

THE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)

Chris Moore WHNP-BC,APN

In Association with

Amy Godsoe

St. Rose Dominican Hospitals

Leader/Master Trainer

Presented to The Myositis Association

September 15, 2011

*** THIS PROGRAM HAS BEEN ADAPTED FROM STANFORD**

UNIVERSITY CDSMP



CHRONIC DISEASE

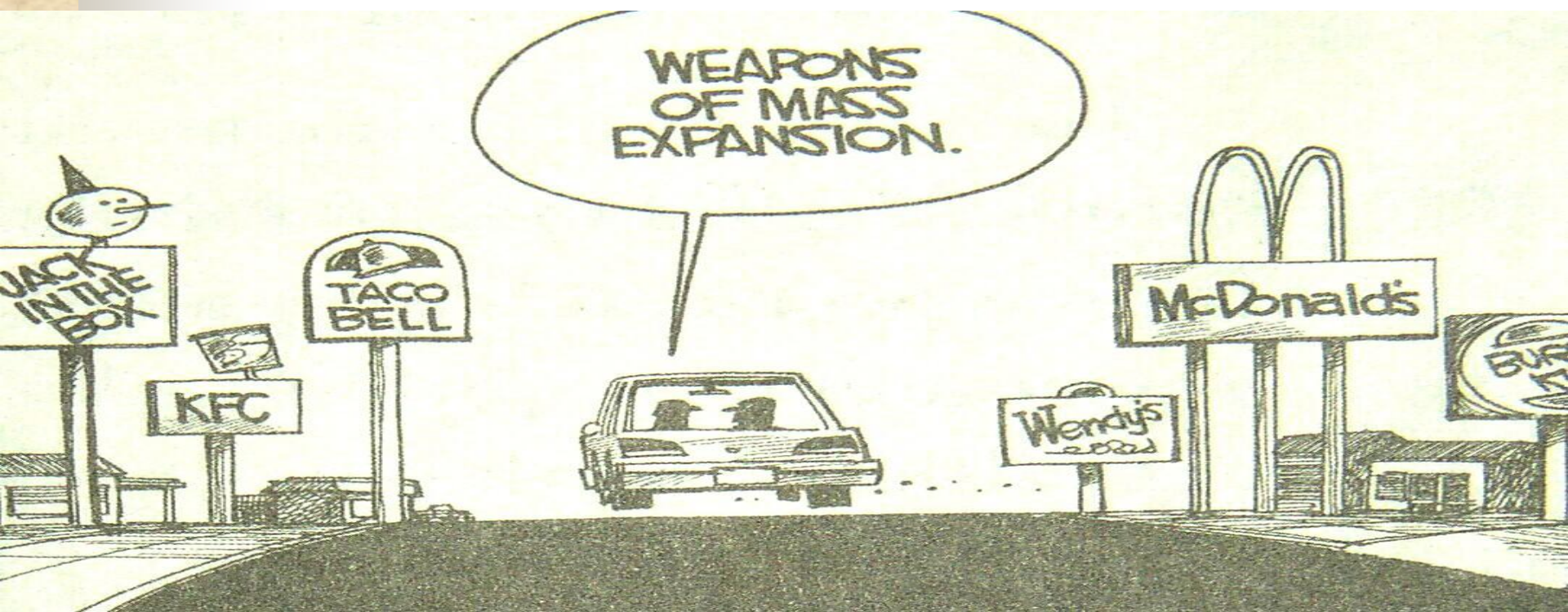
- An illness which has started on the cellular level. This is at a level and time most never remember, let alone know much about.
- Usually has been present in a silent gradual state for years.



CHRONIC DISEASE CONTINUED....

- Caused by many factors.
- It's duration is ongoing.
- Rare cure rate/ only control of the symptoms.
- The patient becomes responsible for the management of the illness.
- Gradual loss of function ability.

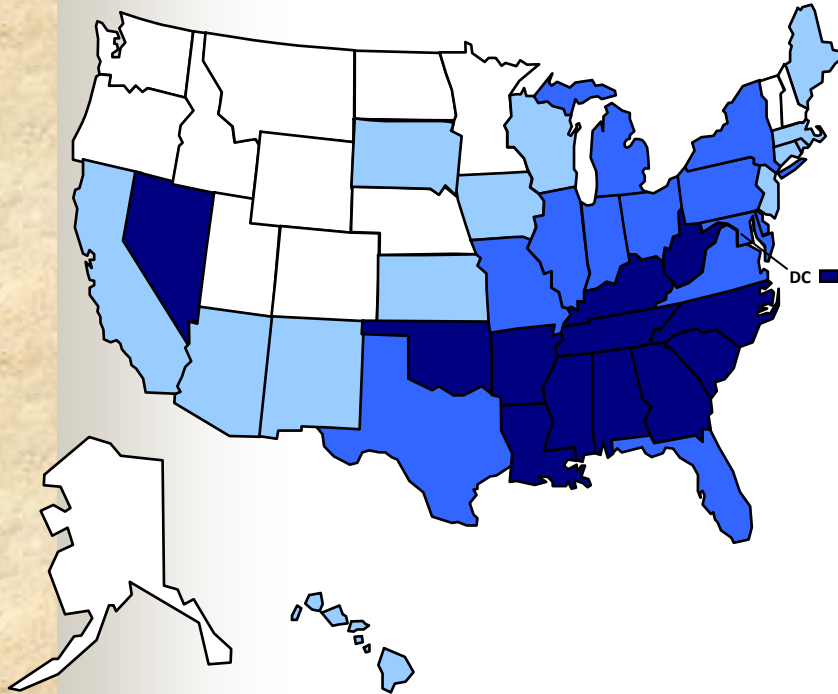
BESIDES SMOKING, THIS IS
THE NEXT BIGGEST
MODIFIABLE
CO-FACTOR IN CHRONIC
DISEASE



Mortality Amenable to Health Care by State

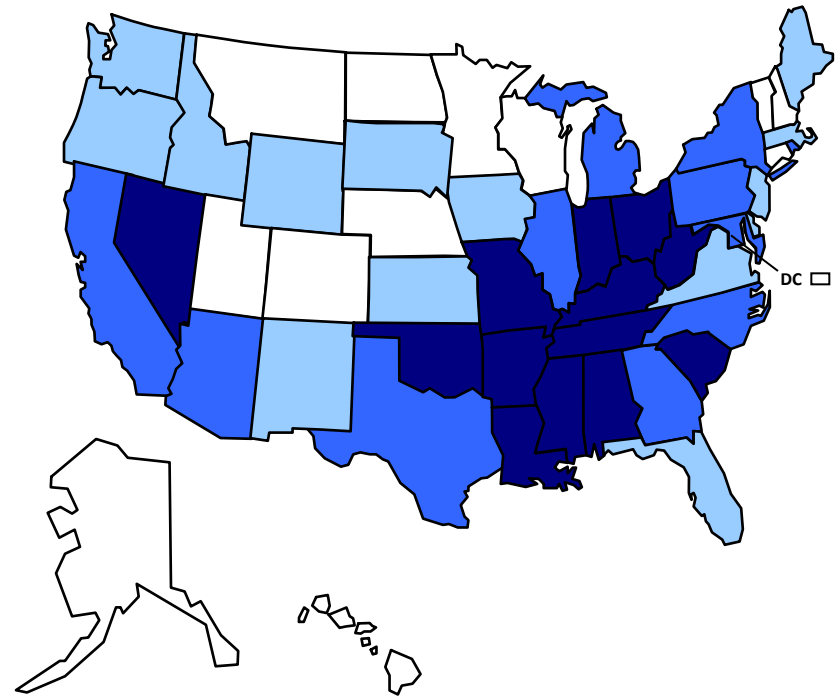
Deaths* per 100,000 Population, 2004–05

Total



- Top quartile (63.9–76.8) Best: MN
- Second quartile (77.2–89.9)
- Third quartile (90.7–107.5)
- Bottom quartile (108.0–158.3) Worst: DC

White Only




- Top quartile (56.4–72.6) Best: DC
- Second quartile (73.4–82.0)
- Third quartile (83.7–91.7)
- Bottom quartile (91.8–110.6) Worst: WV

* Age-standardized deaths before age 75 from select causes.

Data: Analysis of 2004–05 Centers for Disease Control and Prevention’s Multiple Cause-of-Death data files using methodology from E. Nolte and M. McKee, “Measuring the Health of Nations: Analysis of Mortality Amenable to Health Care,” *BMJ*, Nov. 15, 2003 327(7424):1129.

Source: Commonwealth Fund State Scorecard on Health System Performance, 2009.



Deaths Attributable to Chronic Disease in the U.S

****Chronic Diseases are the Leading Causes of Death and Disability in the U.S.**

7 out of 10 deaths among Americans each year are from chronic diseases. Heart disease, cancer and stroke account for more than 50% of all deaths each year.

In 2005, 133 million Americans – almost 1 out of every 2 adults – had at least one chronic illness.

Obesity has become a major health concern. 1 in every 3 adults is obese³ and almost 1 in 5 youth between the ages of 6 and 19 is obese (BMI \geq 95th percentile of the CDC growth chart).

About one-fourth of people with chronic conditions have one or more daily activity limitations.

Arthritis is the most common cause of disability, with nearly 19 million Americans reporting activity limitations.

Diabetes continues to be the leading cause of kidney failure, nontraumatic lower-extremity amputations, and blindness among adults, aged 20-74

**From CDC Website: <http://www.cdc.gov/chronicdisease/overview/index.htm>

CHRONIC DISEASE SELF MANAGEMENT PROGRAMS CAN BE...

- Started with private funds.
- Started with grants.
- Can be seed programs.
- Brought about by each of you. You have the power and insight, as to how, when, and where you can start these programs. Every program although CDSMP, can be tailored to your specific populations needs.



CDSMP in Nevada

- Utilizes The Stanford University Chronic Disease Self Management Program.
- CDSMP has been taught in Nevada, since 2002.
- CDSMP, began as a seed program.
- A new funding opportunity provided by the Administration on Aging(AOG). A federal grant was granted in March 2010. This allowed for a resurgence of CDSMP in Nevada. The grant was awarded to St. Rose Hospitals, in affiliation with The Southern Nevada Health District and has been on a progressive trend ever since.



STANFORD CDSMP

- A five year study to develop and evaluate a community based self-management program to Assist people with chronic diseases.
- This was through a randomized controlled trial, completed in 1996. More than 1000 subjects took part in this evidenced based program.



WHAT HAPPENED?

- PEOPLE WHO TOOK PART IN THE PROGRAM, HAD IMPROVED HEALTH BEHAVIORS!
- IMPROVED HEALTH STATUS!
- DECREASED DAYS IN THE HOSPITAL!
- THEREFORE, DECREASED HEALTH CARE DOLLARS SPENT!



ASSUMPTIONS OF CDSMP

- People with *CHRONIC CONDITIONS* have similar concerns and problems.
- People with *CHRONIC DISEASES*: deal with the impact it has on their lives, emotions, as well as the family unit.
- Lay people when given a detailed manual can teach the CDSMP as effectively as health care professionals.
- The process of teaching is as important as the subject matter itself.



WHAT IS TAUGHT IN CDSMP?

- Techniques to deal with problems such as frustration, fatigue, pain, and isolation.
- Exercises to maintain strength, flexibility, and endurance.
- Distraction techniques.
- Appropriate use of medications.
- Communication skills that are useful in communicating with friends, family, and health care professionals.
- Nutrition.
- Making informed treatment choices.
- As well as many other areas of self management.

WORKSHOP OVERVIEW

Workshop Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	•					
Making an action plan	•	•	•	•	•	•
Using your mind to manage symptoms	•		•		•	•
Feedback/problem-solving		•	•	•	•	•
Difficult Emotions		•				
Fitness/exercise		•	•			
Better breathing			•			
Pain			•			
Fatigue			•			
Nutrition				•		
Future plans for health care				•		
Communication				•		
Medications					•	
Making treatment decisions					•	
Depression					•	
Working with your health care professional						•
Working with the health care system						•
Future plans						•

METHODS OF INSTRUCTION

- Two trained leaders with a scripted leaders manual.
- Lecturette.
- Discussion.
- Brainstorming.
- Demonstration.
- Role-play
- *LEADS TO HIGHLY PARTICIPATIVE INTERACTIVE SESSIONS!!!

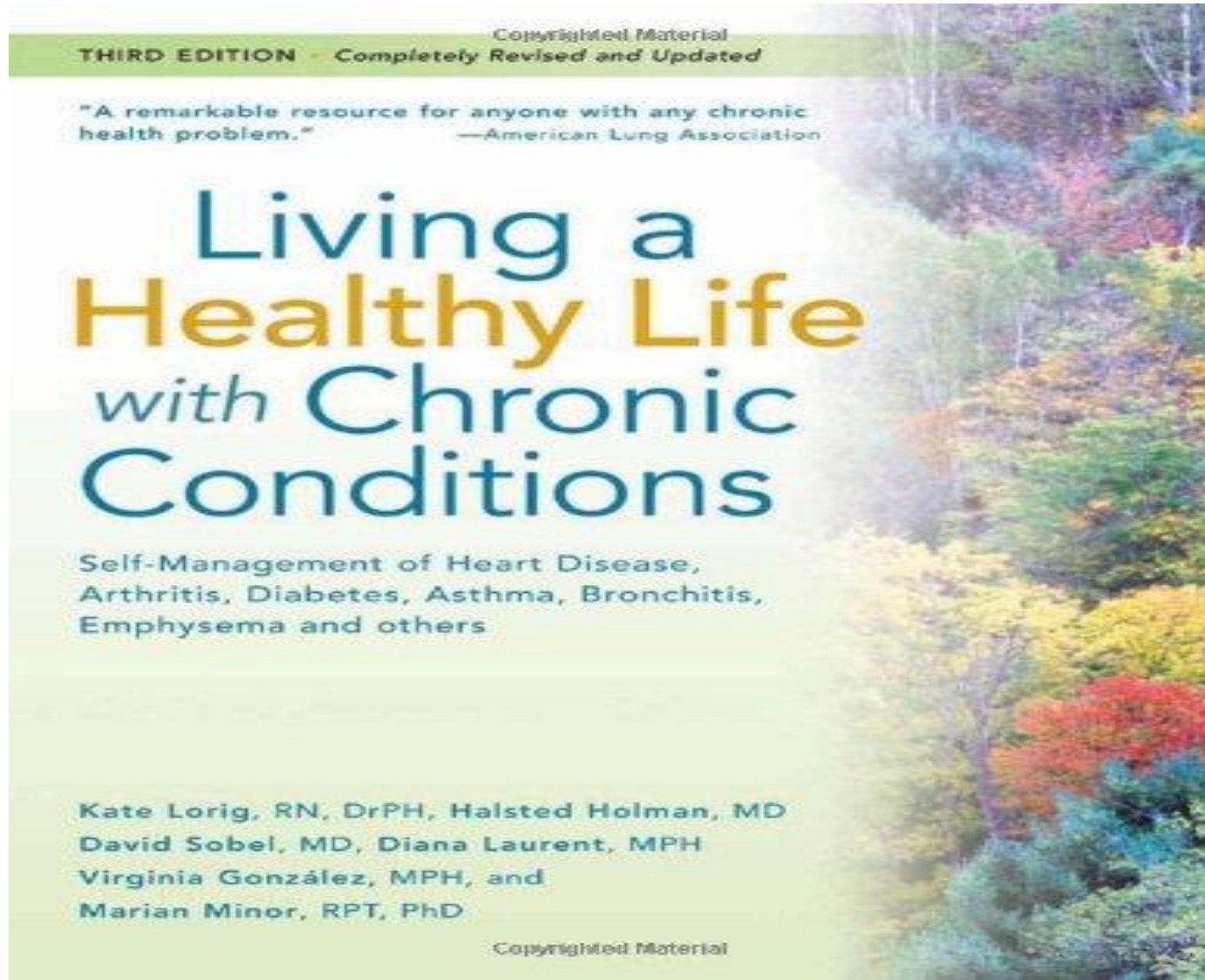




WORK SHOPS ARE HELD

- In hospitals.
- Churches.
- Community centers.
- Libraries.
- Employer sites.
- Outreach centers.
- Union halls.
- Schools and Universities.
- * 2 ½ HOUR SESSIONS WEEKLY, FOR SIX CONSECUTIVE WEEKS!

BOOK AVAILABLE FOR PARTICIPANTS



Copyrighted Material
THIRD EDITION - Completely Revised and Updated

"A remarkable resource for anyone with any chronic health problem."
—American Lung Association

Living a Healthy Life with Chronic Conditions

Self-Management of Heart Disease,
Arthritis, Diabetes, Asthma, Bronchitis,
Emphysema and others

Kate Lorig, RN, DrPH, Halsted Holman, MD
David Sobel, MD, Diana Laurent, MPH
Virginia González, MPH, and
Marian Minor, RPT, PhD

Copyrighted Material



MATERIALS FOR CLASSES

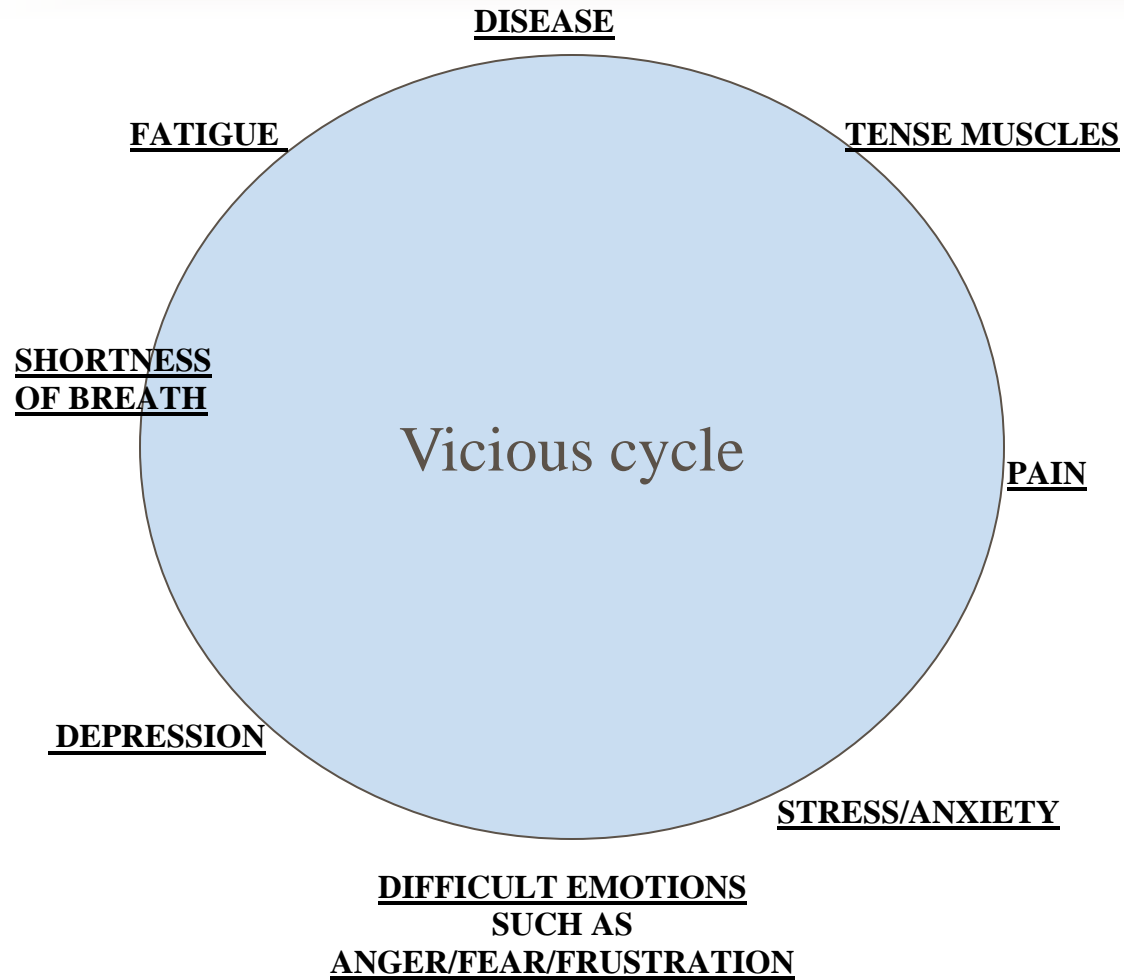
- Leader manual.
- Flip chart.
- Chalk/dry erase board.
- Name tags.
- Paper and pens.
- Kleenex.
- Easel.
- Each participant receives a book and relaxation CD.



MIND BODY CONNECTION

- Symptoms in chronic diseases can be caused by the disease its self, but it may not be the only cause.
- A cycle can occur in which the symptoms get worse by feeding off one another.
- **THIS IS THE VICIOUS CYCLE!**

SYMPTOM CYCLE





USING THE POWER OF THE MIND TO MANAGE SYMPTOMS OF CHRONIC DISEASE

COGNITIVE TECHNIQUE DEMONSTRATION

SIT BACK IN YOUR SEAT, UNCROSS YOUR LEGS,
ANKLES, AND ARMS. LET YOURSELF SINK INTO
THE SURFACE BENEATH YOU FOR A MOMENT.

* DEMONSTRATION READING



GUIDED IMAGERY

ANOTHER COGNITIVE
TECHNIQUE. THIS IS LIKE
TAKING A GUIDED
DAYDREAM. THIS IS A DEEP
RELAXATION TECHNIQUE.

**A WALK IN THE COUNTRY
DEMONSTRATION*



ACTION PLANS (A PROMISE TO YOURSELF)

- SOMETHING YOU WANT TO DO
- REASONABLE
- BEHAVIOR-SPECIFIC
- ANSWERS: WHAT?
 HOW MUCH?
 WHEN?
 HOW OFTEN?

*CONFIDENCE LEVEL OF 7 OR HIGHER



PROBLEM SOLVING STEPS

- Identify the problem
- List ideas
- Select one
- Assess the result
- Substitute another idea
- UTILIZE OTHER RESOURCES
- ACCEPT THE PROBLEM MAY NOT BE SOLVABLE NOW



PARTICIPANTS ARE ENCOURAGED TO EXPLORE FEELINGS

- Anger.
- Fear.
- Frustration.
- Anxiety.
- Stress or Stressors.
- Depression.



SELF TALK

- Explore self talk and defeat negative self talk.
- Self talk examples:
 - (NEGATIVE)*: “ The future frightens me.
My life will never be the same.”
 - (POSITIVE)*: “Life is an adventure.
Something is just around the corner for me.”



SELF MANAGEMENT TASKS

- Take care of your chronic health problem.
- Carry out your normal activities.
- Manage your emotional changes.



WAYS TO COPE WITH A CHRONIC DISEASE

- Become a good self-manager.
- Exercise.
- Choose a buddy to help.
- Understand the disease.
- Communicate with your health professionals.
- Learn to take part.
- **PLAN FOR YOUR FUTURE!**



WHY THE CDSMP PROGRAM?

- Chronic disease is at epidemic levels.
- Everyone at sometime will have a chronic disease, or at least know someone with a chronic disease.
- Families need a program to learn how to deal with chronic diseases. The CDSMP may prevent caregiver burn out.
- It makes great fiscal sense. Good self-management has a tremendous yield. The yield is for every dollar spent, ten dollars are saved for those utilizing CDSMP.



HEALTH CARE IS IN CRISIS

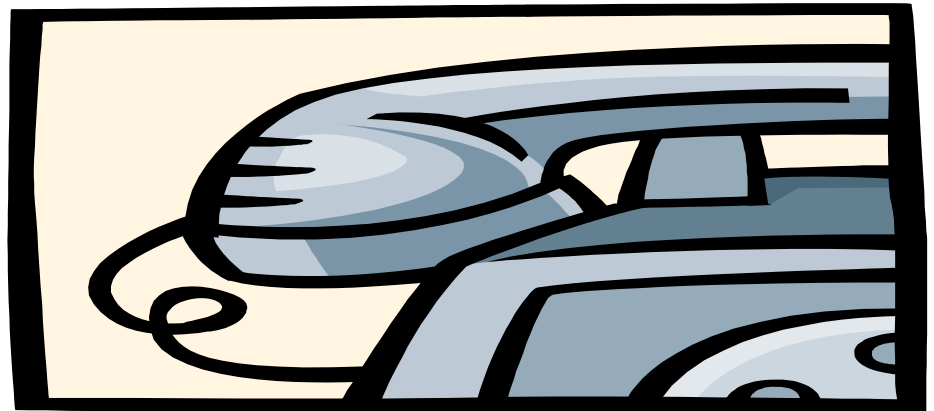
- Doctors are leaving medicine.
- There currently is a nursing shortage that is expected to get worse.
- Medicare and Medicaid programs are at risk of going bankrupt.
- The economic downturn has been responsible for many losing their health care coverage.
- All health programs at State and Local levels are being cut.
- Fundraising attempts by not-for-profits are yielding less and less.
- Hospital readmission rates are at all time highs.
- Chronic diseases are on an upswing.




THE FUTURE OF CDSMP DEPENDS UPON YOU!

- Start a program in your area.
- If everyone would refer themselves, loved one's, or their patient's to the CDSMP then you would be able to see the impact of such a program. This program then could have a wider footprint throughout this nation and the world.
- The full impact of this program can't be realized until you experience it first hand. Trust me, no words could ever explain the ultimate yield of the CDSMP. Such a yield could be someone's new lease on life, a life restarted, and maybe true happiness!
- Only you have the power to empower yourselves and others!

WHO CAN YOU CONTACT TO TAKE PART?



- **STANFORD PATIENT EDUCATION RESEARCH CENTER 1-650-723-7935**
- *<http://Patienteducation.stanford.edu>*
- **Your State and Local Health Departments.**



TODAY, I CAN ONLY SAY
“WOW!” WHEN IT COMES TO
THE CDSMP PROGRAM. I
CAN LEAVE YOU WITH A
WAY TO HELP YOURSELF,
LOVED ONE’S, OR YOUR
PATIENTS. FOR QUESTIONS,
CALL 702-349-7370 ANY
TIME DAY OR NIGHT.

SOMETIMES CHRONIC
DISEASE CAN LOOK
LIKE THIS.

