

“Living Well with Chronic Conditions” The Stanford University Chronic Disease Self-Management Program



Agenda

- What is “Living Well with Chronic Conditions”?

Background information

- Client profile and evidence from research studies

- How do I refer to programs?

- Questions?

****CDSME****

CDSMP

CPSMP

DSMP

Tomando Control de Su

Salud

ASMP

What is “Living Well with Chronic Conditions”?

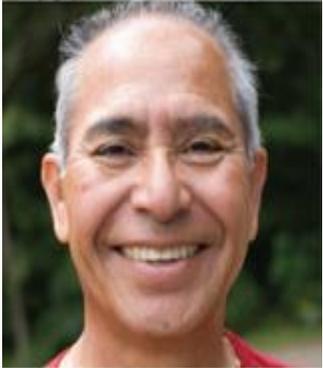
A credible, “evidence-based” program developed by Stanford University with broad experience and demonstrated results in a variety of settings, populations, and chronic conditions.

The screenshot shows the website for the Stanford Patient Education Research Center. The browser address bar displays 'stanford.edu/' and the page title is 'Patient Education Research ...'. The website header includes 'STANFORD MEDICINE' and navigation menus for 'Getting Care', 'Research', 'Education & Training', 'Community', and 'About Us'. The main content area features the Stanford School of Medicine logo and the text 'Patient Education IN THE DEPARTMENT OF MEDICINE'. A search bar is present with the text 'Search This Site' and a 'SEARCH' button. Below the header, a breadcrumb trail reads 'Stanford Medicine » School of Medicine » Department of Medicine » Patient Education'. The main heading is 'Stanford Patient Education Research Center'. The page is divided into three columns. The left column contains a navigation menu with links: Home, Meet Our Staff, Training, Licensing, Materials, Organizations Offering Our Programs, Small Group Programs in English, Small Group Programs in Spanish, Internet Programs, Current Research, Evaluation Tools, Bibliography, Contact Information, and My Action Planner App. The middle column contains a paragraph describing the center's mission and a section for 'What's New' with links to 'My Action Planner App for iPhone and iPad', 'Fidelity Manual, Leaders & Trainers Certification Guidelines, IT Certification Form, IT Certification Form', and 'Implementation Manual for administrators & trainers'. The right column features a 'Find us on Facebook' button.

“LIVING WELL WITH CHRONIC CONDITIONS”

THE NUMBERS:

- ✓ 1/week for 6 weeks
- ✓ 2 ½ hours
- ✓ 2 certified lay leaders
- ✓ Small groups: 10 - 15 participants
- ✓ Age 18+
- ✓ One or more ongoing health concerns



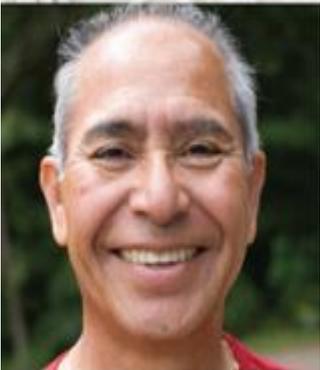
GREAT RESULTS!

TARGET POPULATIONS FOR THE GRANT



- ✓ Older adults with chronic health conditions examples include:

Diabetes	Heart Disease	Lung Disease
Stroke	Arthritis	Depression
High blood pressure	Asthma	Pain
Emphysema	Hepatitis	Multiple Sclerosis
Parkinson's Disease	Early Stage Dementia	Irritable bowel syndrome



- ✓ Adults age 18 and over with disabilities



- ✓ Family caregivers of these individuals

“LIVING WELL WITH CHRONIC CONDITIONS” HOW DOES IT HELP?

“Living Well with Chronic Conditions” helps participants:

- Regain control of their lives
- Feel better
- Connect

Topics included in the sessions:

- Dealing with frustration, fatigue, and isolation
- Pain Management
- Nutrition and exercise
- Communicating effectively with family, friends, and physicians
- Appropriate use of medication
- Action planning, problem-solving and decision-making.

The Self-Management Tool Box

Physical Activity

Medications

Decision-Making

Action-Planning

Breathing-Techniques

Understanding
Emotions

Working with Health Professionals

Problem-Solving
Using Your Mind.

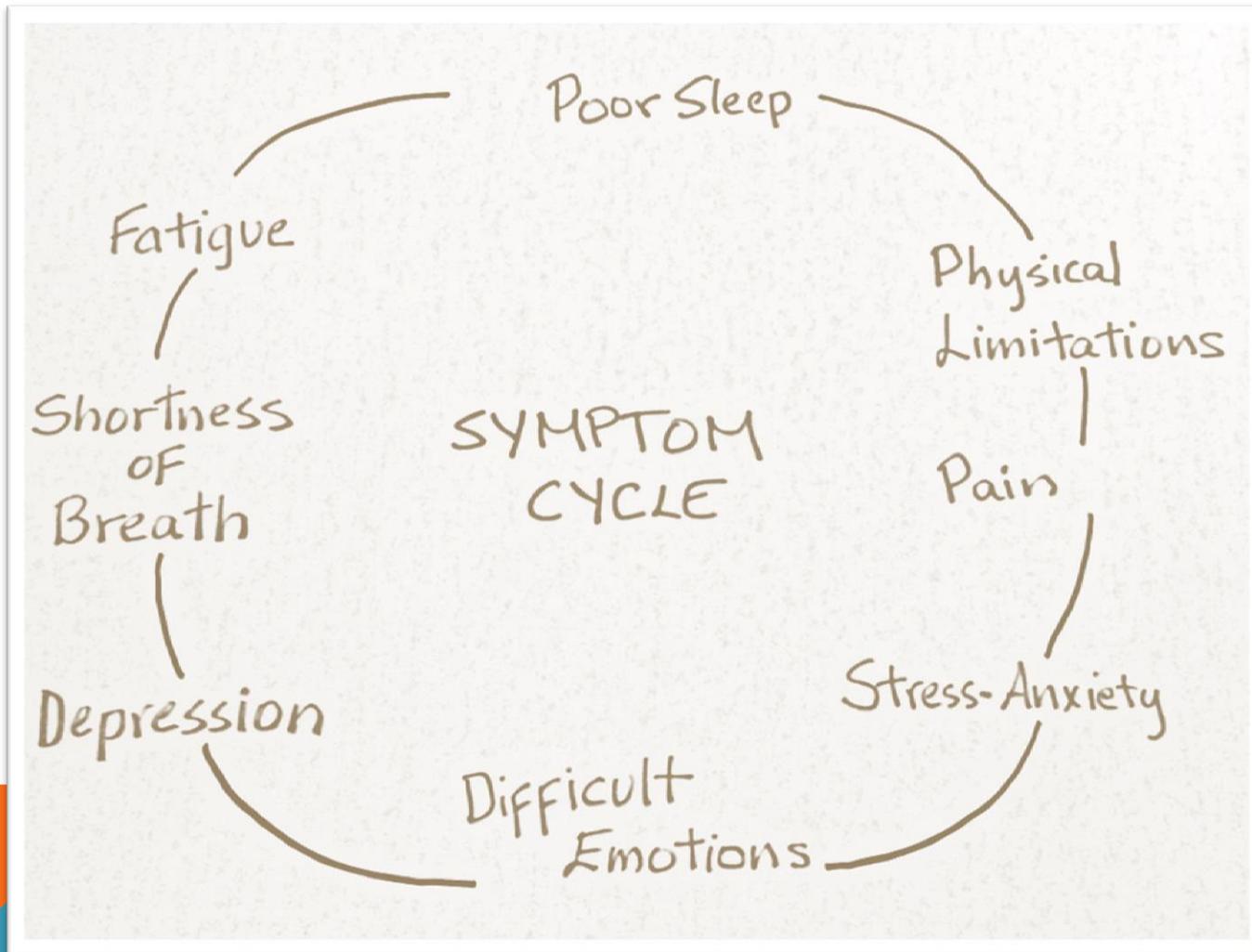
Sleep

Communication

Healthy Eating

Weight Management

The Symptom Cycle



Self-Management Tools Help Break the Symptom Cycle

Action Planning



Every week, participants develop an Action Plan:

- ✓ Something they want to do.
- ✓ Realistic and specific behavior:
 - “Next week I will walk with my friend for 30 minutes on 4 out of 7 mornings”*
 - “Next week I will eat dessert only on 2 out of 7 nights”*
- ✓ High confidence that they can do it.

Share action plan with the group and report on progress the following week. The group problem solves together whenever action plans are not met.

EXAMPLE OF ACTION PLANS & GOAL SETTING

Tom - 32-year old married man with one child (12 months old); partner is somewhat supportive.

- Had chronic pain for 10 years which developed after an industrial accident; has 5 spinal fusions
- was back at school doing an “IT” program but finding sitting difficult
- wanted to increase his activity and to spend more time with his daughter; also felt badly about his wife having to carry the burden at home

.....cont.



ACTION PLANS (CONT.)

- ❖ Made a weekly contract to walk his daughter in her stroller before supper.**
 - ❖ Started with 10 minutes 3 times a week, ended up walking 40 minutes 4 - 5 times a week over the 6-week program.**
- 

PROBLEM SOLVING PROCESS

- ❖ Step 1: Identify the problem
 - ❖ Step 2: List all ideas that might solve problem
 - ❖ Step 3: Select one idea and try it
 - ❖ Step 4: Assess the results
 - ❖ Step 5: Problem not solved? Pick another idea
 - ❖ Step 6: Utilize other resources
 - ❖ Step 7: Accept that problem may not be able to be solved at this time.
- 

EXAMPLE OF GROUP PROBLEM SOLVING ACTIVITY

Mary – 48-year old, married home-maker with adult 3 children at home (26, 24, and 19)

- has had neck and upper back pain for 3 years following an MVA
- traditional role of homemaker is very important to her; cares for her 19-year-old paraplegic daughter with some home support help in the morning.
- Finding it hard to make ‘traditional’ meals that her family expects
- *Problem-solving around the issue of ‘meal preparation’ by the group - what is the problem exactly? What are possible solutions? Try one and report back to the group.*

PROGRAM IMPACT: 2013 NATIONAL STUDY

Better Health

- **Feel healthier: 5% improvement in self-reported health**
 - **More active lives: 13% improvement in number of days per week being moderately active**
 - **Less depression: 21% improvement**
 - **Better quality of life: 6% improvement on health-related quality of life**
 - **Fewer sick days: 15% improvement in unhealthy physical days and 12% improvement in unhealthy mental health days**
- 

Program Impact: 2013 National Study

(continued)

Better Health Care

- Communication: 9% improvement in communication with doctors
- Medication compliance: 12% improvement
- Health Literacy: 4% improvement in confidence of filling out medical forms.

Lower Health Cost

- \$714 per person saving in emergency room visits and hospital utilization
- \$364 per person net savings after considering program costs of \$350 per participant
- Potential savings of \$6.6 billion by reaching 10% of Americans with one or more chronic health conditions.

Ahn, S., et al.. (2013). *The impact of chronic disease self-management programs: healthcare savings through a community-based intervention.* *BMC Public Health*, 13:1141

“Living Well with Chronic Conditions”

Washington Statistics

Since 2010 over 5,969 adults have participated in 563 workshops offered in senior centers, residential settings, health care organizations, and community centers.

In the past year over 1790 adults completed the program.

- ❖ 72% were female
- ❖ 62% over the age of 60
- ❖ 7% Native American
- ❖ 39% live alone
- ❖ 28% have hypertension
- ❖ 26% have diabetes
- ❖ 25% have depression, and
- ❖ 52% have multiple chronic conditions
- ❖ 59% are disabled
- ❖ 37% are caregivers



Members of the statewide CDSMP Collaborative

Partnering Community (Host) Organizations:

African American Reach & Teach (AARTH)
Caregiver's Home Health Inc.
CHOICE Regional Health Network
Coastal Community Action Program (CCAP)
Community Choice
Community Health Association of Spokane
Community Health of Central Washington
Concerned Citizens
Dungeness Valley Health & Wellness Clinic
First Samoan Congregational Christian Church
Forks Community Hospital
Foundation for Multicultural Solutions
Full Life Care
Grays Harbor Public Health Dept.
Group Health Cooperative

Kadlec Regional Medical Center
Kin On Community Health Care
Lower Elwha Health Clinic
Mason General Hospital
Moses Lake Community Health Center
Multicare
Peace Health Southwest Medical Center

Partnering State Agencies:

Washington Department of Social & Health Services-
Aging and Long-Term Support Administration
State Unit on Aging
Washington Department of Health



Living Well with Chronic Conditions
in Washington State



Living Well
with
Chronic
Conditions
(CDSMP)

Stanford
University
Self-
Management
Education
Programs

Tomando
control de
su salud

Diabetes
Self-
Management
Program

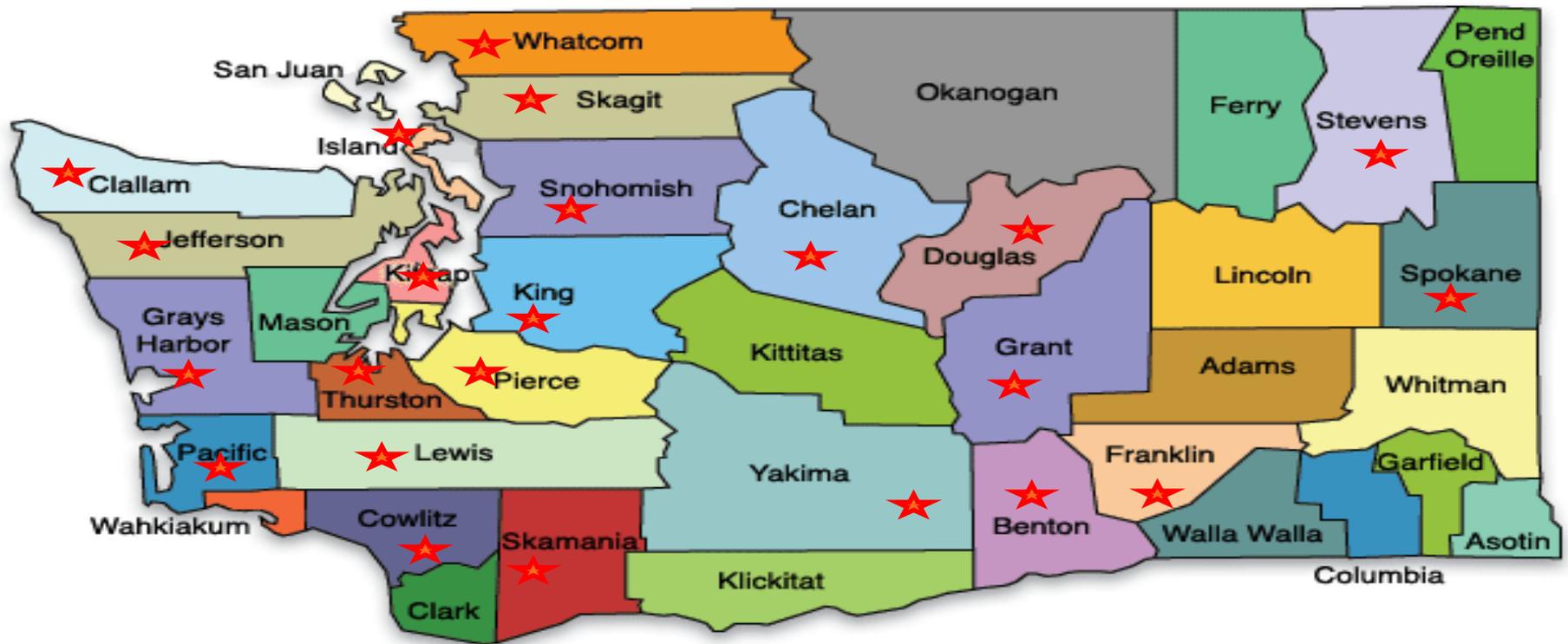
Chronic Pain
Self-
Management
Program

PARTICIPANT PROFILE

- ❖ At least 18 years old
- ❖ With one or more chronic health conditions
- ❖ Has reliable transportation
- ❖ 6-week commitment
- ❖ Relatively cognitively intact, i.e. able to participate in workshop setting with assistance, set self-management goals, and interact with the group

State-Wide Infrastructure for Program Marketing and Dissemination

Provider Network of 50+ community organizations in 12 regions



HOW DO I REFER PATIENTS? STATE-WIDE CALENDAR AND REGISTRATION SITE VISIT: LIVINGWELL.DOH.WA.GOV

Living Well with Chronic Conditions
in Washington State

Site Map Accessibility Contact Help

Search Site **SEARCH**

Home Events Workshops Trainings Programs Professional Resources Living Well News Senior Falls Ask A Peer

You are here: [Home](#)

Living Well

- What is Living Well?
- Find a Workshop
- Get Trained
- Programs
- Resources
- Webinars

Click on Workshop Schedule

Welcome to Living Well with Chronic Conditions in Washington State!

Web Portal for Healthy Aging and Chronic Condition Self-Management Programs

Chronic Pain Conference Speaker Presentations and Conference News Article are now available!

[Click here to read our news story about the event!](#)

[Click here to access the speaker presentations](#)

For questions or comments, please contact Alex Schwartz, Project Manager for the Chronic Pain Self-Management Program at: schwaan@dshs.wa.gov.

Fall Prevention - Mark Your Calendars!

Falls Prevention Awareness Day will be observed on Sept. 23. This year's theme, Strong Today, Falls Free® Tomorrow, seeks to raise awareness and prevent falls. Check with your local senior center or fall prevention coalition to find out what is happening in your area. For a list of events and more information, check our Senior Falls site by clicking [here](#).

Congratulations to our new 24 Graduates of Washington State's Living Well with Chronic Conditions Master Trainer Training! Class of 2014

« December 2014 »

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Looking for an event, workshop, or training? Hover your mouse pointer over the date above! You can also hover over the tabs at the top of the page to see what information is available.

- #### News
- The Impact of Chronic Disease Self-Management: healthcare savings through a community-based intervention
Oct 15, 2014
 - CDC: U.S. heroin deaths double in link to prescription painkillers
Oct 15, 2014
 - Chronic Pain Self-Management Conference Posts Big Success; Along with a Big Thank you to Our Area Agencies on Aging (AAA's) and our Partners! (AAA's) and our Partners!
Oct 07, 2014
 - Chronic Pain Conference Speaker Presentations are now available!
Oct 07, 2014

HOW DO I FIND PROGRAMS?

Browser window: <http://livingwell.doh.wa.gov/workshops>

File Edit View Favorites Tools Help

Suggested Sites Web Slice Gallery

Living Well

What is Living Well?

Find a Workshop

Get Trained

Programs

Resources

Webinars

What is Living Well?

Find a Workshop

Get Trained

Programs

Resources

Webinars

Is CDSME Right For Me?

- ▶ Must be 18 years of age or older
- ▶ DO NOT need to have insurance
- ▶ DO NOT need to have an official diagnosis
- ▶ DO NOT need to be under a doctor's care
- ▶ DO NOT need to have a doctor's referral to attend the workshops

[Click here for workshops in your area](#)

Quick Links

- [Oregon Living Well with Chronic Conditions](#)
- [National Council on Aging Centers for Disease Control Healthy Aging](#)

Contact Information

[Click here for a list of contacts who will accept workshop questions, sorted by county.](#)

Workshops

Welcome to the Living Well website, and thank you for visiting our site.

We encourage you to check back to this site frequently as workshops and trainings are posted for 2014 and 2015.

Chronic Pain Self-Management
Sea Mar Community Health Center, 1813 Sumner Ave., Aberdeen, WA. 98520, starts [Jan 05, 2015 05:30 PM](#)

This program was developed for people who have primary or secondary diagnoses of chronic pain and is designed to give participants the skills and confidence in their ability to manage their health and maintain active full lives. This program will be using were developed by Stanford University's Chronic Disease-Self Management Program.

[Read More...](#)

Chronic Disease Self-Management Workshop
Crista Shores Retirement Community, starts [Jan 06, 2015 01:00 PM](#)

Are you unsure about how to best manage an ongoing health condition? Are you tired, anxious, frustrated, in pain? Try something new! Join a safe, supportive six-week self-management workshop and discover new, practical ways to live better and healthier. Learn how to: control your pain-deal with fatigue-start an exercise program and increase your energy-handle stress and relax- eat well and live well - use medications effectively-talk to your doctor about your health-make choices about your treatment-be a healthy caregiver. Rediscover your zest for living a healthy life in six weeks!!

[Read More...](#)

Chronic Disease Self-Management Workshop
Tumwater Apartments, 5701 6th Ave SW, Tumwater, WA, starts [Jan 12, 2015 01:00 PM](#)

Are you unsure about how to best manage an ongoing health condition? Are you tired, anxious, frustrated, in pain? Try something new! Join a safe, supportive six-week self-management workshop and discover new, practical ways to live better and healthier. Learn how to: control your pain-deal with fatigue-start an exercise program and increase your energy-handle stress and relax- eat well and live well - use medications effectively-talk to your doctor about your health-make choices about your treatment-be a healthy caregiver. Rediscover your zest for living a healthy life in six weeks!!

[Read More...](#)

Diabetes Self-Management
GH County Health Department, 2109 Sumner Ave., Aberdeen, WA. 98520, starts [Jan 14, 2015 01:00 PM](#)

This program is designed to help anyone who suffers from a chronic condition related to Diabetes. You can learn how to live a healthy life with your chronic condition by managing your symptoms. Subjects covered include: 1) types of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating; 4) working more effectively with health care providers. Those caring for a loved one with Diabetes may benefit from this workshop also.

[Read More...](#)

Chronic Disease Self-Management
Grays Harbor Community Hospital, East Campus Conf. Room D., 1006 North H St., Aberdeen, WA. 98520, starts [Jan 22, 2015 05:30 PM](#)

This six week workshop teaches practical skills for living a healthy life for participants with an ongoing condition such as asthma, diabetes, high blood pressure, heart disease, obesity, or arthritis. Developed by Stanford University's Patient Education Department, the workshop is designed to help people learn to manage their chronic conditions and improve the quality of their lives. Family members, friends and caregivers can also participate. By participating in the six week workshop, people increase their confidence and

Filter by Workshop

- Better Choices, Better Health
- Chronic Pain Self Management
- Diabetes Self Management
- Enhance Fitness / Enhance Wellness
- Living Well (CDSMP)
- Matter of Balance
- Online Workshops and Events
- Powerful Tools for Caregivers Classes
- Tomando Control de su Salud

Search by county

Select which counties you would like to look for workshops in.

- Adams County
- Asotin County
- Benton County
- Chelan County
- Clallam County
- Clark County
- Columbia County
- Cowlitz County
- Douglas County
- Ferry County
- Franklin County
- Garfield County
- Grant County



Filter by Workshop



Search by County

You are here: [Home](#) → [Workshops](#) → Chronic Pain Self-Management

- Living Well**
- What is Living Well?
- Find a Workshop
- Get Trained
- Programs
- Resources
- Webinars

- Is CDSME Right For Me?**
- ▶ Must be 18 years of age or older
- ▶ DO NOT need to have insurance
- ▶ DO NOT need to have an official diagnosis
- ▶ DO NOT Need to be under a doctor's care
- ▶ DO NOT need to have a doctor's referral to attend the workshops
- [Click here for workshops in your area](#)

- Quick Links**
- [Oregon Living Well with Chronic Conditions](#)
- [National Council on Aging](#)

Chronic Pain Self-Management

This program was developed for people who have primary or secondary diagnoses of chronic pain and is designed to give participants the skills and confidence in their ability to manage their health and maintain active fulfilling lives. All of the materials individuals will be using were developed by Stanford University's Chronic Disease-Self Management Program.

[iCalendar](#) — [vCalendar](#) — [Print this](#)

Register by calling contact



(360) 538-2457

What	Chronic Pain Self Management
When	Jan 05, 2015 05:30 pm to 08:00 pm
Session 2	Jan 12, 2015
Session 3	Jan 19, 2015
Session 4	Jan 26, 2015
Session 5	Feb 02, 2015
Session 6	Feb 09, 2015
Where	Sea Mar Community Health Center, 1813 Summer Ave., Aberdeen, WA, 98520
Contact Name	Karna McCarthy
Contact Email	mccarkj@dshs.wa.gov
Contact Phone	(360) 538-2457
Add event to calendar	iCal vCal

- Filter by Workshop**
- [Better Choices, Better Health](#)
- [Chronic Pain Self Management](#)
- [Diabetes Self Management](#)
- [Enhance Fitness / Enhance Wellness](#)
- [Living Well \(CDSMP\)](#)
- [Matter of Balance](#)
- [Online Workshops and Events](#)
- [Powerful Tools for Caregivers Classes](#)
- [Tornado Control de su Salud](#)

- Search by county**
- Select which counties you would like to look for workshops in.
- Adams County
- Asotin County
- Benton County
- Chelan County
- Clallam County
- Clark County
- Columbia County
- Cowlitz County
- Douglas County
- Ferry County
- Franklin County
- Garfield County



Matter of
Balance

Other
Healthy
Living
Programs

Powerful
Tools for
Caregivers

Enhance
Fitness

PEARLS

CPSMP-RELATED REFERENCES

(SELECTED)

Dubin, R. & King-VanVleck, C. (2010). The trajectory of chronic pain: Can a community-based exercise/education program soften the ride? *Pain Research & Management*, 15, 361-8.

King-VanVleck, C. et al. (2007). Education and exercise program for chronic pain patients. *Practical Pain Management*, 7, 17-27, 33.

LeFort S, Gray-Donald K, Rowat K., Jeans, ME (1998). A randomized controlled trial of a community-based psychoeducation program for the self-management of chronic pain. *Pain*. 74; 297-306.

McGillion, M., LeFort, S. et al. (2008). Chronic pain self-management. In S. Rashiq et al. *Chronic pain: a health policy perspective*. WileyVCH Verlag: Weimheim.

McGillion, M., et al. (2008). Randomized controlled trial of a psychoeducation program for the self-management of chronic cardiac pain. *Journal of Pain and Symptom Management*, 36, 126-40.

Mann, E., LeFort, S., & VanDenKerkhof, E. (2013). Self-management interventions for chronic pain. *Pain Management*, 3(3), 211-222.

CONTACT INFORMATION



Alex Schwartz

Chronic Pain Self-Management Project Manager

Aging and Long-term Support Administration

(206) 341-7889

schwaan@dshs.wa.gov

