



Stanford University School of Medicine: Chronic Disease Self Management Program

Live Well: "It's Your Life...Live it Well"



Live Well: "It's Your Life...Live it Well"



“It's Your Life...Live it Well”



Background

- Developed in the early 1990s by the Stanford Center for Research in Patient Education Based on a successful arthritis self-management program.
- A credible, “evidence-based” program with broad experience and demonstrated results in a variety of settings, populations, and chronic conditions.
- Now used internationally in 15 countries and over 39 U.S. states.

CDSMP: An Evidence-Based Program Advantages

- Increases the odds the program will work as intended and public good will be enhanced.
- Greater efficiency in using limited resources on what has been *proven* to work, not what people think will work or has traditionally done.
- Offer well-packaged program materials, staff training and technical assistance.

Self Management: What is it?

Based on patient perceived problems.

Focus on improved health status and appropriate health care utilization.

Builds confidence (self-efficacy) to perform three tasks:

- **Disease management**
- **Role management**
- **Emotional management**

What Does the Program Do?

Introduces tools needed in day-by-day life for persons with chronic diseases.

Brings people with chronic diseases and their families together in a community setting.

Supports and enhances disease specific education, but does not replace it.

Characteristics of *Successful* Self Management

- ▶ CDSMP Provides training and support services to assist:
 - Client to cope with circumstances that cannot change
 - Client to manage stress and improve communication skills
 - Focus on self-motivation-client decides where they are at and what is right for them

Chronic Disease Self Management Workshops: Program Design

- ▶ Six week workshop series, meeting once a week for 2 ½ hours.
- ▶ Taught by a team of two trained leaders.
- ▶ Stanford Licensed Agency (Programs are offered under the Stanford license held by DSS)



Workshop Topics Include:

Exercise

Managing Emotions

Disease related
problem solving

Healthy Eating

Cognitive symptom
management

• (relaxation, distraction,
self-talk, visualization)

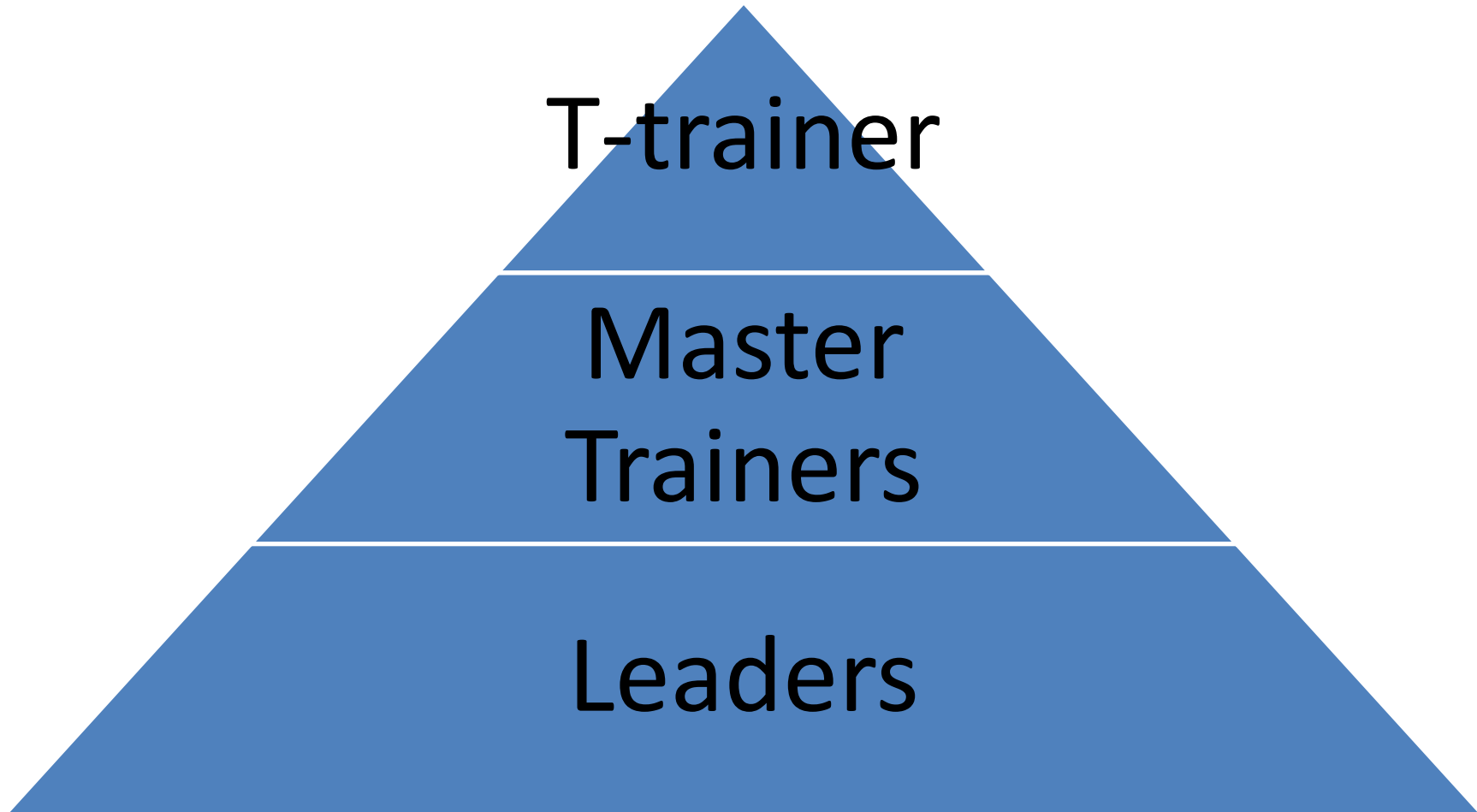
Advanced Directives

Managing
medications

Communication
Skills

Developing
patient/physician
partnership

CDSMP Hierarchy



CDSMP Data

- **Health Effects:**

Strong evidence of beneficial effect on physical / emotional outcomes and health related quality of life

- **Program results in:**

greater energy/reduced fatigue, more exercise, less social role limitations, better psychological well being, better partnerships with physicians, improved health status and greater self efficacy

Utilization effects

- **CDSMP results in reductions in healthcare expenditures**
 - At 2 years (compared to baseline):
Fewer visits to MDs and ERs
 - 2 year savings: \$590/participant in hospitalizations and outpatient visits
 - CDSMP cost estimated at \$70-\$200/participant

(Medical Care, 2001 Vol 39 #11, p 1217-1223, Lorig et al)

Other studies/benefits:

N=445, 2/3 with DM, Hispanic

At year 1:

Improvements in eating breakfast, mental stress, self reported health, aerobic exercise, communication with MD

Fewer hospital days, increased use of MD while decreasing hospitalizations: more appropriate use of health care

(Diabetes Educator 2005, 31: 401-05 Lorig et al)

Summary of other benefits

- Effective across chronic diseases
- Effective across socioeconomic and educational levels
- Enables participants to manage progressive, debilitating illness
- Important health benefits persist over time
- Supported by decades of federal research

Connecticut Live Well

Program Data (April 1, 2010 to July 31, 2011)

Number of trained leaders	116
Implementation sites	54
Workshops held to date	48
Participant total to date	464
Total participants completing 6-week workshop***	361 (78%) of participants
*** Attended at least 4 of 6 sessions	

Live Well: "It's Your Life...Live it Well"

Connecticut Live Well

Program Data (April 1, 2010 to July 31, 2011)

Attendance by Session	Number of Participants	Percent total Participants
1	409	88%
2	386	83%
3	359	77%
4	325	70%
5	317	68%
6	310	67%
78% (361) participants attended at least 4 of 6 sessions		

Connecticut Core Demographics

(April 1, 2010-July 31, 2011)

AGE	NUMBER	% of KNOWN
Under 60	36	10.7 %
60-64	37	11 %
65-69	53	15.7 %
70-74	56	16.6 %
75-79	56	16.6 %
80-84	53	15.7 %
85-89	37	11 %
90 and over	9	2.7 %
Unknown	86	20 %

Expected Grant Outcomes:

- ▶ Provide 15 English Language Trainings
 - Increase total leaders trained to 200 (English and Spanish)
- ▶ Provide 3 Spanish/Tomando Trainings
- ▶ Increase number of Master Trainers to 8
 - Ideally, 2 MT certified in the CDSMP Tomando version
- ▶ Reach 500 Seniors living with chronic disease and/or persons caring for someone with a chronic disease.

Surgeon General's Report (July, 2009)

- Community-based self-management ...important in helping older adults manage their chronic conditions.help individuals gain self-confidence in their ability to control symptoms and manage the progression of several long-term and chronic age-related illnesses. Programs such as Stanford University School of Medicine's "Chronic Disease Self-Management Program" significantly increase the self-confidence of older adults when it comes to their health and managing their chronic illnesses.

- Source: Public Health Reports / July-August 2009 / Volume 124

Live Well: It's Your Life: Live it well!

- Stanford Chronic Disease Self Management Program:
 - Stanford Patient Education Research Center for additional information:
 - <http://patienteducation.stanford.edu/programs/cdsmp.html>

Leaders Trainings and Workshop Information

SOUTHWEST REGION: Gretchen James

203-814-3620 or gjames@swcaa.org (Southwest AAA)

- **EASTERN REGION: Laura Crews 860-887-3561 or lcrews@seniorresourcesec.org**
- **(Senior Resources)**

WESTERN REGION: Erin Soli 203-757-5449 or eesoli.wcaaa@yahoo.com (Western AAA)

- **SOUTH CENTRAL AND NORTH CENTRAL: Paula Leibovitz 860-919-4603 or pleibovitzrd@cox.net**