

Tomando Control de su Salud

What is it?

- Tomando Control de su Salud is a self-management education intervention for Spanish-speaking people with a variety of chronic health conditions. It aims to help participants stay active and engaged in their lives and build confidence in managing their health.
- The program was developed in Spanish by a team of Stanford University researchers. It is based on the English version Chronic Disease Self-Management Program (CDSMP). Workshops are conducted in Spanish and cover similar topics as CDSMP in a culturally appropriate manner.
- The 2½-hour interactive workshops meet once a week for 6 weeks. Participants learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases. In a typical workshop, participants set a realistic goal for the upcoming week and develop an action plan. They report their progress at the following workshop, and get feedback and support from the group.
- Participants apply the techniques to concerns such as:
 - Addressing the physical and psychological effects of chronic disease (like fatigue, pain, and frustration)
 - Exercising and using medications appropriately
 - Communicating effectively with family, friends, and health professionals
 - Getting the proper nutrition
- Workshops are facilitated by two trained leaders, one or both of whom are lay people with a chronic disease. Leaders are fluent in Spanish and familiar with the needs of Spanish-speaking communities.

Who is it for?

- Tomando Control de su Salud is for Spanish-speaking adults with chronic health conditions such as arthritis, diabetes, heart disease, and lung disease.
- The program may be particularly beneficial for people who have more than one health condition or whose health problems have begun to interfere with their valued life activities.

What are the benefits?

- Research on Tomando Control de su Salud has produced findings similar to the English CDSMP.
- There is strong evidence from published clinical trials that participation in the programs can improve physical and psychosocial outcomes and quality of life for people with chronic health conditions. Benefits include:
 - Decreased pain and health distress
 - More physical activity
 - Better communication with physicians
 - Fewer social role limitations
 - Increased confidence to manage arthritis
 - Better self-rated health

For More Information

- Stanford University Patient Education Research Center
patienteducation.stanford.edu/programs
- Centers for Disease Control and Prevention
www.cdc.gov/arthritis/interventions/self_manage.htm

Contact

References

Lorig KR, Ritter PL, González VM. Hispanic chronic disease self-management: a randomized community-based outcome trial. *Nursing Research*. 2003;52(6):361–369. PMID: 14639082.

Lorig KR, Ritter PL, Jacquez A. Outcomes of border health Spanish/English chronic disease self-management programs. *The Diabetes Educator*. 2005;31(3):401–409. PMID: 15919640.

Summary of the Evidence

Author, Year	Design	Participants	Outcomes
Lorig KR, Ritter PL, González VM (2003)	RCT with longitudinal followup Wait-list control Outcomes at 4 months and 1 year	551 Spanish-speaking participants	Outcomes sustained at 1 year: ↑ health status, health behavior, self-efficacy ↓ emergency room visits
Lorig KR, Ritter PL, Jacquez A (2005)	Pre- and post-test evaluation of CDSMP and Tomando Outcomes at 4 months and 1 year	455 Spanish speakers along Texas/New Mexico/Mexico border	Outcomes sustained at 1 year: ↑ health status, health behavior, self-efficacy