

Fidelity Checklist
Chronic Disease Self-Management Education Programs



Requirement	Meets (Y/N)	Notes
Agency has their own license (current for 3 years) or operates under NCCHW license		
Lay leaders teach 1 workshop per year to maintain certification		
Master Trainers have facilitated one of the following to remain certified in the past 12 months: <ul style="list-style-type: none"> ● One 6-session community workshop ● One 4-day lay leader training ● One lay leader cross-training ● One lay leader update training 		
CDSME Workshop = Six 2.5-hour sessions <ul style="list-style-type: none"> ● Classes can be offered 1 time a week for 6 weeks 		
Two lay leaders lead each session during a workshop		
Class Completion = 4 or more sessions		
Leaders are using the most updated forms from https://healthyagingnc.com/program-forms/ Agency/Organization is collecting: <ul style="list-style-type: none"> ○ Program cover sheet ○ Attendance sheet ○ Participant information survey pre-workshop ○ Participant information survey post-workshop 		
CDSMP Toolkit <ul style="list-style-type: none"> ● Complete toolkit is sent out including: The Living a Healthy Life with Chronic Disease book, The relaxation for mind and body CD, and exercise CD, a self-test to help decide how to use the materials, and tip 		

<p>sheets on the most important self-management tools</p> <ul style="list-style-type: none"> • Toolkit is not combined with any other virtual aspect of programming • Optional: Participants participate in a phone-based check-in once per week and script it followed 		
<p>CDSME (virtual)</p> <ul style="list-style-type: none"> • Workshops are 8-12 people with a minimum of 6 • All participants are from geographic regions served by licensed agency with up to two participants from outside the region • All participants in a virtual workshop must participate via the virtual platform. No hybrid workshops! • Virtual workshops follow the same schedule and use the same materials as the in-person workshops 		