

# Chronic Disease Self-Management Program



Better Choices, Better Health<sup>®</sup> Workshop

# Success



*“These workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”*

# Program Design

- ☞ Peer leadership
- ☞ Highly participative workshop
- ☞ Enhances treatment and education

# Evidence Based

∞ 1000 participants over 3 years

∞ Studied changes

in health status, health care utilization, self efficacy, and self-management behaviors

∞ Significant improvements

in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations.

∞ Results

Fewer days in hospital, trend to fewer outpatient visits and hospitalizations.

Results persist as long as three years.

# Workshop Approach

- ∞ 2.5 hours, 1x week, 6 weeks
- ∞ Community settings
- ∞ Peer leaders

# Workshop Approach

## ∞ Subjects:

- Dealing with problems
- Exercise
- Use of medications
- Communication
- Nutrition
- Decision making
- Evaluate new treatments

# Success

*“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”*







# Success

*“In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be.”*



# Return on Investment

## Cost Savings

- Fewer emergency room visits, inpatient stays, and outpatient visits (minimum savings of \$100 per participant)
- Fewer hospitalizations (savings of \$490 per participant)
- A health care cost savings of approximately \$590 per participant

# Return on Investment

## Health Benefits

- Improvement in exercise and ability to participate in one's own care over a two-year period
- Improved health status in 7 of 9 variables: fatigue, shortness of breath, pain, social activity limitation, illness intrusiveness, depression, and health distress
- Improved health behaviors and self-efficacy in variables related to exercise, cognitive symptom management, communication with physicians, and self-efficacy

# Current Focus

- ∞ State level coordination
- ∞ Approval of workshops
- ∞ Technical assistance
- ∞ AAA contracts
- ∞ Lending libraries
- ∞ Team      Dennis, Marilyn, Laurene, Sarah, Amy