



CHRONIC DISEASE SELF-MANAGEMENT EDUCATION PROGRAM IMPACT

Living Healthy with Chronic Disease Self-Management Education (CDSME) programs share self-management skills and techniques for people with chronic disease. Programs help participants gain self-confidence in their ability to control their symptoms, talk to clinicians, and make healthy choices.

The CDSME suite of programs include Chronic Disease Self-Management*, Diabetes Self-Management*, and Chronic Pain Self-Management.

*also available in Spanish



Living Healthy with Chronic Disease Self-Management programs:

- Meet once weekly for 2 ½ hours for 6 weeks
- Focus on skills and techniques of self-management
- Explore the Symptom Cycle, Toolbox of Techniques, and Action Plans
- Have 8 – 15 participants per workshop
- Are facilitated by 2 trained leaders

PATIENT ACTIVATION MEASURES

The Patient Activation Measure (PAM) is a 13-item survey that assesses a person’s knowledge and confidence in managing chronic health conditions. Utilizing a 100-point scale, PAM places individuals into one of four activation levels. Each level is defined by a set of health-related characteristics, including attitudes, motivators, and behaviors. PAM can be used to effectively tailor patient care and aid individuals in becoming successful managers of their health.

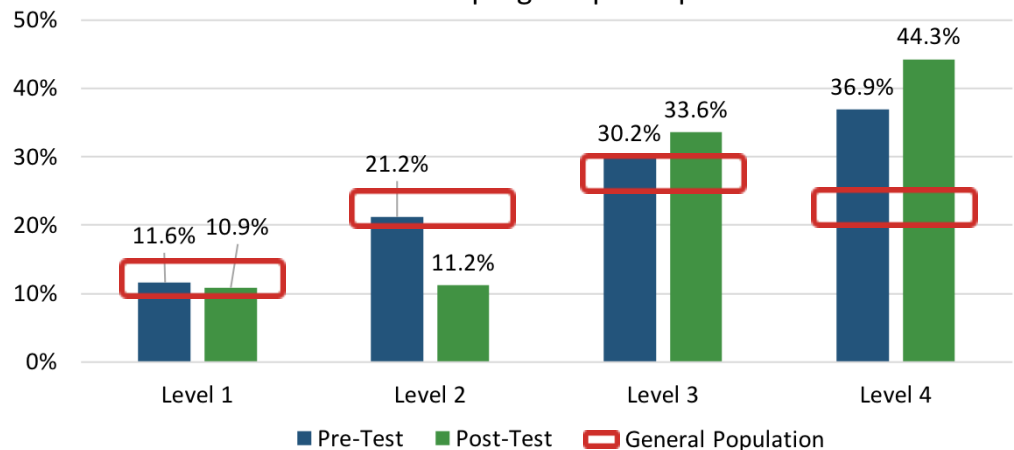
Level 1	Level 2	Level 3	Level 4
<p>DISENGAGED AND OVERWHELMED</p> <hr/> <p><i>"My doctor is in charge of my health."</i></p> <hr/> <p>Individuals are passive and lack confidence. Knowledge is low, goal-orientation is weak, and adherence is poor.</p> <p><u>Healthcare utilization:</u> Very high ED/ER use, very high risk of Ambulatory Care Sensitive (ACS) utilization, very high risk of readmission, very low use of preventive care and screens.</p>	<p>BECOMING AWARE BUT STILL STRUGGLING</p> <hr/> <p><i>"I could be doing more for my health."</i></p> <hr/> <p>Individuals have some knowledge, but large gaps remain. They believe health is largely out of their control, but can set simple goals.</p> <p><u>Healthcare utilization:</u> High ED/ER use, high risk of ACS utilization, high risk of readmission, low use of preventive care and screens.</p>	<p>TAKING ACTION AND GAINING CONTROL</p> <hr/> <p><i>"I'm part of my health care team."</i></p> <hr/> <p>Individuals have the key facts and are building self-management skills. They strive for best practice behaviors, and are goal-oriented.</p> <p><u>Healthcare utilization:</u> Low ED/ER use, low risk of ACS utilization, low risk of readmission, good use of preventive care and screens.</p>	<p>MAINTAINING BEHAVIORS AND PUSHING FURTHER</p> <hr/> <p><i>"I'm my own health advocate."</i></p> <hr/> <p>Individuals have adopted new behaviors, but may struggle in times of stress or change. Maintaining a healthy lifestyle is a key focus.</p> <p><u>Healthcare utilization:</u> Very low ED/ER use, very low risk of ACS utilization, very low risk of readmission, very good use of preventive care and screens.</p>

METHODS & RESULTS

From January 2012 to May 2014, the Centralina Area Agency on Aging assessed patient activation measures for nearly 400 participants before and six to twelve months after they completed a Living Healthy with Chronic Disease Self-Management Education program.

Overall, the participants had higher patient activation following the program.* Patients were more knowledgeable and confident in their ability to manage their chronic health condition. They felt ready to take action, maintain their behaviors, and push further in their own care (Figure 1).

Figure 1. Percent of participants at each level before and after CDSME program participation



*Limitation: Patients in the Centralina study population were initially more activated than the general population. Results may be biased given this difference

Figure 2. Percent of participants that **strongly agreed** with each PAM statement before and after CDSME program participation:

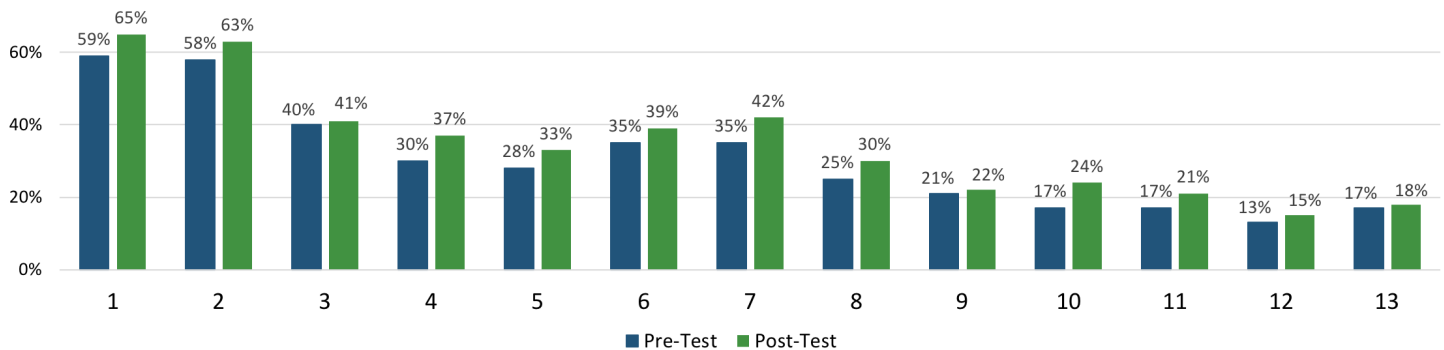
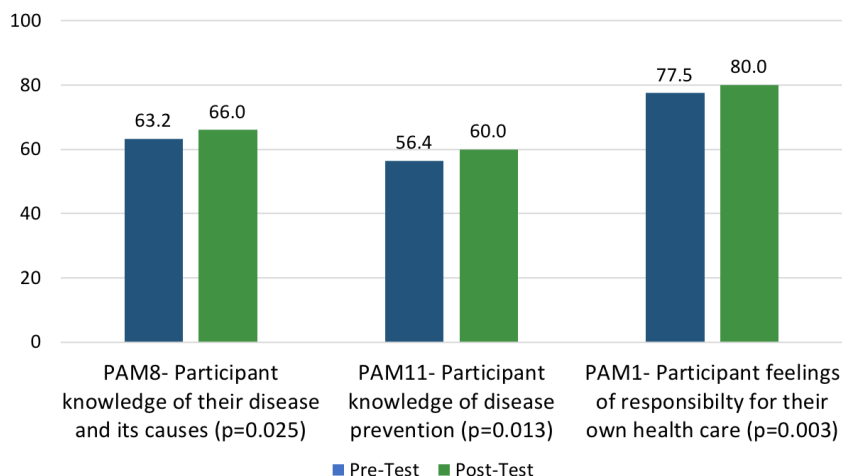


Figure 3. PAM score before and after CDSME program participation



The percent of participants strongly agreeing with each measure increased from pre- to post- CDSME workshops across all 13 items demonstrating improvements in chronic disease self-management (Figure 2).

Results from pre- to post-workshops showed statistically significant increases in participant knowledge of their disease, its causes, and disease prevention. Following participation patients also felt more responsible for their own health care (Figure.3).