

# Chronic Disease Self Management Programs

Heidi Mazerres  
Manager, CDSMPS Master Trainer

3-11-12



**Woodland Healthcare**<sup>™</sup>  
A Dignity Health Member

# Why Self- Management is Important

---

- Chronic disease is the leading cause of death and disability in the United States.
- In the United States, 1 of 2 people has at least 1 chronic condition, representing 145 million Americans, Twenty-eight percent of all Americans have two or more chronic conditions.
- Nationally, chronic conditions account for 75% of the \$2 trillion spent on health care each year in the United States.
- 25.8 million Americans, or 8.3% of the U.S. population, have diabetes. 215,000 are younger than 20. Diagnosed: 18.8  
**Undiagnosed:**7.0 million Americans.

# Self Management Programs

---

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



# Program Goals

To build self-confidence & provide:

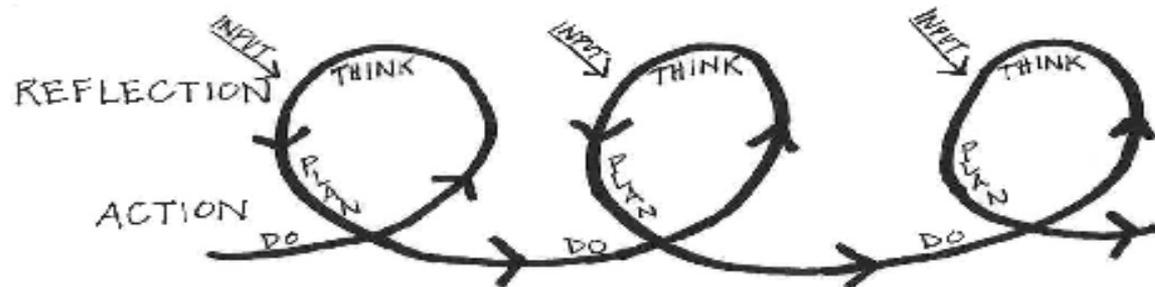
Social Interaction

Shared Experiences & Support

Identification of Problems

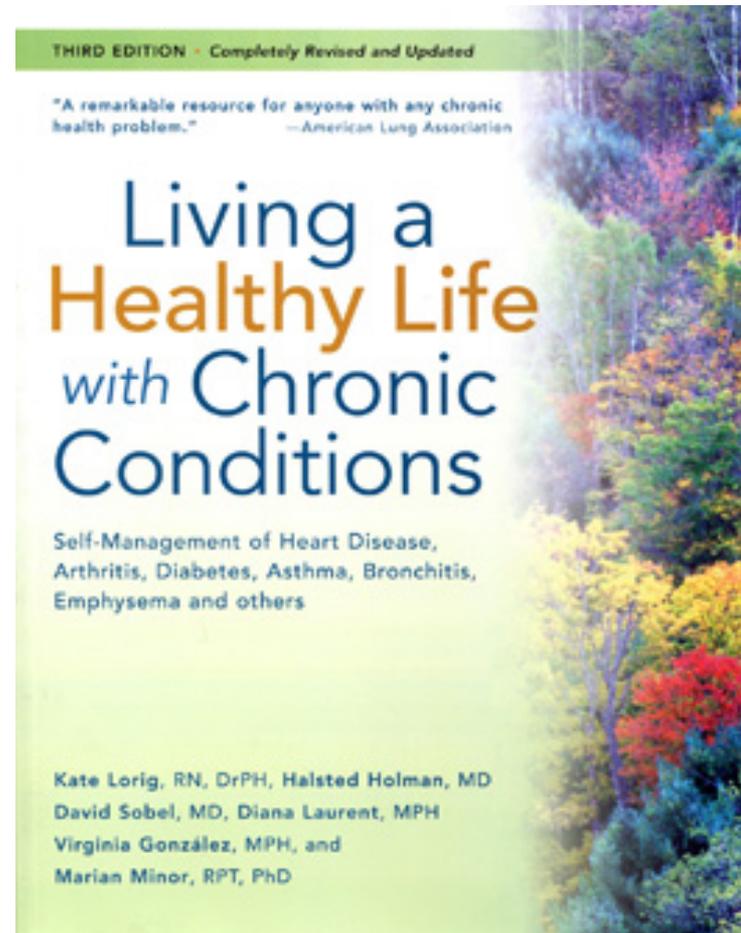
Reinterpretation of Symptoms

Skill Development to Control Symptoms



# Program Design

- 12-16 participants
- Two trained leaders with a chronic condition who follow a structured leader protocol.
- Participants with different conditions
- Six-week Program
- 2.5 hours, one day
- Encourages interaction and mutual problem solving and support. Help participants learn to take control
- Are designed to compliment clinical treatment and disease specific education programs.
- Book: Living a healthy Life with Chronic Conditions



# Target Population

---

- People with at least one chronic condition
- A family member, friend or caregiver of someone with a chronic condition
- Stamina to attend a 2.5 hour session
- Cognitive function to participate





## CDSMP Workshop

# Participant Health Outcomes

## Randomized, controlled trial of 720 participants

*Many of the Effects of CDSMP Persist at 12 –Month Follow Up*

---

- Greater energy/reduced fatigue
- Better psychological well being
- Enhanced partnerships with physicians
- Improved health status
- Increase in exercise
- Decrease in pain, depression, shortness of breath
- Improved quality of life
- Greater self-efficacy and empowerment

# Health Care Utilization Effects

---

Results showed more appropriate utilization of healthcare resources through **decreased**

- Outpatient visits
- Emergency room visits
- Hospitalizations
- Days in hospital

***At Woodland, no participant has been readmitted through the Emergency Room since starting program.***

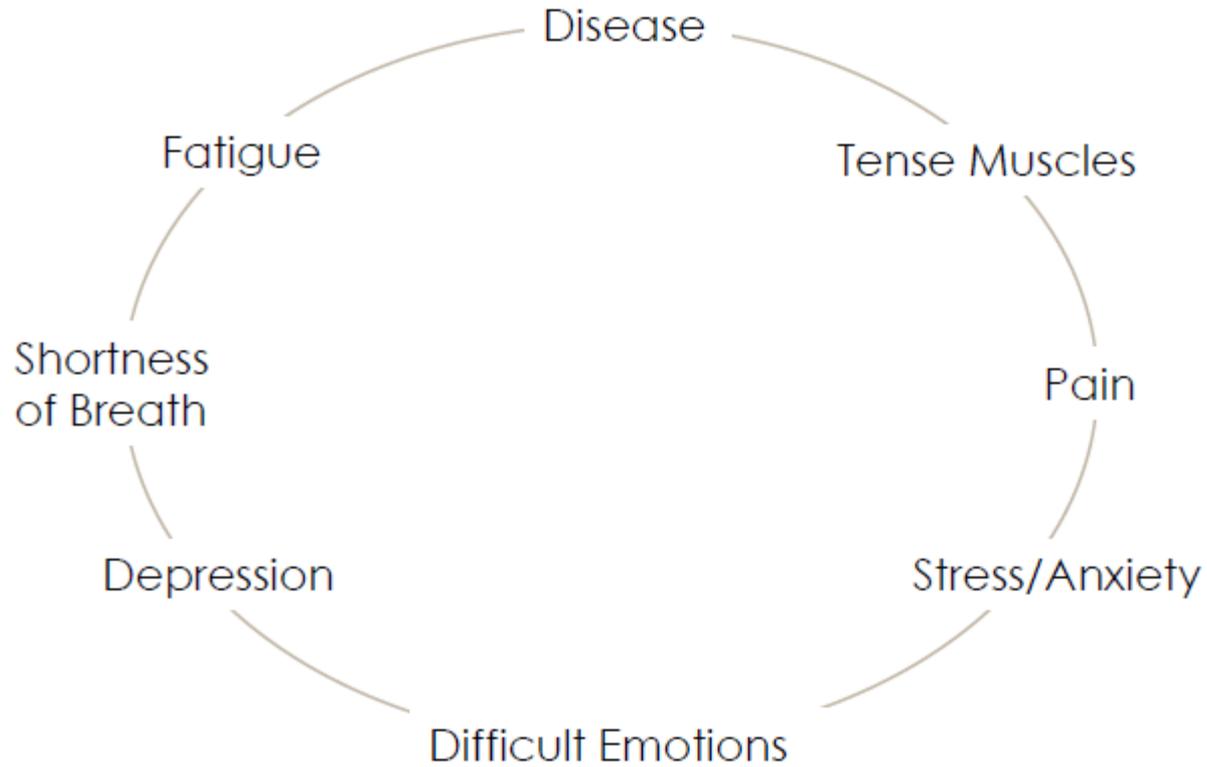
**Ultimate Result: Reduction in health expenditures**

# Session Structure

---

- Welcome
- Feedback & Problem Solving
- **Activities & Education**
  - Brain storming
  - Discussion
  - Demonstration & Practice
  - Lecturette
    - Making and Action Plan
    - Closing

# SYMPTOM CYCLE



# Content Overview

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Feedback &amp; Problem Solving</b>					
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	
<b>Making An Action Plan</b>					

# Self-Management Tool Box

---

- Physical Activity
- Medications
- Managing Fatigue
- Planning
- Better Breathing
- Working with Health Professionals
- Problem-Solving
- Using Your Mind
- Managing Pain
- Communication
- Healthy Eating
- Understanding Emotions

## Parts of an Action Plan

---

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

# So What is your Action Plan??

---



Thank You

*Your Life! Your Health!*  
Successful Outreach to  
Migrant Population

Carol Brehmer  
Account Executive - Occupational Health

Monday, March 11, 2013



**Woodland Healthcare**<sup>™</sup>

A Dignity Health Member

# Grant Supports Outreach to “At Risk” Populations

---

- **Term of Grant: 7 years of funding**
- **Grant Focus: Health Screening for Migrant Workers**
  - Glucose
  - Cholesterol
  - HDL
  - Blood Pressure
  - Ht/Wt/Body Fat
- **Lives Touched: Over 8000 screened**



Thank You