



Measures have been taken, by the Utah Department of Health, Bureau of Health Promotions, to ensure no conflict of interest in this activity

CNE/CEU's are available for this live webinar. You must take the pre and post tests. 80% is required on the post test to receive CNE/CEU's. Certificates will be emailed out to you within two weeks.



Living Well Programs in Utah

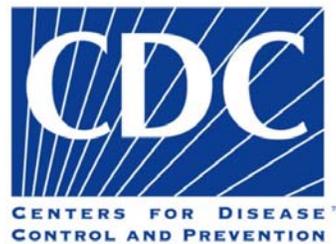
**Stanford Self-Management
Education Programs**

Christine Weiss
Utah Arthritis Program

Utah Arthritis Program



- ❑ Oversee implementation of evidence-based self-management programs throughout Utah, including Stanford's Self-Management Programs
- ❑ Funding sources: Centers for Disease Control and Prevention (CDC) and the Administration for Community Living (ACL)
- ❑ Work with the CDC and ACL to address the burden of arthritis, and other chronic diseases in Utah

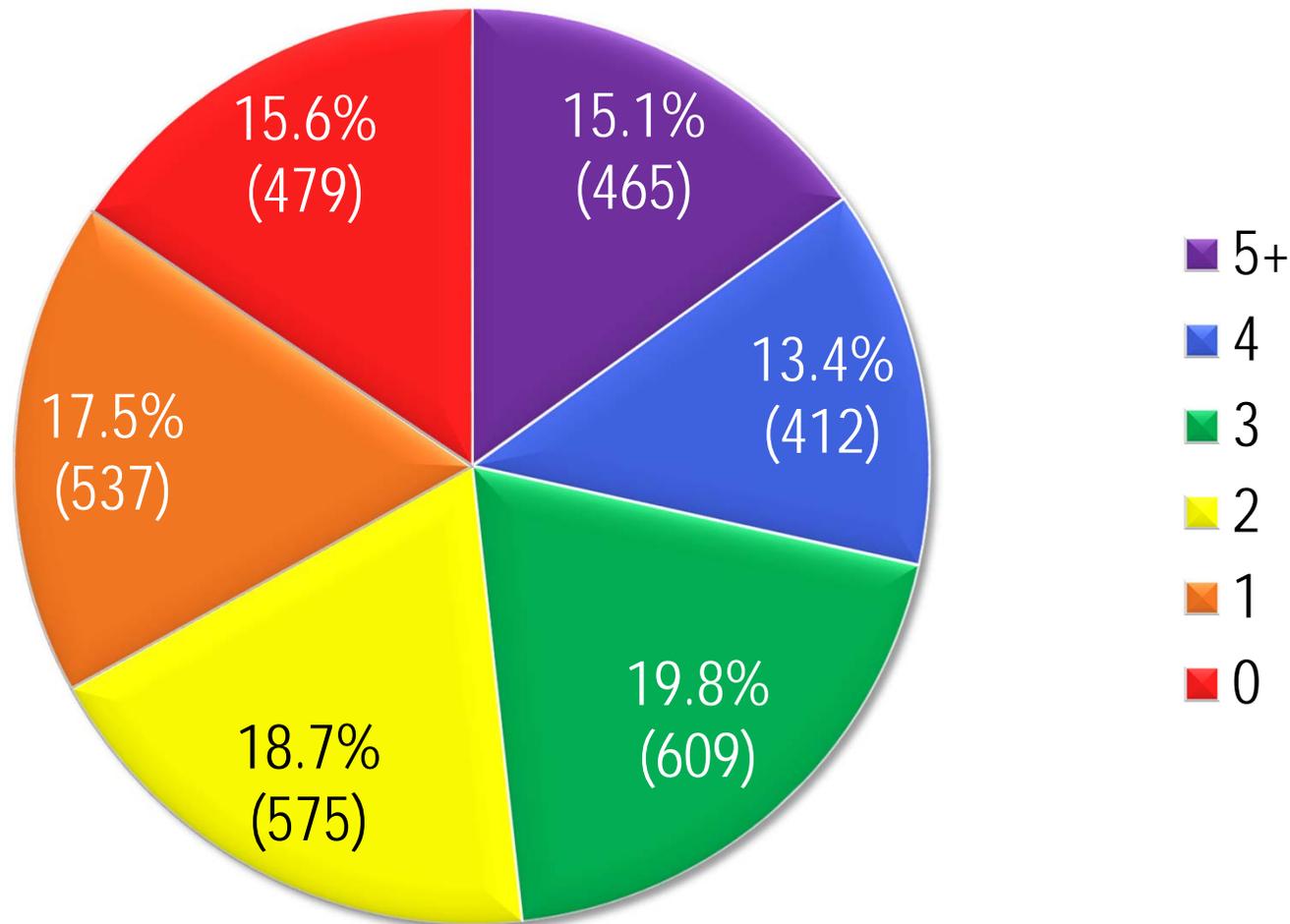


Utah Arthritis Program



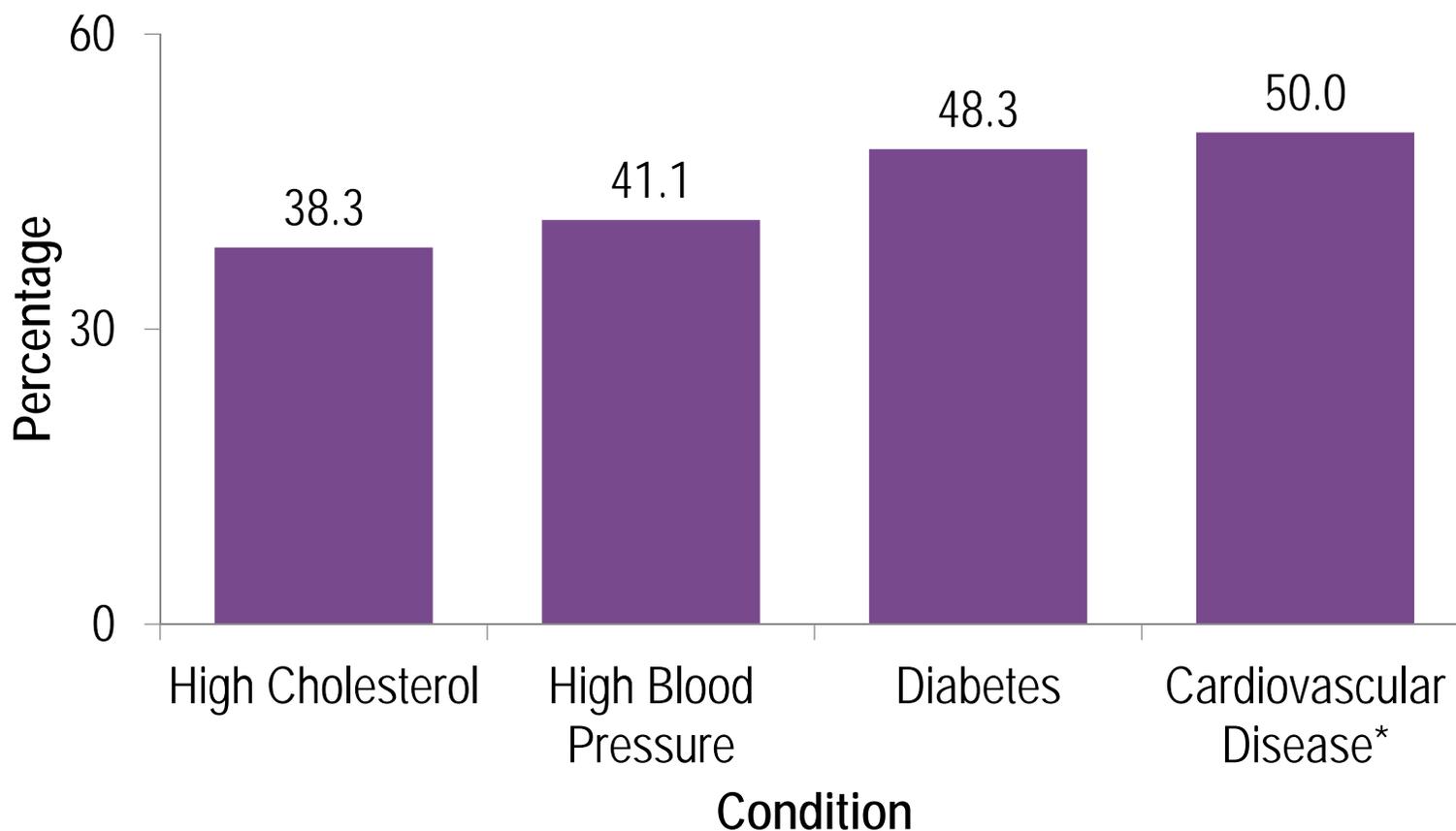
- Work in partnership with 25+ Utah organizations to increase access to and use of evidence-based programs
- Tasked with creating a sustainable infrastructure to deliver these programs by helping embed them within existing organizations or health care delivery systems
- Primary objective is to develop partnerships around the state to increase access to and use of evidence-based programs

Number of Chronic Conditions Reported by CDSME Participants



Source: Utah Arthritis Program, 2011 – 2013 CDSME data repository

Prevalence of Arthritis Among Persons With Other Conditions (Utah)



Source: Utah BRFSS, 2011* and 2012

The Chronic Disease Problem



- ❑ 95 percent of health care costs for older Americans are for chronic diseases. The cost of caring for one person 65 or older is three to five times higher than the cost for someone less than 65.
- ❑ More than a quarter of all Americans and two of three older Americans have multiple chronic conditions. Treatment for this population accounts for 66 percent of the country's health care budget.
- ❑ The leading causes of death among older adults are heart disease, cancer, stroke, COPD, Alzheimer's disease, and diabetes.

Stanford Self-Management Programs



- Stanford University, Patient Education Research Center has developed, tested, and evaluated self-management programs for people with chronic health problems for past 20+ years
- Programs are designed to help participants gain self-confidence in their ability to control their symptoms and their lives
- Workshops are highly interactive, focusing on building skills, sharing experiences and support

Stanford Self-Management Programs



- ❑ Chronic Disease Self-Management Program (CDSMP)
Living Well with Chronic Conditions program
- ❑ Diabetes Self-Management Program (DSMP)
Living Well with Diabetes program
- ❑ **Tomando Control de Su Salud** (Spanish CDSMP)
- ❑ **Manejo Personal de la Diabetes** (Spanish DSMP)

Introductory Note



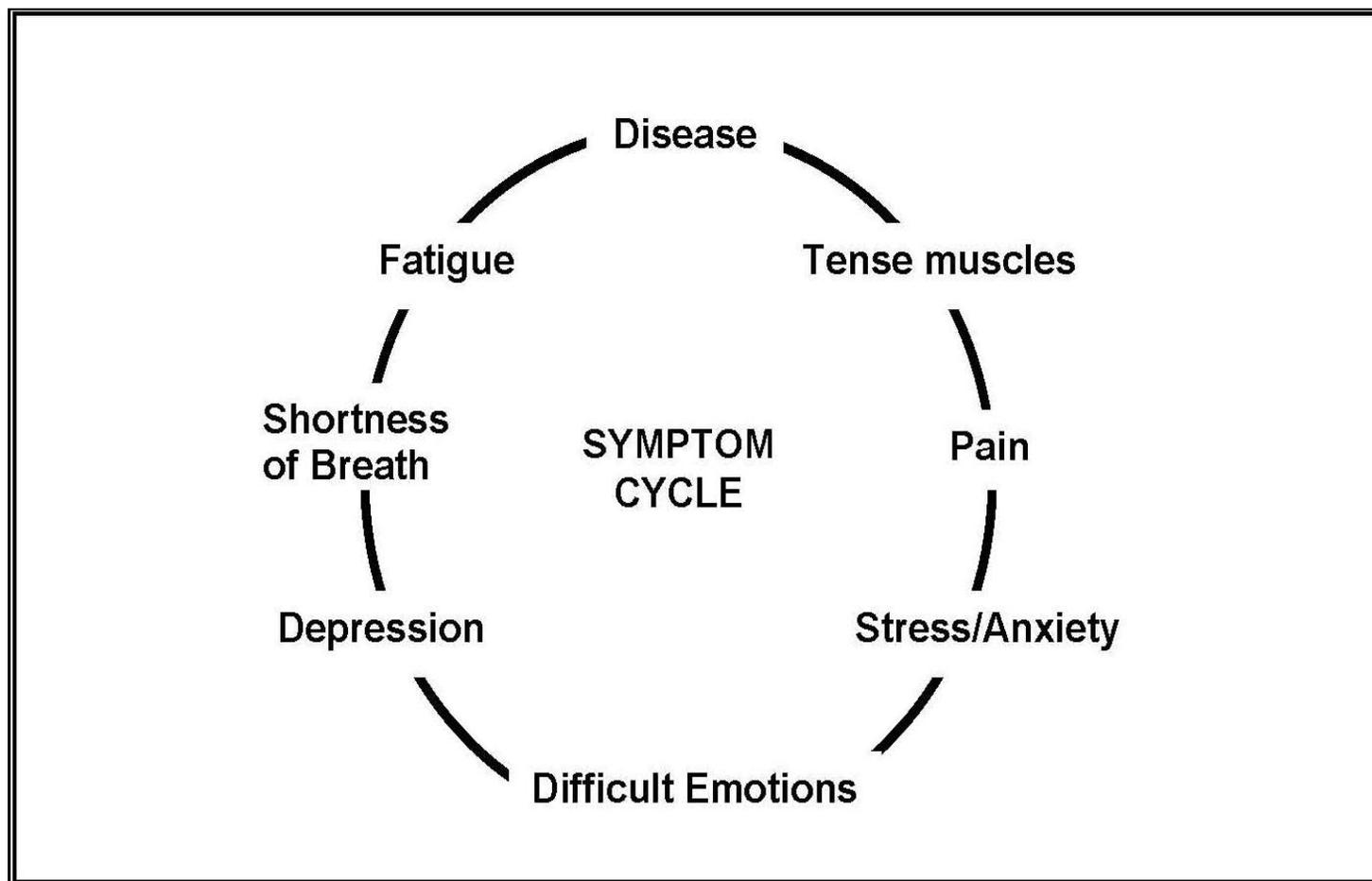
- **The Utah Approach:** DSME comes first and foremost for a patient with diabetes
- CDSMP and DSMP do not take the place of Diabetes Self-Management Education (DSME)
- CDSMP and DSMP may be found complementary/supportive to the DSME process

Program Description

- Designed for people who live with *any chronic condition*
- Based on the symptoms of chronic conditions
- Participants learn tools that enable them to self-manage their symptoms
- Community or healthcare-based settings

Living Well with Chronic Conditions

Stanford Model of CDSMP



Program Structure

- ❑ Series of 6 sessions, 1 session per week, 2 hours per session
- ❑ Held in community settings (including healthcare)
- ❑ Highly scripted curriculum
- ❑ Groups are small: 10-15 people
 - Share information, interactive learning activities, problem-solving, decision-making, social support for change
- ❑ Weekly action plans and feedback

Program Structure

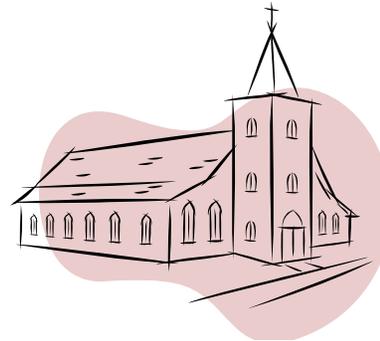
- ❑ Designed to be lay-led; 2 peer leaders facilitate each class; at least 1 peer leader also has a chronic condition
- ❑ Workshops offered at no charge
- ❑ Available in Utah in: English, Spanish, Tongan, Samoan, and Navajo

Workshop Resources

- ❑ Resource book: Living a Healthy Life with Chronic Conditions
- ❑ CD: Relaxation for Mind and Body

Community Settings

- ❑ Libraries
- ❑ Community Centers/Rec Centers
- ❑ Senior Centers
- ❑ Churches
- ❑ Clinics/Hospitals
- ❑ Worksites
- ❑ Clubhouses



Program Subject Matter

- Dealing with frustration, fatigue, pain and isolation
- Exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medication and proper nutrition
- Communicating effectively with family, friends and health professionals
- Evaluating new treatments

Patient Engagement Activities

- Participants learn how to identify problems
- Participants learn how to act on problems
- Participants learn how to generate short-term action plans
- Participants learn problem-solving skills related to chronic conditions in general

Week 1

- Difference between acute and chronic conditions
- Short term distractions
- Introduce action plans

Week 2

- Dealing with difficult emotions
- Physical activity and exercise

Week 3

- Better breathing techniques
- Muscle relaxation
- Pain and fatigue management

Week 4

- Future plans for healthcare
- Healthy eating
- Communication skills
- Problem solving

Week 5

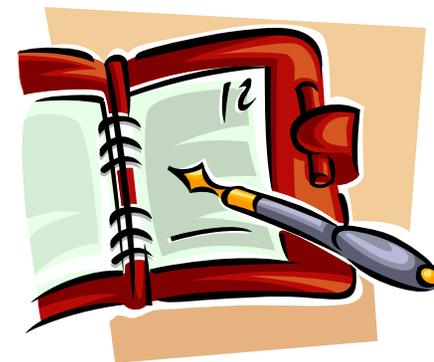
- Making informed treatment decisions
- Medication usage
- Positive thinking
- Depression management
- Guided imagery

Week 6

- Working with your healthcare professional
- Planning for the future

Action Plans

- Something they want to do
- Achievable
- Action Specific
 - What
 - How much
 - When
 - How often
- Confidence Level
- Problem Solving



What participants are saying. . . .

- “I know I can self-manage a few problems and make life better for me and my husband.”
- “It gave me some important coping mechanisms.”
- “This class has helped me get my life in order.”
- “I recommend this course and handbook to all seniors.”
- “We have set goals, accomplished them and will continue to manage our lives better due to this class.”

Source: Class participants of Wasatch and Summit County courses

Leading Chronic Conditions Reported by CDSMP Participants



- 38.2% Arthritis
- 35.4% Hypertension
- 29.5% Diabetes
- 28.7% Anxiety/Depression
- 15.4% Breathing/Lung Dis.
- 13.7% Heart Disease
- 9.8% High Cholesterol
- 9.2% Osteoporosis
- 8.9% Cancer
- 8.6% Chronic Pain
- 7.4% Chronic Joint Pain
- 5.0% Stroke
- 2.2% Fibromyalgia
- 1.6% Kidney Disease

Source: Utah Arthritis Program, 2011 – 2013 CDSMP data repository

Latest Research Articles

- ❑ Review of Findings on Chronic Disease Self-Management Program (CDSMP) Outcomes (2008)
- ❑ Self-Management at the Tipping Point: Reaching 100,000 Americans with Evidence-Based Programs (Journal of the American Geriatrics Society Volume 61, Issue 5, Article first published online: 14 MAY 2013)
- ❑ Success of National Study of the Chronic Disease Self-Management Program (Med Care. 2013 Nov;51(11):992-8. doi: 10.1097/MLR.0b013e3182a95dd1)
- ❑ National Study of Chronic Disease Self-Management: Six-Month Outcome Findings (J Aging Health. 2013 Oct;25(7):1258-74. doi: 10.1177/0898264313502531)
- ❑ National Study of Chronic Disease (<http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/national-study-of-the-chronic.html>)

Improved Outcomes

	<u>6 mo.</u>	<u>2 yrs.</u>
Self efficacy	√	√
Self rated health	√	√
Disability	√	
Role activity	√	
Energy/fatigue	√	√
Health distress	√	√
MD/ER visits	√	√
Hospitalization	√	

Program Partnerships



- ❑ Association of Governments
 - ❑ Area Agencies on Aging/Senior Centers
- ❑ Local Health Departments
- ❑ Centers for Independent Living
- ❑ Intermountain Healthcare
- ❑ University of Utah Community Clinics
- ❑ Veterans Affairs
- ❑ Community Based Organizations
- ❑ Mental/Behavioral Health Organizations
- ❑ Other healthcare systems
- ❑ Other delivery system partners

Diabetes specific self-management topics:

- Monitoring blood sugar
- Complications
- How to deal with sick days
- Foot care
- List of recommended testing and preventive services
- Healthy eating

Suggestions for Linking Diabetes Education with Living Well

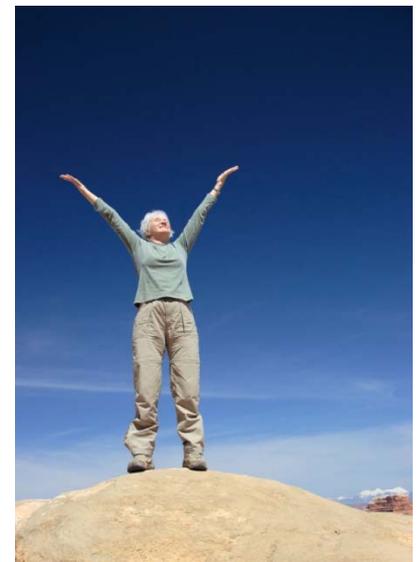


- ❑ Can supports and complement self-management efforts of diabetes educators/healthcare providers
- ❑ Self-management support option for post-DSME (National DSME Standard #7)
- ❑ Great option for follow up work with patients with diabetes (National DSME Standard #8)
- ❑ Classes offered for FREE, no charge: good option for uninsured, underinsured, or low-income patients

Suggestions for Linking Diabetes Education with Living Well



- ❑ Evidence-based program
- ❑ Addresses mental health issues (anxiety, depression)
- ❑ Continuous quality improvement opportunity
- ❑ Opportunity to connect to community resources (possible part of planned care model)
- ❑ Reinforces lifestyle behaviors – patients continue practicing implementing healthy choices – physical activity and nutrition



DSME webpage and fact sheet



- DSME
page: <http://www.choosehealth.utah.gov/your-health/lifestyle-change/dsme.php>
- DSME Fact Sheet for healthcare providers
(PDF):
http://www.choosehealth.utah.gov/documents/pdfs/factsheets/factSheet_DSME.pdf

Resources

- Utah Arthritis Program
<http://health.utah.gov/arthritis>
- Workshop schedules
<http://health.utah.gov/arthritis/classes/cdsmp.php>
- New Partner information
http://health.utah.gov/arthritis/partner_resources/new_partners.html
- Referral Cards to Living Well
http://health.utah.gov/arthritis/partner_resources/materials.html

Resources

- Stanford University's site on CDSMP
<http://patienteducation.stanford.edu>
- Administration on Aging: www.aoa.gov
- National Council on Aging:
<http://healthyagingprograms.org>

Contact Information

- Rebecca Castleton
rcastlet@utah.gov; 801-538-9340
- Christine Weiss
cweiss@utah.gov; 801-538-9458