



# Encourage Participation in Self-Management Programs

## Chronic Disease Workshops Help Your Patients Manage Their Diseases

Every day, you see the toll of chronic disease on people's lives—the pain, the limitations, and the poor emotional health, which compromise the quality of daily life. You also recognize how hard it is for patients to follow through on recommendations for basic lifestyle changes like increasing exercise and healthy eating. But people with chronic disease can learn how to manage their symptoms and adopt healthy behaviors. Low-cost, self-management workshops in your community can complement your clinical treatment and help your chronic disease patients learn to live happier, healthier lives. Your recommendation is key in helping patients with chronic diseases enroll in these vital programs.

### A Low-Cost Intervention That Complements Clinical Treatment

Evidence-based, self-management education programs have been proven to significantly help people with chronic diseases.<sup>1</sup> Together with your clinical care, these programs teach participants how to exercise and eat properly, use medications appropriately, solve everyday problems, and communicate effectively with family members and health care providers—all positive life skills to enhance well-being. As a result, these interventions help participants reduce pain, depression, fear, and frustration; improve mobility and exercise; increase energy; and boost confidence in their ability to manage their condition.<sup>1</sup>

### Proven Self-Management Programs That Can Make a Difference to Your Patients

Two research studies, each combining the results of more than 20 evaluations, demonstrate the value of two highly successful self-management programs developed at Stanford University—the Chronic Disease Self-Management Program and the Arthritis Self-Management Program. Learn more about the results from meta-analyses of these two programs at <http://www.cdc.gov/arthritis/docs/ASMP-executive-summary.pdf>.

The Chronic Disease Self-Management Program is an educational workshop for people with chronic conditions (e.g., arthritis, diabetes, lung and heart disease). The Arthritis Self-Management Program is an educational workshop for people with arthritis—including osteoarthritis, fibromyalgia, rheumatoid arthritis, lupus, and others. Both programs—

## Why Self-management Is Important

- Chronic disease is the leading cause of death and disability in the United States.<sup>2</sup>
- In the United States, 1 of 2 people has at least 1 chronic disease, representing 145 million Americans. Twenty-eight percent of all Americans have two or more chronic conditions.<sup>2</sup>
- Nationally, chronic diseases account for 75% of the \$2 trillion spent on health care each year in the United States.<sup>2</sup>
- Fifty million Americans have been diagnosed with arthritis,<sup>3</sup> the most common cause of disability.<sup>4</sup> The medical costs for treating arthritis are at least \$81 billion per year.<sup>5</sup>
- Helping people with chronic disease learn to better manage their conditions will help reduce the personal and societal burden of chronic diseases in the United States.



- ✓ Are designed to be taught in a community setting, such as a senior center, church, library, or hospital.
- ✓ Are offered as a 2 ½ -hour per week workshop for 6 weeks.
- ✓ Are led by trained leaders who have chronic conditions themselves, and who follow a structured leader protocol.
- ✓ Help participants learn how to take control of their chronic disease.
- ✓ Encourage interaction and mutual problem-solving and support.
- ✓ Are designed to complement clinical treatment and disease-specific education programs.
- ✓ Are available in English and Spanish.

The Chronic Disease Self-Management Program also teaches skills to people managing multiple chronic conditions. Learn more about these two Stanford University programs at <http://patienteducation.stanford.edu/programs>.

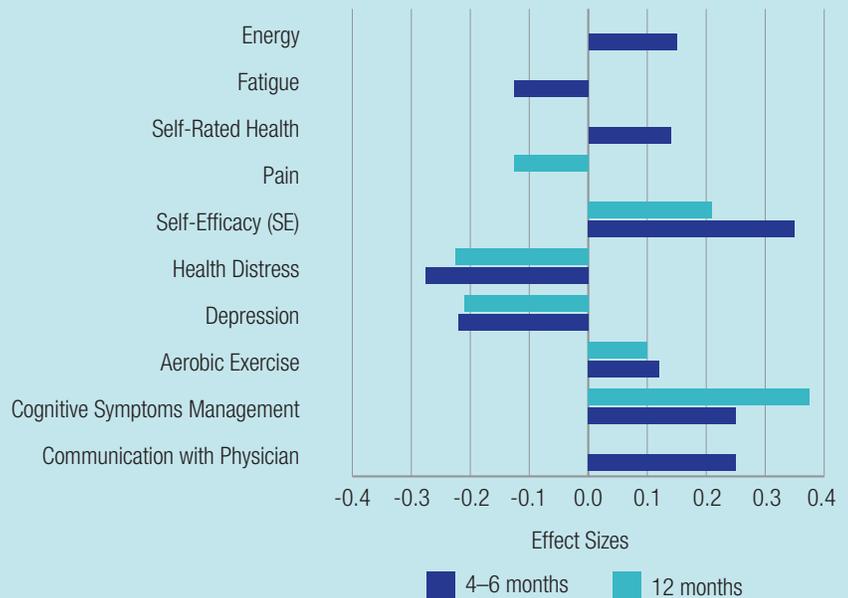
### Help Your Patients Gain the Skills and Confidence to Manage Their Chronic Disease

You play an important role in facilitating participation in these proven, low-cost, convenient workshops. Research shows that, with a recommendation from a health care provider like you, a patient is much more likely to attend

a self-management workshop. Help people with chronic diseases manage their symptoms, make lifestyle changes, and live the fullest life possible. Incorporate self-management workshops referrals in your comprehensive approach to chronic disease. Recommend the Chronic Disease Self-Management Program and the Arthritis Self-Management Program to your patients. Locate programs in your area at <http://restartliving.org>.

### Significant Effect Sizes for CDSMP Outcomes at 4-6 and 12 months Follow-up

Many of the Effects of CDSMP Persist at 12-Month Follow-Up



1. <http://www.cdc.gov/arthritis/docs/ASMP-executive-summary.pdf>.
2. <http://www.rwjf.org/files/research/50968chronic.care.chartbook.pdf>.
3. *MMWR* 2010;59(39):1261-1265.
4. *MMWR* 2009;58(16):421-426.
5. *MMWR* 2007;56(01):4-7.

### Participants Applaud Benefits of Self-Help Workshops

*"They taught us to focus on what we can do and not on what we can't do."*

*"The pain doesn't go away, but you learn to manage the pain instead of the pain managing you."*

*"Now I can work better with my doctor to manage my symptoms."*

*"I know the things to do, this helps my motivation to get it done."*

*"The progress is due to the positive class support."*

