

Chronic Disease Self-Management Program (CDSMP)

CDSMP is an interactive, evidence-based program developed by Stanford University. People with different chronic health problems attend the workshop once a week for six weeks. Workshops are led by two trained leaders, one or both of whom are living with a chronic disease.

The following subjects are covered:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating better with family, friends and health professionals about your condition(s)
- Nutrition
- Decision making
- How to evaluate new treatments

Each participant in the workshop receives a copy of the book, *Living a Healthy Life With Chronic Conditions, 4th Edition*, and an audio relaxation CD, *Relaxation for Mind and Body*.

The way the program is taught makes it effective. Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Diabetes Self-Management Program (DSMP)

DSMP is an interactive, evidence-based program developed by Stanford University. People with diabetes attend the workshop once a week for six weeks. Workshops are led by two trained leaders, one or both of whom are living with diabetes.

The following subjects are covered:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working better with health care providers

Participants make weekly action plans, share experiences, and help each other solve problems they face creating and carrying out their self-management program.

Each participant in the workshop receives a copy of the book, *Living a Healthy Life With Chronic Conditions, 4th Edition*, and an audio relaxation CD, *Relaxation for Mind and Body*.

The way the program is taught makes it effective. Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.



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Group Leader Characteristics

There is no specific education or experience requirements to be a leader, but ideal candidates should:

- Read, write and speak English
- Reflect the demographics of the community
- Be good self-managers
- Be healthy enough to make the commitment

Those interested in being a group leader must attend a full four-day leader training. At a leader training, leaders receive the program script, training on the curriculum and helpful facilitation skills for the workshops.

Group Leader Expectations

Once a group leader completes leader training, they are expected to facilitate at least one six-week workshop every 12 months to remain certified. KSME will do their best to help remind a leader when their certification expiration is coming up, but it is the leader's responsibility to keep track of their activity. Leaders must also complete all workshop forms and submit to KSME within one week of the completion of a workshop.

When facilitating workshops, leaders should:

- Adhere to curriculum
- Speak comfortably in front of a group
- Not judge people or actions
- Model activities appropriately
- Stick to agenda
- Work cooperatively with co-leader

Failure to adhere to these expectations is a violation of program fidelity and takes away the evidence-base of the curriculum.

Group Leader Helpful Hints

List of materials needed for workshops

- Workshop forms (link to workshop forms)
- Table tents for participant names
- Complete set of prepared charts
- Whiteboard, chalkboard, or additional easel with blank flip charts for brainstorming
- Whiteboard markers and eraser
- CD player
- Box of tissues

Charging for workshops – It is the leader's discretion whether or not to charge for workshops. Every community is different and you must keep your target audience in mind. Many who have implemented similar programs have found great value in charging a small fee in order for participants to feel that there is more value and commit to attending the workshop. Here are some ideas:

- Ask for a registration fee and use towards healthy snacks (or start your own stock of books and CDs).
- Ask for a deposit that will be returned to participant if they attend at least four (4) sessions.
- Use registration fee to drawings (bags of apples or carrots, etc.) and a big door prize at the end (such as a gift card to grocery store).
- Registration fee at the beginning of workshop and get money back for each session the participant attends.

Workshop location – It is always a good idea to check out a workshop location before scheduling. The location should be in the same community you want to serve so that in most cases participants will not need to travel far to attend. Locations should be:

- Handicap accessible (this includes not requiring the use of stairs)
- Safe
- Be able to accommodate up to 20 people in a circle or U
- Have parking if this is a consideration
- Be near public transportation if this is a consideration
- Have well lighted exteriors if the program is after dark
- Be open to having anyone from the community attend
- Have a room that provides privacy and provides enough space for the leaders, participants, flip charts, white board and still moving around. Comfortable chairs help and remember you will need extra space if any of the participants or leaders uses a wheel chair or scooter
- Have insurance.