Healthy Living:
Self-Management of Chronic Conditions
Stanford University’s CDSMP

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In partnership with the Arizona Living Well Institute

Part or all of this work first appeared in the 2006 Chronic Disease Self-Management Leader’s Manual and is derived or adapted from the Chronic Disease Self-Management Program and is copyrighted by The Board of Trustees of the Leland Stanford Junior University.
Some facts about chronic health conditions

- Over 50% of Americans in their forties or older have at least one chronic condition
- More than 85% of adults 65 or older have at least one chronic condition
- Many adults have 3 or more chronic conditions
State of the State

- One out of four households in AZ includes a resident who is 65 years or older.
  Source - US Census Bureau. US Population Projections

- In 2008, 71% of Arizonians 65 years or older reported having at least one chronic condition. Of the same group, 20% reported having three or more chronic diseases.
  Source - Arizona Health Survey, 2008

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Chronic Health Conditions Are:

- Illnesses that are prolonged in duration
- Do not resolve spontaneously
- Are rarely cured completely
- Examples include heart disease, cancer, stroke, lung disease, diabetes, and arthritis
Some symptoms of chronic conditions

- Fatigue and loss of energy
- Limitations & frustrations
- Trouble breathing
- Pain
- May experience depression
- Uncertainty about future
The Symptom Cycle

- Fatigue
- Disease
- Tense muscles
- Shortness of breath
- Depression
- Pain
- Difficult emotions
- Stress & Anxiety
What you can do!

• Learn to BREAK the cycle and manage your symptoms
• Learn techniques that can help cope with your conditions
• Gain insights and wisdom from others
• Being with others who have similar challenges can be a powerful motivator - you are not alone!

Sign up for a Healthy Living workshop
What is Healthy Living?

- In AZ, CDSMP known as Healthy Living: Self-Management of Chronic Conditions Workshops (Healthy Living)
- 6 week workshop, meeting once a week for 2 ½ hours
- Developed by Stanford Patient Education Research Center
- For people with chronic health conditions & their caregivers
- Facilitated by two trained leaders
- Between 10-16 participants
- Offered in community settings
Topics Covered

• Making an action plan
• Using your mind to manage symptoms
  • Feedback/problem solving
  • Managing difficult emotions
  • Fitness/exercise
  • Better breathing
• Working with health care professionals
• Working with health care system

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Workshop Design

• Introduces tools needed in day-by-day life with chronic conditions

• Practices using self-management skills - participants choose what to work on

• Highly interactive, not a lecture course

• Focuses on goal setting

• Share experiences, emphasizes mutual support
What Else Do I Need to Know?

- Healthy Living workshops complement other programs - they do not interfere with them
- Workshops increase participant’s ability to manage their health
- To be most effective, participation in all sessions is very important
What does it do?

Self-Management NOT Health Education

Purpose of self-management is to help people gain self confidence in their ability to:

- control their symptoms
- control how their health problems affect their lives

5 year randomized study, 1000 people

Outcomes?
Outcomes

• Increased physical activity
• Enhanced partnerships with physicians
• Improved social/role activities
• Improved self-reported general health
• Better psychological well-being
• Improved health-status
• Increased energy/reduced fatigue


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Participants Comments

- I have been inspired through this program. I look forward to my time alone just relaxing and meditating. This has reduced my stress.

- I have become more confident and positive and plan to do achievable goals.

- I would recommend this class for anyone who wants a lifestyle change for themselves. You learn to control your circumstances.
Questions?

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