

**Living Well Alabama:
Chronic Disease
Self-Management Program
(CDSMP)**

**Satellite Conference and Live Webcast
Monday, March 16, 2009
2:00-4:00 p.m. (Central Time)**

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

**Melanie Rightmyer, RN, BSN
Program Director
Cardiovascular Health Branch
Alabama Department of Public Health**

Objectives

- Understand how the Alabama electronic system improves care coordination
- Recognize complications smoke has on diabetes and cardiovascular disease
- Gain knowledge of smoking cessation plans and the Alabama QuitLine

Objectives

- List contributing factors to successful diabetes coalitions in rural Alabama counties and identify where a coalition is needed
- Know how to recruit and develop new partnerships to create a successful community coalition
- Identify three themes for community training programs

Objectives

- Become familiar with how to create an action plan and communicate with physicians and primary care providers

**Living Well Alabama:
Chronic Disease
Self-Management Program
(CDSMP)**

- Living and coping with a chronic disease can be very difficult

Living Well Alabama: Chronic Disease Self- Management Program (CDSMP)

- An evidence based Health Promotion program developed at the Stanford Patient Education Center at the Stanford University
- Supported by Self-Efficacy Learning/Motivational and Social Cognitive Behavioral Theories

Living Well Alabama: Chronic Disease Self- Management Program (CDSMP)

- Teaches self-management techniques to participants through innovative and highly participatory workshops
- Interactive group education program

Action Plan (Behavior Change)

- Something they want to do
- Achievable goal (realistic)
- What they want to do
- When . . .

Action Plan (Behavior Change)

- Where . . . how often
- Confidence level
- Problem solving skills
- Set weekly action plans (GOALS)

CDSMP Workshop Overview

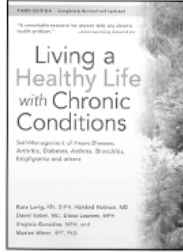
- Making an action plan short term goals
- Using your mind to manage symptoms
- Feedback/problem solving
- Difficult emotions and depression
- Fitness/exercise
- Better breathing

CDSMP Workshop Overview

- Pain and fatigue
- Nutrition
- Future plans for health care
- Communication
- Medications and refills
- Working with your health care professional

Participant Book

- Patients transform through behavior changes into confident self-managers in just six weeks



The Evidence Supporting the CDSMP

- 1000 people with chronic health problems participated in a randomized control trial and were followed for up to 3 years
 - Significant improvements after six months in self rated health, disability, social/role activities limitation, energy/fatigue, health distress

The Evidence Supporting the CDSMP

- At one and two years later saw reduction in health distress, increased self efficacy, fewer physician/ER visits
- The greater the 6 month improvement in self-efficacy the lower health care utilization was after 1 year

The Evidence Supporting the CDSMP

- Statistically significant improvement after 1 year in fatigue, shortness of breath, pain, social activity limitation, depression and health distress

The Evidence Supporting the CDSMP

- Lorig et al. 1999 evidence suggesting that a chronic disease self management program can improve health status while reducing hospitalization

The Evidence Supporting the CDSMP

- Lorig et al. (2001) CDSMP 2 year health status and health care utilization outcomes
- Lorig et al. (2004) effect of a self management program on patients with chronic disease effective clinical practice

Cost Effectiveness

- CDSMP saved \$390 - \$520 per patient
- Lorig et al. (1999)
 - Participants in treatment group spent eight fewer nights in the hospital than those in the control group
 - Resulted in savings of \$750 per participant

Cost Effectiveness

- Lorig et al (2004)
 - .97 day reduction in hospitalization and .2 fewer emergency department visits after 1 year
 - Saved \$990 per participant
 - Kaiser Permanente saved \$400,000 for the 489 participants

What Is Living Well Alabama?

- A six week workshop 1 _ - 2 hours per week co-led by trained “peer” leaders
- Provides an interactive learning environment in which participants can practice and master self-management techniques

What Is Living Well Alabama?

- Provides information on general health topics affecting persons with a variety of chronic conditions
 - Asthma, cardiovascular disease, diabetes, arthritis

ADPH Cardiovascular Health Branch

- Office
 - The RSA Tower
 - 201 Monroe Street Suite 960-G
 - Montgomery, AL 36130
 - (334)206-3977
- Email
 - melanierightmyer@adph.state.al.us