



Fact Sheet

What is the Chronic Disease Self-Management Program?

The Chronic Disease Self-Management Program (CDSMP) is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend the program together. Workshops are facilitated from a highly-detailed manual by two trained leaders, **one or both of whom are peers with a chronic health conditions themselves**. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and, 6) making informed treatment decisions.

It is the *process* in which the CDSMP is taught that makes it effective. Sessions are highly participative, where mutual support and success builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Does the Program replace existing programs and treatments?

The Self-Management Workshop will not conflict with existing programs or treatment. It is designed to *enhance* regular treatment and disease-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

How was the Program developed?

The Division of Family and Community Medicine in the Department of Medicine at Stanford University received a five-year research grant from the federal Agency for Health Care Research and Policy and the State of California Tobacco-Related Research Project. The purpose of the research was to develop and evaluate, through a randomized controlled trial, a community-based self-management program that assists people with chronic illness. The study was completed in 1996.

The research project had several investigators: Halsted Holman, M.D., Stanford Professor of Medicine; Kate Lorig, Dr.P.H., Stanford Associate Research Professor of Medicine; David Sobel, M.D., Regional Director of Patient Education for the Northern California Kaiser Permanente Medical Care Program; Albert Bandura, Ph.D., Stanford Professor of Psychology; and Byron Brown, Jr., Ph.D., Stanford Professor of Health Research and Policy. The Program was written by Dr. Lorig, Virginia González, M.P.H., and Diana Laurent, M.P.H., all of the Stanford Patient Education Research Center. Ms. González and Ms. Laurent also served as integral members of the research team.

The process of the CDSMP was based on the experience of the investigators and others with self-efficacy, the confidence one has that he or she can master a new skill or affect one's own health. The content of the workshop was the result of focus groups with people with chronic health problems, in which the participants discussed which content areas were the most important for them.

How was the Program evaluated?

About 1,000 people with heart disease, lung disease, stroke or arthritis participated in an randomized, controlled test of the Program, and were followed for up to three years. We looked for changes in many areas: *health status* (disability, social/role limitations, pain and physical discomfort, energy/fatigue, shortness of breath, psychological well-being/distress, depression, health distress, self-rated general health), *health care utilization* (visits to physicians, visits to emergency department, hospital stays, and nights in hospital), *self-efficacy* (confidence to perform self-management behaviors, confidence to manage disease in general, confidence to achieve outcomes), and *self-management behaviors* (exercise, cognitive symptom management, mental stress management/relaxation, use of community resources, communication with physician, and advance directives).*

What were the results?

Subjects who took the Program, when compared to those who did not, demonstrated significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations. They also spent fewer days in the hospital, and there was also a trend toward fewer outpatient visits and hospitalizations. These data yield a cost to savings ratio of approximately 1:10. *Many of these results persist for as long as three years.*

How can my facility offer the Program?

Facilitator trainings are 4½-days. The total number in the training must be at least 14 and not more than 26. Each trainee receives a detailed master trainer guide, a leader's manual, and a toolkit, a copy of the textbook *Living a Healthy Life With Chronic Conditions*,⁺ and two relaxation audio tapes/cd's. **We offer training at Stanford several times a year** (information and application on web site, below). **It is strongly suggested that health professionals bring a layperson with chronic disease with them.** We can also come to you. Two Stanford trainers will train up to 26 master trainers and/or leaders at your facility. You can combine your training with other organizations in your area to reduce your costs, if you wish.

If you would like more information about the Chronic Disease Self-Management Program and how it can be offered through your facility, please call, write, email or fax Gloria Samuel or Kate Lorig at the address or numbers below.

Stanford Patient Education Research Center
1000 Welch Road, Suite 204 • Palo Alto CA 94304
voice: (650) 723-7935 • fax: (650) 725-9422
self-management@stanford.edu
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*Study outcomes are published in "Evidence suggesting that a chronic disease self-management program can improve health status while reducing hospitalization: a randomized trial", by Lorig, Sobel, Stewart, Brown, Bandura, Ritter, González, Laurent and Holman. *Medical Care*, 37(1):5-14, 1999.

⁺A complete report on the measures used and their psychometric properties can be found in *Outcome Measures for Health Education and Other Health Care Interventions*, by Lorig, Stewart, Ritter, González, Laurent and Lynch, Sage Publications, 1996.

⁺*Living a Healthy Life With Chronic Conditions* by Lorig, Holman, Sobel, Laurent, González and Minor, Bull Publishing, 2000.



Training Details

Chronic Disease Self-Management Program

Facilitator trainings for representatives of health care organizations are 4½ days and are given 3 to 4 times a year. Training dates are posted on the Stanford Patient Education Research Center web site at <http://patienteducation.stanford.edu>. It is **strongly** suggested that health professionals bring a lay person with chronic disease with them. All workshops and trainings are designed to be facilitated by 2 people. Each trainee receives detailed training manuals, toolkit, and a copy of the workshop's textbook and audio CDs (if applicable).

Because the process of and many parts of our programs are based on the Chronic Disease Self-Management Program (CDSMP), we offer a cross-training program at Stanford. We suggest that all trainees interested in any of our programs take the CDSMP Master Training first. We offer cross training at Stanford for anyone wishing to offer the Positive Self-Management Program (PSMP) or Tomando Control de su Salud (Spanish version of CDSMP) **to those already trained as Master Trainers for the Chronic Disease Self-Management Program**. For more information on cross trainings, please visit our web site at <http://patienteducation.stanford.edu>.

Requirements of Training

The hours of the training are 9:00 AM to 4:30 PM, days one through four, and 9:00 AM to 12:30 PM day five. You must attend ALL of the training in order to be licensed to use the program and authorized to train leaders. Make any travel or commuting arrangements with that in mind. Do NOT make return flight arrangements to depart before 4:30 PM on the last day of the CDSMP training.

Registration

Registration forms can be found on the Stanford Patient Education Research Center web site. To register, fill out the appropriate application and mail it with your tuition check. **Enrollment is strictly limited to 26 per training, on a first come, first served basis.** In order to assure a place in training, return your application and a check for your tuition as soon as possible, as the trainings sometimes fill months beforehand.

The first 26 complete applications **with payment in full** will be guaranteed a spot. You will receive a confirmation and your licensing agreement by mail approximately 7 weeks prior to training date, so that you can make travel arrangements and route your facility's program license. **Do NOT make travel arrangements until you receive your confirmation!** Tuition is nonrefundable after the application deadline.

We **strongly** encourage agencies to send at least two trainees, one or both a lay person with chronic disease, since all leader training is facilitated by two trainers. Please send all applications for your agency together. ***There will be no refunds after the application deadlines!***

Faxed applications will not be accepted.

You will not be registered until we receive your all required applications/forms and payments. We do not take credit cards.

Continuing Education Units

Twenty-seven California nursing CEUs are available for those wishing them. If you want CEUs, you must bring to the training your license number and a check for \$15 made out to **Stanford Hospital and Clinics**. We do not offer CEUs for trainings away from Stanford.

Training and Licensing Policies for Stanford Self-Management Programs

Trainers

Stanford will authorize Leaders, Master trainers and T-Trainers. All components of Stanford self-management programs are taught by **pairs** of leaders or trainers.

1. **Leaders** are authorized to teach the Self-Management Workshop. To become a Leader, one must complete Leader training and have taught at least one workshop.
2. **Master Trainers** are authorized to train only Leaders to teach the Self-Management Workshop. To become a Master Trainer, one must: 1) complete Master training, 2) co-facilitate at least 2 workshops, 3) co-facilitate at least one Leader training.
3. **T-Trainers** are authorized to train Master Trainers and/or Leaders. This authorization will only be granted after an apprenticeship training with a Stanford staff trainer. To qualify for an apprenticeship, one must have facilitated at least 3 workshops and 2 Leader trainings.

Licensing

1. Any **organization** giving a Stanford program must purchase a license. Any organization attending a Stanford training receives a discount on the license for which they are attending the training. License is good for 3 years from the date of issue. After each three year interval, licenses must be renewed.
2. Any organization receiving training from a non-Stanford Master Trainer or T-Trainer must purchase a license from Stanford **prior** to the training. It will be the responsibility of the Master Trainers or T-Trainers who conduct this training to:
 - inform the organization(s) being trained of the need to purchase a license from Stanford prior to the training
 - inform Stanford of the organization(s) needing the license.

3. If these responsibilities are not carried out, then the Master Trainers or T-Trainers will be responsible for all license fees and/or will lose their authorization to continue in the role of Master Trainer or T-Trainer.

These policies are defined for all Stanford self-management programs.

Training and Licensing Fees for Stanford Self-Management Programs

Training Fees at Stanford University

Effective June 1, 2006 the costs for training at Stanford are:

- \$1500 per health professional
- \$800 for a lay person with chronic disease

Included in this training is all instruction, one set of all materials, and breakfast for 5 days, lunch for 4 days and one evening banquet.

Off-site Training by Stanford University

Training Fee. Contracting organization will pay Stanford \$9,000 (this amount does not include the license fee) and each trainer will receive professional fees of \$3,000 making the total training fee \$15,000.

Materials for Trainees. With the exception of books and audio/compact disks, training materials will be provided by Stanford. Each trainee receives a copy of the book *Living a Healthy Life with Chronic Conditions*. It is also recommended that each trainee receive a copy of *Time for Healing: Relaxation for Mind and Body* (long version) audiotape/compact disk, and *Time for Healing: Group Leader's Tape* (short version). Order books and audiotapes/cd's from Bull Publishing at 1-800-676-2855, www.bullpub.com.

Licensing Fees

- \$500.00 for offering 10 or fewer workshops a year
- \$800 for offering 20 or fewer workshops a year
- \$1000 for offering 30 or fewer workshop a year
- If an organization is offering more than 30 workshops a year, it must negotiate a license with Stanford's Office of Technology Licensing

Licenses for organizations receiving training from Stanford will be discounted by \$250 dollars. Each organization can apply only one discount per program.

The license has been designed to be printed and submitted as is. It has been greatly simplified and has been written using plain English language with as little legalese so as to be understood by the lay person. The low cost and volume of these licenses make it impossible for us to negotiate special clauses for each organization. If your organization needs custom agreement, the cost of the license will increase by a minimum of \$1,000 USD.

For additional information please contact Gloria Samuel by email at gsamuel@stanford.edu or by phone at 650.723.7935.

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