



Living Well Programs in Utah

Stanford Self-Management Education Programs

Utah Arthritis Program



Utah Arthritis Program

- Oversee implementation of evidence-based self-management programs throughout Utah, including:
 - Arthritis Foundation Exercise Program (AFEP)
 - Stanford's Self-Management Programs (CDSMP/DSMP)
 - EnhanceFitness (EF)
 - Walk with Ease
- Funding source Centers for Disease Control and Prevention (CDC)
- Work with the CDC to address the burden of arthritis, and other chronic diseases in Utah

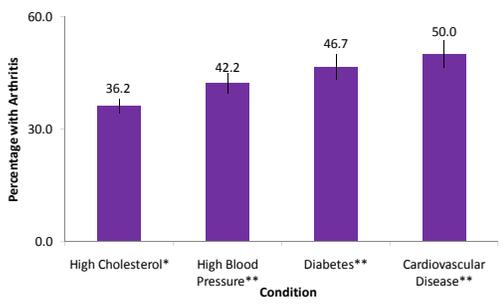


Utah Arthritis Program

- 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

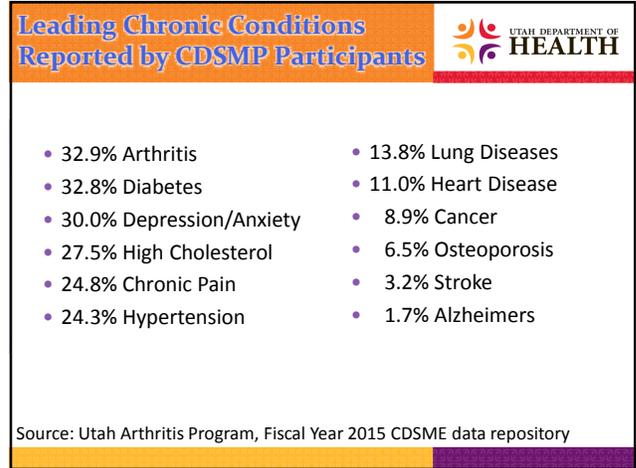
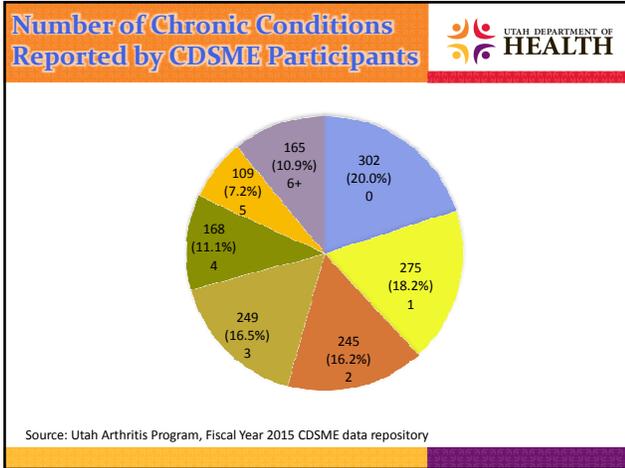


Prevalence of Arthritis Among Persons With Other Conditions (Utah)



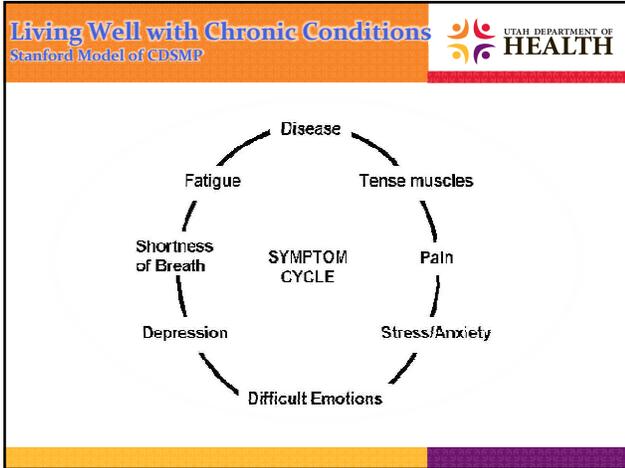
Condition	Percentage with Arthritis
High Cholesterol*	36.2
High Blood Pressure**	42.2
Diabetes**	46.7
Cardiovascular Disease**	50.0

Source: Utah BRFSS, 2014



- ### Stanford Self-Management Programs - Names
- 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)

- ### Living Well with Chronic Conditions Stanford Model of CDSMP
- #### 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

- Living Well with Chronic Conditions**
Stanford Model of CDSMP
- 
- 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

- Living Well with Chronic Conditions**
Stanford Model of CDSMP
- 
- Community Settings**
- Community/Recreation Centers
 - Senior Centers
 - Churches
 - Clinics/Hospitals
 - Worksites
 - Clubhouses
- 

Living Well with Chronic Conditions
Stanford Model of GDSMP



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

Living Well with Chronic Conditions
Stanford Model of GDSMP



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

Living Well with Chronic Conditions
Stanford Model of GDSMP



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

Living Well with Chronic Conditions
Stanford Model of GDSMP



Week 4

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

Week 5

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

Week 6

- Working with your healthcare professional
- Planning for the future

Living Well with Chronic Conditions
Stanford Model of GDSMP



Action Plans

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



Living Well with Chronic Conditions
Stanford Model of GDSMP



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

Living Well with Chronic Conditions
Stanford Model of GDSMP



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>)

Living Well with Chronic Conditions
Stanford Model of GDSMP



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	✓	

Living Well with Diabetes
Stanford Model of DSMP



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

Tomando Control de su Salud
Stanford Model of Spanish CDSMP



Spanish Program Development

- Participants incorporate healthy habits into their lives:
 - Healthy eating habits
 - Exercise (physical activity)
 - Overall perception of better health
 - Cognitive management of symptoms
 - Better communication with health care providers



Program Partnerships



- Association of Governments
 - Area Agencies on Aging/Senior Centers
- Local Health Departments
- Centers for Independent Living
- Healthcare Organizations
 - Intermountain Healthcare
 - University of Utah Community Clinics
 - Veterans Affairs
 - Molina Healthcare
 - HealthInsight
 - Premier Family, Jordan Valley Medical Center, additional
- Community Based Organizations
- Mental/Behavioral Health Organizations
- Other healthcare systems
- Other delivery system partners

Living Well with Chronic Conditions
Stanford Model of CDSMP



Resources

- Utah Arthritis Program
<http://health.utah.gov/arthritis>
- Workshop schedules
http://health.utah.gov/arthritis/workshop_search
- 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

Living Well with Chronic Conditions
Stanford Model of CDSMP



Resources

- Stanford University's site on CDSMP
<http://patienteducation.stanford.edu>
- National Council on Aging:
<https://www.ncoa.org/center-for-healthy-aging>
- Administration on Aging: www.aoa.gov
- Centers for Disease Control and Prevention:
<http://www.cdc.gov/arthritis>

Living Well with Chronic Conditions
Stanford Model of CDSMP



Contact Information

- Rebecca Castleton
rcastlet@utah.gov; 801-538-9340
- Randy Tanner
rtanner@utah.gov; 801-538-9193
- Keegan McCaffrey
kmccaffrey@utah.gov; 801-538-9458