

HEALTHY U

**EVIDENCE-BASED CHRONIC DISEASE
SELF-MANAGEMENT IN WYOMING**

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CHRONIC DISEASE IN THE U.S.

- Chronic Diseases: conditions that last one year or more and require ongoing medical attention or limit activities of daily living
- Includes heart disease, stroke, diabetes, cancer, arthritis, depression, lung disease
- Half of all Americans have at least one chronic condition
- 37% increase in adults with a chronic condition from 2000 to 2030
- 90% of Americans 65 and older have one chronic condition; 77% have multiple
- Older adults with multiple chronic conditions account for 93% of Medicare spending
- Increased risk of premature death, hospitalization, poor day-to-day functioning, conflicting healthcare advice

CHRONIC DISEASE IN WYOMING

- Accounts for 60% of all deaths in Wyoming
- 7 of the top 10 causes of death are chronic disease
- Wyoming older adults exceed US average for several chronic diseases and modifiable risk factors
- Higher rates of disability among older adults than US average
- 16 Wyoming counties have a median age above the US median age
- 17 of 23 Wyoming counties are designated Health Professional Shortage Areas
- Lack of access to specialists who deal with the comorbid effects of chronic disease

BARRIERS AND FACILITATORS TO MANAGING CHRONIC CONDITIONS

- Motivational Barriers:
 - Readiness to change
 - Facilitator: Enhance motivation: *Why do you want to achieve this goal?*
 - Facilitator: The power of negative and positive feelings
 - Behavioral Barriers:
 - What to do after motivation is established
 - Stimulus control
 - Facilitator: Goal Setting – SMART Goals (Specific, Measurable, Achievable, Realistic, Timely)
 - Facilitator: Behavior-shaping to increase confidence
 - Facilitator: Reinforcement management
- Vallis, M. (2009). Barriers to self-management in people affected by chronic conditions. *Diabetes Voices*. 54. Retrieved from: <http://www.wselfmanagement.ca/userContent/documents/English/Professional/Resources/DiabetesVoice2009.pdf>

BARRIERS AND FACILITATORS TO MANAGING CHRONIC CONDITIONS

- Emotional Barriers
 - Anxiety, depression, low self-efficacy, self-esteem
 - Facilitator: Positive relationships with healthcare providers
 - Facilitator: Peer support network
 - Relationship-based Barriers
 - Are people around us supportive or detrimental to our success?
 - Facilitators: Planning for how to deal with these situations
 - Environmental Barriers
 - Time, available food, etc.
 - Facilitator: Being aware of barriers and social determinants of health
 - Facilitator: Being aware of available resources and planning ahead
- Vallis, M. (2009). Barriers to self-management in people affected by chronic conditions. *Diabetes Voices*. 54. Retrieved from: <http://www.wselfmanagement.ca/userContent/documents/English/Professional/Resources/DiabetesVoice2009.pdf>

GOALS OF CHRONIC DISEASE SELF-MANAGEMENT EDUCATION

- Address barriers to managing chronic conditions
- Effect positive changes in health behaviors
- Improve overall health status
- Reduce health service utilization and cost
- Deliver programming via standardized, scaleable models
- Achieve similar results among all participant demographics

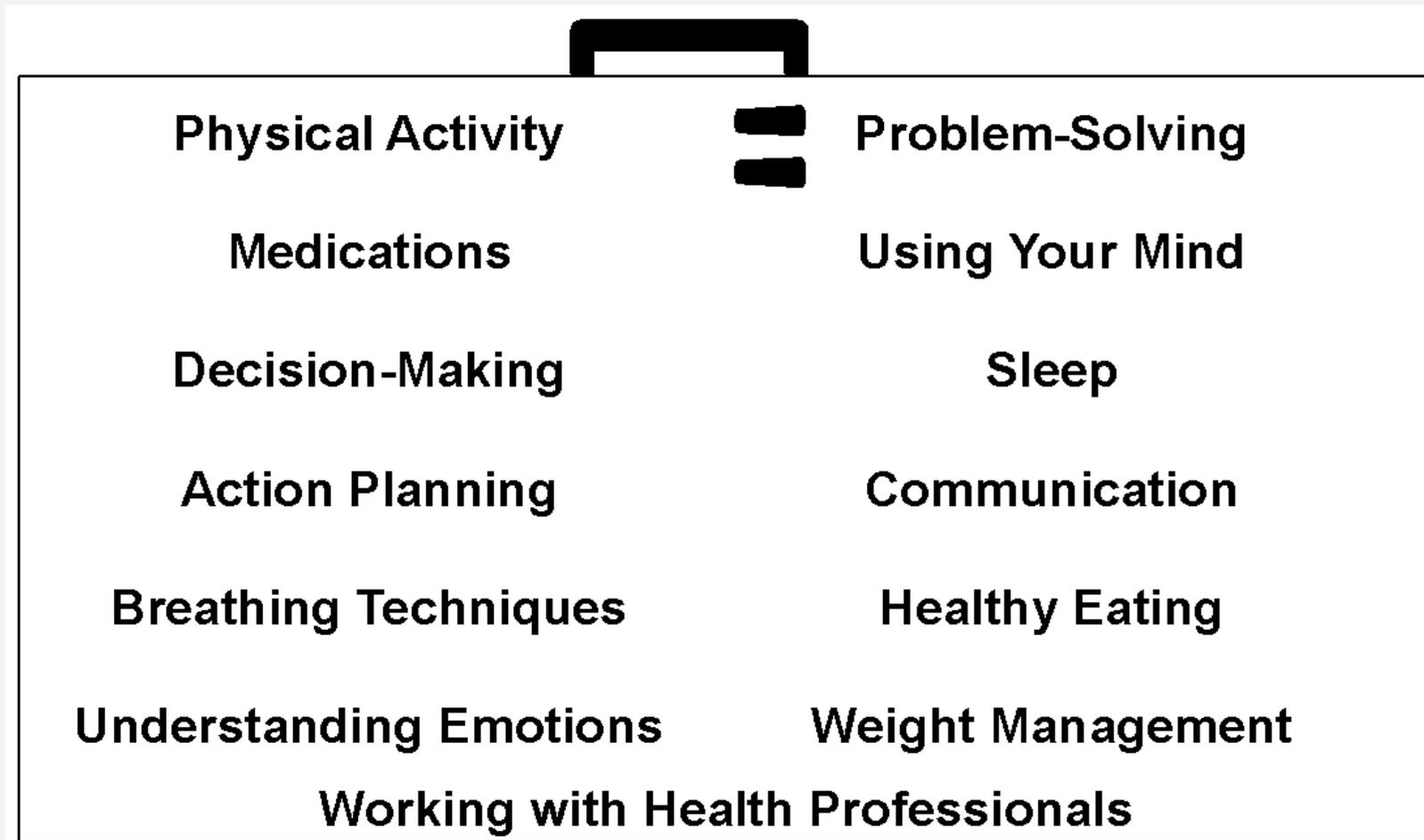
WHAT IS HEALTHY U?

- Healthy U is the Wyoming Center on Aging's implementation of Stanford University's **Chronic Disease Self-Management Program (CDSMP)**
- Developed in 1996 at the Stanford Patient Education Center; now administered by the Self-Management Resource Center (SMRC)
- Implemented in all 50 states and dozens of countries
- One 2.5-hour workshop session per week for 6 weeks
- Workshops are led by a pair of WyCOA-certified facilitators
- Focuses on giving those with chronic disease the tools they need to play a more active and productive role in their own health management
- Also appropriate for caregivers, family members, and those interested in health management
- Free for any community member to attend

PROMOTING SELF-MANAGEMENT

- Healthy U promotes participative, participant-driven learning rather than didactic learning
- Emphasis on skill-building rather than disease-specific education
 - e.g. mastering a problem-solving method rather than solving a specific problem
- Participants acquire a “toolbox” of skills they can use however they choose
- Workshop length and homework build healthy habits
- Workshop leaders are community members
- Leaders often have chronic diseases; some have taken the workshop
- Leaders always work in pairs and model behaviors for participants

SELF-MANAGEMENT “TOOLBOX”



ACTION PLANNING

- Choose something action-specific, and achievable that *you* want or decide to do
- Answer the following questions:
 - What?
 - How much?
 - When?
 - How often?
- Evaluate your confidence level (scale of 1-10)
 - Goal of 7 or higher

PROBLEM-SOLVING

1. Identify the problem
2. List ideas
3. Select one
4. Assess the results
5. Substitute another idea
6. Utilize other resources
7. Accept that the problem may not be solvable now

DECISION MAKING

Decision to be made: “Should I start this new medication?”

<u>PROs</u>	<u>Score (1 - 5)</u>	<u>CONs</u>	<u>Score (1 - 5)</u>
It might make me feel better	5	There may be side effects	3
It could help prevent complications	4	It's yet another pill I have to remember to take	1
I might be able to do more	5	It costs too much. I may not be able to afford it	3
		It may not work	4
<u>“PROs” Total</u>	<u>14</u>	<u>“CONs” Total</u>	<u>11</u>

The “PROs” total is greater than the “CONs”

Decision result is : To start the new medication

Ask the question: “Does this meet the ‘gut test’?”

EVIDENCE-BASED APPROACH

- CDSMP has been extensively evaluated, studied, published, and peer-reviewed
- All program content is created and reviewed by relevant healthcare professionals
- Initial evaluation included over 1,000 participants with chronic diseases in a three-year, randomized, controlled study
- Additional studies focused on minority groups, foreign populations, rural residents, and those with physical disabilities
- Program is scripted and delivered the same everywhere to ensure consistent participant outcomes

STUDY FINDINGS

- Significant improvement in:
 - Exercise
 - Cognitive symptom management
 - Communication with physicians
 - General health and health distress
 - Fatigue and social/role activities limitations
- Changes in healthcare utilization:
 - Fewer days in hospital and total hospitalizations; fewer outpatient visits
 - Estimated \$364 saved per participant annually (\$3.3 billion if 5% of adults reached)
- 2015 national study found similar results to the initial studies

Lorig KR, Sobel DS, Stewart AL, Brown Jr BW, Ritter PL, González VM, Laurent DD, Holman HR. Evidence suggesting that a chronic disease self-management program can improve health status while reducing utilization and costs: A randomized trial. *Medical Care*, 37(1):5-14, 1999.

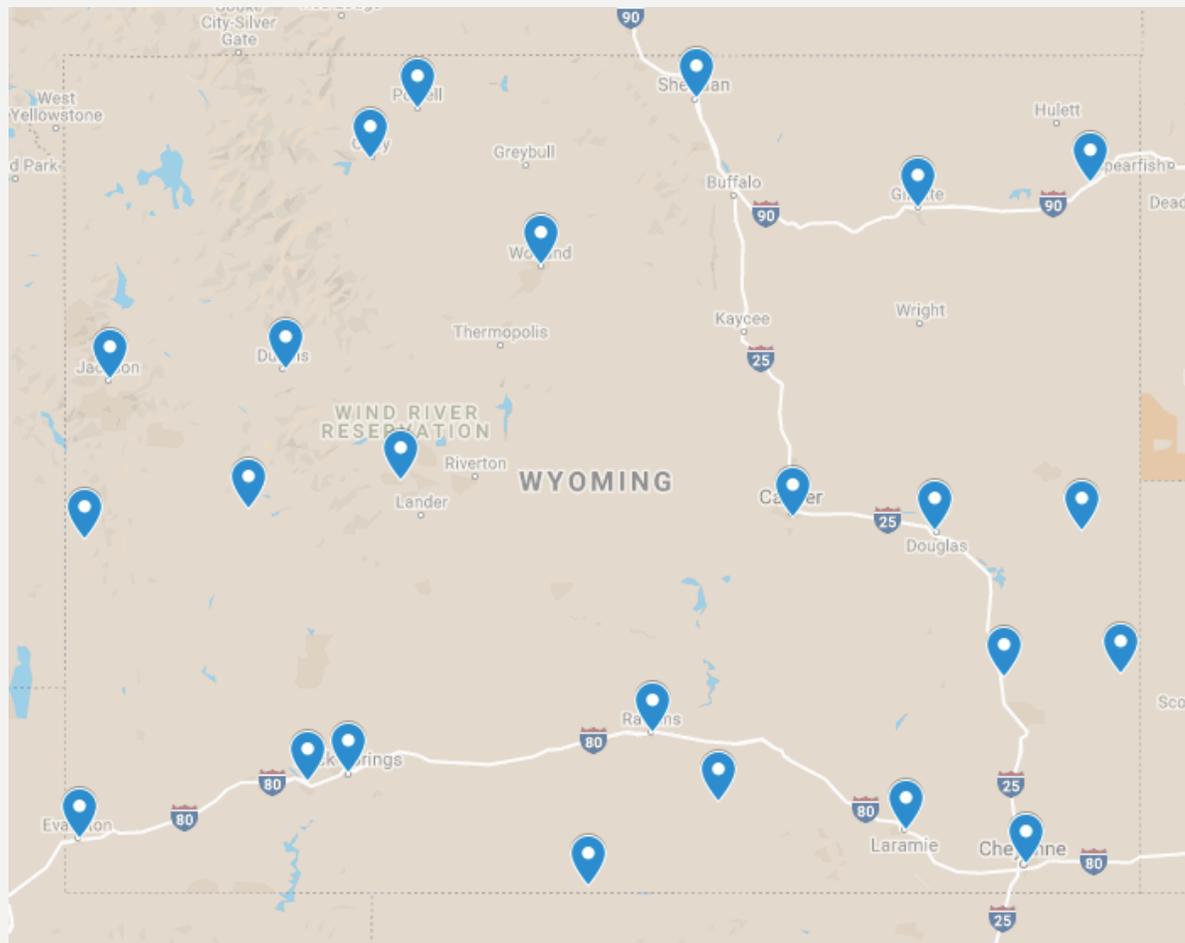
PARTICIPANT TESTIMONIALS

- “I found the workshop extremely helpful in managing my condition. I must admit initially going into my feeling was six weeks, 2.5 hours, that’s a long time! The sessions flew by and the interaction between participants and instructors was excellent. I will continue my action plan and implement all that I learned. ”
- “Each week we decided our own action plan and it was actually fun to be disciplined enough and to be able to stick to my plan for the week. I am walking again regularly and drinking water and it is working! I now understand why I have to eat more regularly, I learned about the fats; good and bad. I am now keeping a gratitude journal and life seems better. It is a wonderful workshop and I feel all diabetics should attend!”
- “It was moving how much trust people had about being vulnerable with each other. It gave me such a boost of hope that I could make changes in my life and get healthier and that I wasn't alone.”

HEALTHY U IN WYOMING

- WyCOA has 6 Master Trainers based in Laramie, Sheridan, and Jackson
- WyCOA has held 2 Leader trainings per year since October 2016
 - New Leaders trained are primarily from hospitals, public health, senior centers, city recreation departments, wellness centers, volunteer organizations, and senior/subsidized housing facilities
- WyCOA has 54 active facilitators in 18 of Wyoming's 23 counties
- All activities fully funded by WyCOA grant funding sources
 - HRSA GWEP grant
 - DOH Aging Division Title IIIID contract
 - DOH Public Health Division ACL grant
- Also supported by the Retired Senior Volunteer Program (RSVP)

HEALTHY U IN WYOMING (CONT'D)



DIABETES & CHRONIC PAIN PROGRAMS

- WyCOA offers two additional versions of Healthy U:
 - Diabetes Self-Management Program (DSMP)
 - Chronic Pain Self-Management Program (CPSMP)
- Both evidence-based and extensively studied
- Promotes skill sets similar to CDSMP but with a more specific focus
- CDSMP facilitators may become “cross-trained” in either program
- Currently, there are 4 DSMP programs and 3 CPSMP programs in Wyoming
- Working to expand the reach of both programs

PARTNERING WITH PROVIDERS & EDUCATORS

- Helps build awareness and reputation of Healthy U in local communities
- Helps recruit participants and reach more people who stand to benefit
- Studies show partnerships with healthcare professionals, educators, and social service providers to be a key factor in program sustainability and maintaining high enrollment rates
- Serves as a model for disease management elsewhere in Wyoming
- Benefits for providers and educators include:
 - Lower healthcare utilization
 - Improved health outcomes for patients
 - Improved communication with healthcare professionals

PARTNERSHIP MODELS

- Become a Healthy U facilitator!
 - Next training: October 8 – 11 in Laramie
- Host Healthy U workshops at your organization
- Refer patients or clients with chronic conditions to local Healthy U programs
- Be a sponsor for Healthy U workshops
 - Provide healthy snacks, swag, or other incentives
- Be a knowledgeable resource in your community

QUESTIONS?



Wyoming Center
on Aging

healthyuwyo.org

News, events calendar, program locator,
program information, and more!

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