

Self-Management Programs Overviews, Requirements, and Benefits

	Living Healthy	Tomando Control de su Salud	The Arthritis Toolkit	QuitLine
Developed by	<ul style="list-style-type: none"> Stanford University Patient Education Research Center 	<ul style="list-style-type: none"> Stanford University Patient Education Research Center 	<ul style="list-style-type: none"> The University of North Carolina Chapel Hill Stanford University Patient Education Research Center 	<ul style="list-style-type: none"> Florida Department of Health
Overview	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> The QuitLine is a toll-free telephone-based tobacco-use cessation service. (1-877-U-CAN-NOW) Any person living in Florida who wants to try to quit smoking can use the QuitLine. The QuitLine provides: <ul style="list-style-type: none"> Counseling sessions Self-help materials Counseling and materials (available in English, Spanish, or Haitian-Creole) Translation service for other languages Pharmacotherapy assistance TDD service for hearing impaired
Course Length	<ul style="list-style-type: none"> Workshops meet in person one day a week for 2.5 hours for six weeks 	<ul style="list-style-type: none"> Workshops meet in person one day a week for 2.5 hours for six weeks 	<ul style="list-style-type: none"> This is a 6-week program; however, participants learn and complete activities at their own pace. 	None
Course Requirements	<ul style="list-style-type: none"> 10-16 people with arthritis or other chronic health conditions participate in group-oriented workshops 	<ul style="list-style-type: none"> 10-16 people with arthritis or other chronic health conditions participate in group-oriented workshops 	None	None

Participant Benefits	<ul style="list-style-type: none"> • Increased confidence in ability to manage chronic health condition • Increased healthy behaviors, such as exercise and mental pain and stress management techniques • Increased ability to do household and social activities • Less depression and fear, frustration, or worry about health • Reduction in symptoms such as pain and shortness of breath 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Reduced pain, fatigue, and depression • Improve quality of life and physical function • Helps participants feel more confident in managing their arthritis 	<ul style="list-style-type: none"> • Improves the success of quitters by almost 20 percent • Improved health • Reduced risk of premature death • Decreased chances friends or family will suffer or grieve due to illness or death from smoking
Implementation and License Requirements	<ul style="list-style-type: none"> • All levels of facilitators must work under an organization's license. 	<ul style="list-style-type: none"> • Same as Living Healthy 	<ul style="list-style-type: none"> • If using as part of a lending library, a tracking system and collection plan must be setup before distributing the toolkits. 	<ul style="list-style-type: none"> •
Facilitator Requirements	<ul style="list-style-type: none"> • Laypeople (preferred) or health professionals, one of whom has an ongoing health condition 	<ul style="list-style-type: none"> • Same as Living Healthy • Ability to speak and understand Spanish fluently 	None	None
Facilitator Training Requirements	<p>Leader Training:</p> <ul style="list-style-type: none"> • 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 <p>Master-Trainer Training:</p> <ul style="list-style-type: none"> • 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- 	<ul style="list-style-type: none"> • Same as Living Healthy 	None	None

	facilitator in surrounding implementation area			
Required Materials	<ul style="list-style-type: none"> • Flip charts and markers • Leader or master-trainer manuals • <i>Living a Healthy Life with Chronic Conditions</i> participant book (creation of lending libraries is highly encouraged) • Workshop forms 	<ul style="list-style-type: none"> • Flip charts and markers • Leader or master-trainer manuals • <i>Tomando Control de su Salud</i> participant book (creation of lending libraries is highly encouraged) • Workshop forms 	<p>The Arthritis Toolkit includes:</p> <ul style="list-style-type: none"> • <i>The Arthritis Helpbook, sixth edition</i> • Self-assessment • Tip sheets • 2 exercise CDs • 1 relaxation CD 	None
Optional Resources	<ul style="list-style-type: none"> • Leader relaxation CD • Flip chart stands • CD player • Participant relaxation CD • Participant audio book • Notepads • Pens • Healthy snacks 	<ul style="list-style-type: none"> • Same as Living Healthy 	None	<ul style="list-style-type: none"> • Fax Referral Form • Poster • Participant brochure • Promotional items
Site Location Requirements	<ul style="list-style-type: none"> • Community room that complies with the Americans with Disabilities Act (ADA) requirements • Easily movable tables and chairs 	<ul style="list-style-type: none"> • Same as Living Healthy 	<ul style="list-style-type: none"> • Done independently at home or office 	None
Website	http://patienteducation.stanford.edu/programs/cdsmp.html	http://patienteducation.stanford.edu/programs_spanish/tomando.html	http://www.bullpub.com/catalog/the-arthritis-toolkit/	http://floridaquitline.com/