Chronic Disease Self-Management Programs
Take Control of Your Health & Better Choices, Better Health

New Jersey Department of Human Services
Training Goals

- Know how the evidence-based disease prevention and health promotion program known as the Chronic Disease Self-Management Program (CDSMP) works and its benefits.
- Differentiate between two distinct but similar CDSMP programs: Take Control of Your Health & Better Choices, Better Health.
- Know which members may benefit from participating in CDSMP and are appropriate for referral.
- Know how to make referrals for members to either a community or an on-line workshop.
CDSMP Background

• Developed in the early 1990s by the Stanford Center for Research in Patient Education.
• Provides knowledge and skills for individuals to take a more active role in their own health.
• This ‘gold standard’ of evidence-based disease prevention programs has been able to duplicate clinical trial results in a variety of settings, populations, and chronic conditions.
• Now used in 17 countries and most states.
• On-line version introduced in the late 2000s.
People with long-term health conditions:

- Have similar concerns and problems;
- Deal not only with their condition, but with the impact of the condition on their lives and emotions; and
- Can teach the workshop as effectively, if not more effectively, than health professionals.
CDSMP Program Basics

- Six weekly 2-1/2 hour sessions
- Led by a pair of peer leaders (or professionals as peer leaders)
- Convenient locations, or on-line
- No cost to participate
- Free companion book, *Living a Healthy Life with Chronic Conditions*
- Practical, interactive curriculum
- Opportunities for discussion and problem solving
- Mutually supportive setting

Take Control of Your Health & Better Choices, Better Health
Self-Management Toolbox

Physical Activity                      Problem-Solving
Medications                           Using Your Mind
Decision Making                       Sleep
Action Planning                       Communication
Breathing Techniques                  Healthy Eating
Understanding Emotions                Weight Management
Working with Health Professionals

Take Control of Your Health & Better Choices, Better Health
Program Basics

- Workshop topics include:
  - Fitness and exercise
  - Eating Well
  - Medications
  - Stress management
  - Talking with your doctor
  - Dealing with emotions and depression
  - and more

Take Control of Your Health & Better Choices, Better Health
The Benefits

The workshops provide a chance for participants to:

- Feel better
- Control pain and fatigue
- Share what they know, and
- Find new ways to address their health conditions
The Process

- Goal Setting (Action Planning)
- Feedback and Sharing
- Brainstorming
- Group Problem-Solving
- Decision-Making
- Helping Others
- Modeling
- Ongoing Assessment and Reinterpretation of Symptoms
Chronic Disease Self-Management Program (CDSMP) in New Jersey

Members Have Two Ways to Participate:

• Take Control of Your Health -- Community Workshops

• Better Choices, Better Health -- On-line version

Take Control of Your Health & Better Choices, Better Health
Take Control of Your Health

• Community workshops throughout the state
• Available in several languages
• Over 5,000 participants
• More than 50% from minority populations
Better Choices, Better Health

- On-line workshops
- http://www.restartliving.org/NewJersey.php
- Participants log-in up to three times a week for six weeks on their own schedule
- NJ Department of Human Services purchased slots for Medicaid managed care members through August 2014
Let’s Try an Activity from Take Control of Your Health

The Mind-Body Connection/Distraction

The mind is a very powerful tool. To demonstrate how the mind can affect your body, we’re going to do a short activity. This is just one of 40+ activities conducted over the six-week community workshop.
Care Managers & CDSMP Synergy

• The power to influence
• A tool to extend your “reach” into the community
• Hands-on support/training to enhance self-management following clinical care
CMs & CDSMP: Perfect Together

**Care managers** educate their patients on what they need to do to manage their condition

**CDSMP** helps your members develop the skills and confidence to effectively act upon those recommendations
Participants: Appropriate Referrals

Who should attend the workshops?

Almost any member age 18 and over, or caregiver you encounter would be appropriate to refer to this program.

– Includes individuals with CHF, Heart disease, diabetes and arthritis.

Exceptions?

– Individuals with memory impairment
Triggers for Referral

What do I look for? Almost anyone with a chronic condition or a caregiver would benefit from CDSMP particularly if he/she

- Expresses fear, anxiety, frustration, sadness, etc.
- Has reduced social and physical activities have declined
- Wants to take control of health issues - become an active manager of their own health
- Is interested in speaking with others
- Seems open to learning new options or setting goals
- Has taken other steps - attending educational programs or support groups, consulted counselor / doctor

Take Control of Your Health & Better Choices, Better Health
Our Referral Process

How would our care managers make a referral to either a Take Control of Your Health community workshop or a Better Choices, Better Health on-line workshop?
How Do I Explain the Program?

Use Positive Messages

- This workshop helps you regain control of your life and do the things that matter
- You will be more confident about managing your life and health
- This workshop will help you feel better
- You will have energy to do more and get relief from pain, fatigue and other symptoms
- You will meet new people, share what you know, and learn new ways to improve your life
What People Say:

“I was tired. My pain was my boss. It was telling me what I could and couldn’t do. This workshop put me back in charge.”

“Now I have the energy to do the things that matter. I am more confident about my health and I got relief from my pain.”

“I put life back in my life.”

“I learned we’re all in the same boat, but the boat is not sinking!”
What the Research Says:

Six months later:
- Improved self-reported health; decreased disability; increased energy; decreased fatigue; lower health distress; more exercise and relaxation; fewer social role limitations; greater partnerships with clinicians¹

One year later:
- Fewer visits to physicians and emergency rooms; fewer hospitalizations; fewer days in the hospital; cost savings per participant projected between $390-$750²

Two years later:
- Reduction in health distress; increased self-efficacy; improved health status; improved fatigue level³
Helpful Websites

Better Choices, Better Health:
• http://www.restartliving.org/NewJersey.php

Take Control of Your Health
• http://www.state.nj.us/humanservices/doas/services/control/index.html

Stanford University:
• http://patienteducation.stanford.edu
"I was tired. My pain was my boss. It was telling me what I could and couldn't do. {insert your program name} workshops put me back in charge."

"Now I have the energy to do the things that matter. I am calmer and more confident about my health. I got relief from my pain."

"I put life back in my life."

For More Information Contact
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Take Control of Your Health & Better Choices, Better Health
Evidence-Based Programs
Promotional Video

Highlighting
Take Control of Your Health and
Featuring NJ Program Participants and Leaders