

Self-Management Programs Overviews, Requirements, and Benefits

Living Healthy

Developed by:

- Stanford University Patient Education Research Center

Overview:

- A self-management program that builds participants' confidence in managing their health and keeps them active and engaged in their lives.
- Led by two trained leaders who follow a structured protocol.
- Participants learn techniques, such as problem solving, decision-making, and goal setting, for managing problems common to people with chronic health conditions to help reduce symptoms and disability.

Course Length:

- Workshops meet in person one day a week for 2.5 hours for six weeks

Course Requirements:

- 10-16 people with arthritis or other chronic health conditions participate in group-oriented workshops

Participant Benefits:

- Decreased pain and health distress
- More energy and less fatigue
- Increased physical activity
- Decreased anxiety and depression
- Better communication with physicians
- Fewer social role limitations
- Increased confidence in managing ongoing health conditions

Implementation and License Requirements:

- All levels of facilitators must work under an organization's license.

Facilitator Requirements:

- Laypeople (preferred) or health professionals, one of whom has an ongoing health condition

Facilitator Training Requirements:

Leader Training:

- Four-day leader training led by two trained master trainers
- Must attend all four days

- Must attend training with a buddy or know of a co-facilitator in surrounding implementation area

Master-Trainer Training:

- Additional half day on top of four-day leader training
- Must attend all five days
- Must attend training with a buddy or know of a co-facilitator in surrounding implementation area

Required Materials:

- Flip charts and markers
- Leader or master-trainer manuals
- Leader relaxation CD
- *Living a Healthy Life with Chronic Conditions* participant book (creation of lending libraries is highly encouraged)
- Workshop forms

Optional Resources:

- Flip chart stands
- CD player
- Participant relaxation CD
- Participant audio book
- Notepads
- Pens
- Healthy snacks

Site Location Requirements:

- Community room that complies with the Americans with Disabilities Act (ADA) requirements
- Easily movable tables and chairs

Website:

<http://patienteducation.stanford.edu/programs/cdsmp.html>

Tomando Control de su Salud

Developed by:

- Stanford University Patient Education Research Center

Overview:

- A self-management program for Spanish-speaking people with chronic health conditions.
- Led by two trained leaders who follow a structured protocol.
- Workshops are conducted in Spanish and cover similar topics as Living Healthy, but are culturally appropriate.

Course Length:

- Workshops meet in person one day a week for 2.5 hours for six weeks

Course Requirements:

- 10-16 people with arthritis or other chronic health conditions participate in group-oriented workshops

Participant Benefits:

- Decreased pain and health distress
- Increased physical activity
- Better communication with physicians
- Fewer social role limitations
- Increased confidence in managing ongoing health conditions
- Better self-rated health

Implementation and License Requirements:

- Same as Living Healthy

Facilitator Requirements:

- Same as Living Healthy
- Ability to speak and understand Spanish fluently

Facilitator Training Requirements:

- Same as Living Healthy

Required Materials:

- Flip charts and markers
- Leader or master-trainer manuals
- Leader relaxation CD
- *Tomando Control de su Salud* participant book (creation of lending libraries is highly encouraged)
- Workshop forms

Optional Resources:

- Same as Living Healthy

Site Location Requirements:

- Same as Living Healthy

Website:

http://patienteducation.stanford.edu/programs_spanish/tomando.html

The Arthritis Toolkit**Developed by:**

- The University of North Carolina
- Chapel Hill
- Stanford University Patient Education Research Center

Overview:

- A self-study package of print and electronic media.
- Materials guide people in developing an individualized approach to managing arthritis by using exercise, pain management and relaxation techniques, goal setting, and problem solving.
- Available in English or Spanish
- Toolkits can be mailed to participants for individual use or can be made part of a lending library for multiple uses.

Course Length:

- This is a 6-week program; however, participants learn and complete activities at their own pace.

Course Requirements:

None

Participant Benefits:

- Reduced pain, fatigue, and depression
- Improve quality of life and physical function
- Helps participants feel more confident in managing their arthritis

Implementation and License Requirements:

- If using as part of a lending library, a tracking system and collection plan must be setup before distributing the toolkits.

Facilitator Requirements:

None

Facilitator Training Requirements:

None

Required Materials:

The Arthritis Toolkit includes:

- *The Arthritis Helpbook, sixth edition*
- Self-assessment
- Tip sheets
- 2 exercise CDs
- 1 relaxation CD

Optional Resources:

None

Site Location Requirements:

- Done independently at home or office

Website:

<http://www.bullpub.com/catalog/the-arthritis-toolkit/>