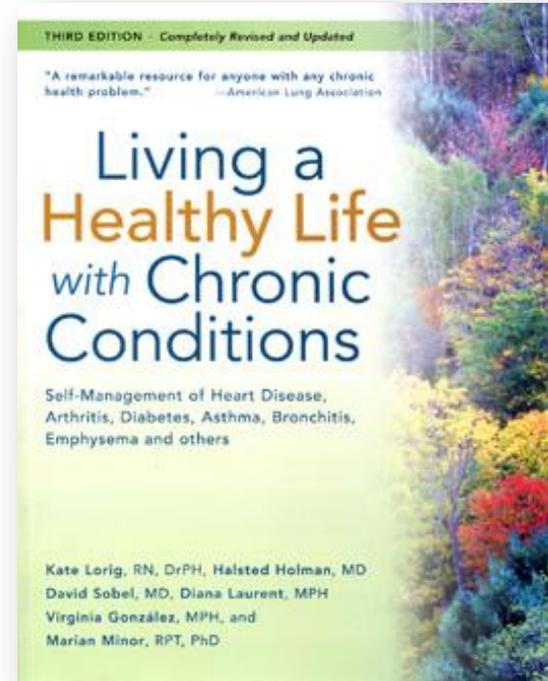
Reinterpretation of Symptoms

Skill Development to Control Symptoms



Program Design

- 12 -16 participants
 - Two Trained Leaders
 - People with different conditions
-
- Six-week Program
 - 2 ½ hours, one day a week
 - Includes:
 - Group discussions
 - Activities
 - Short lectures
 - Book: Living a Healthy Life with Chronic Conditions



Target Population

People with at least one chronic condition

– OR –

A family member, friend or caregiver of someone
with a chronic condition

Stamina to attend 2 ½ hour session

Cognitive function to participate





CDSMP Workshop

Participant Health Outcomes

Randomized, controlled trial of 1,000 participants

- Greater energy/reduced fatigue
- Better psychological well-being
- Enhanced partnerships with physicians
- Improved health status
- ↑: exercise
- ↓: pain, depression, shortness of breath
- ↓: Social and role activities limitations
- Improved quality of life
- Greater self-efficacy and empowerment

Sources: Lorig, KR et al. (1999). *Med Care*, 37:5-14; Lorig, KR et al. (2001). *Eff Clin Pract*, 4: 256-52; Lorig, KR et al. (2001). *Med Care*, 39: 1217-23.

Health Care Utilization Effects

- Results showed more appropriate utilization of health care resources through **decreased**:
 - Outpatient visits
 - Emergency room visits
 - Hospitalizations
 - Days in hospital

Ultimate Result:

Reduction in health care expenditures

Bernice, CDSMP Participant

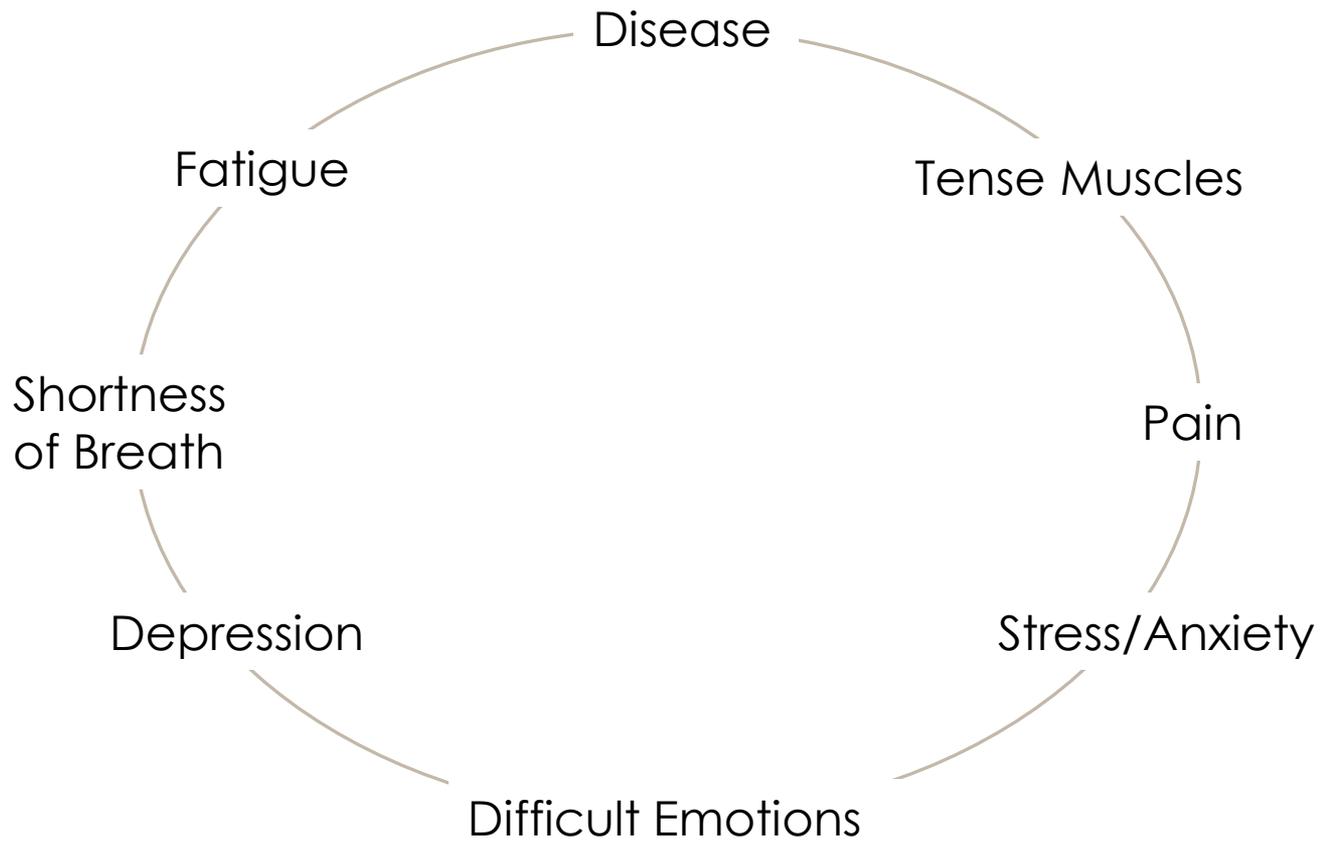
Testimonials

- *“Because I have been afflicted with Parkinson’s for over 20 years, I have suffered a great deal of depression. The **skills you’ve taught** me in maintaining positive thinking and combating depression have really helped to **improve my condition.**” - John, age 69*
- *“I found the interaction with the other students in the class to be most enlightening. I realized that although I have a chronic illness **I am not alone.** Thank you for all the lessons in helping me to **deal with this.**” - Suzanne, age 57*
- *“The workshop **put me back in charge of my life,** and I feel great. I only wish I had done this sooner.” - Robert, age 68*

Session Structure

- Welcome
- Feedback & Problem Solving
- Activities & Education
 - Brainstorming
 - Discussion
 - Demonstration & Practice
 - Lecturette
- Making an Action Plan
- Closing

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Feedback & Problem Solving					
Overview	Managing Difficult Emotions	Better Breathing	Future Plans for Health Care	Medication Usage	Health Care Provider
Acute Conditions		Muscle Relaxation	Healthy Eating	Making Informed Treatment Decisions	Health Care System
Chronic Conditions	Physical Activity	Pain & Fatigue	Communication	Depression Management	Looking Back & Planning for the Future
Distraction Techniques		Endurance Activities	Problem Solving	Positive Thinking	
Making An Action Plan					



Symptom Cycle

Self-Management Tool Box

Physical Activity

Problem-Solving

Medications

Using Your Mind

Managing Fatigue

Managing Pain

Planning

Communication

Better Breathing

Healthy Eating

Working with Health
Professionals

Understanding
Emotions

Parts of an Action Plan

- Something the participant wants to do
- Achievable
- Action-specific
- Answer the questions:
 - What?
 - How much?
 - When?
 - How often?
- Confidence level of 7 or more

So....
What is your action plan?



Getting Started!

1. Connect with Partners in Care or Stanford University
2. Secure CDSMP License
3. Order workshop materials
4. Identify/recruit staff and volunteers for training
5. Complete CDSMP Leader Training
6. Plan recruitment & outreach strategies
7. Schedule & promote workshops

CDSMP Leader

Ideal Abilities/Values of a Leader:

- Has a chronic condition or life experience as a caregiver
- Possesses good listening skills, is non-judgmental
- Understands the importance and purpose of fidelity (following the curriculum)
- Possesses good communication and interpersonal skills
- Exhibits enthusiasm
- Is dependable and consistent
- Education or health care experience a plus
- Provide own transportation to workshop sites as scheduled

Training Expectations:

- Ideally has attended a 6-week workshop
- Will attend 4-day training taught by 2 Master Trainers, 24 hours total
- Will facilitate a 6-week workshop within 6 months of training
- Will facilitate 2 or more 6-week workshops per year

Thank you!

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Partners in Care Foundation

Health Innovation Programs

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Program Costs & Fees

Leader Training

Local Training – 4 full days	Free - \$1600/person
Stanford Training – 4 to 5 days	\$900 - \$1600/person + Travel

Sub-license from Partners in Care

Up to 8 workshops per year (Multiple Programs)	\$150
Up to 16 workshops per year (Multiple Programs)	\$300

Single-Program License Fees from Stanford

30 or fewer workshops, 6 Leader trainings	\$500
90 or fewer workshop, 12 Leader trainings	\$1000

Multiple-Program License Fees from Stanford

Up to 75 total workshops and 6 Leaders trainings	\$1000
Up to 120 total workshops and 12 Leaders trainings	\$1500

Other Program Costs

- **Program Coordinator**

- Schedule and coordinate workshops
- Outreach and registration
- Identify and support implementation sites
- Collect data and reporting

- **Volunteer Coordinator**

- Recruit and orient volunteers
- Provide volunteer appreciation
- Monitor volunteers, provide fidelity checks

- **Program Materials**

- Book (\$30), CD (\$15), Leader Kits (Vary)