



## Chronic Disease Self-Management Education Program



### Impact of the NCCHW Chronic Disease Self Management Education Program

- Increase the number of older adults and adults with disabilities in underserved populations participating in the Chronic Disease Self Management Education Programs.
- Create the systems to embed these programs into an integrated, comprehensive, sustainable statewide network.
- Move towards a healthier environment with improved health care utilization, increased self-efficacy and self-management, and better health status.

### What is Chronic Disease Self Management Education?

- The Chronic Disease Self-Management Education Program (CDSME) is a workshop given two and a half hours, once a week, for six weeks in community settings. People with different chronic health problems attend together.
- Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, and pain, 2) appropriate exercise for improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) decision making.
- Research shows that participants demonstrate 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 trended toward fewer outpatients visits and hospitalizations.

### Goals and Objectives of the NCCHW CDSME Program

NCCHW has received a 2-year grant by the Administration for Community Living to:

- Recruit over 4,000 individuals to participate in the programs.
- Achieve a 74% completer rate (participants who attend 4 or more of the 6 workshops sessions).

- Increase the number of older adults, adults with disabilities, low-income adults, and minority adults who participate in CDSME programs.
- Significantly increase self-management behaviors among program participants.
- Increase capacity to offer CDSME workshops and leader trainings statewide.
- Increase health care provider knowledge of CDSME programs and their ability to refer individuals to them.
- Support long-term sustainability of CDSME programs across the state.

### **Strategies of the NCCHW CDSME Program**

- Maintain a statewide Training Academy that provides CDSME trainings, professional development, and resource creation.
- Raise awareness of CDSME and support linkages to Federally Qualified Health Centers and other clinical partners.
- Extend outreach and capacity to provide CDSME programs to low-income, minority, and disabilities populations.
- Support statewide access to data and resources through software, website, and media options.
- Develop sustainability and reimbursement options for CDSME, to include Medicare reimbursement and business acumen.

### **Testimonials**

“I started taking direct and specific responsibilities to change my behavior. I liked setting goals and adjusting them as I got more realistic. I’m calmer. More balanced. And I am more hopeful that I can get better.” –CDSME participant, September 2009

“I would highly recommend this class to anyone who suffers from chronic conditions and who is searching for answers in how to cope with their health challenges.” –CDSME participant, February 2010

“All I really want to say is thank you for this life-changing six weeks. I am forever indebted to the creators of this program and the knowledgeable instructors who gave me this vital and important information.”—CDSME participant, April 2016

### **Contact**

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