Chronic Disease Self-Management Program

What is it?
The Chronic Disease Self-Management Program (CDSMP) is a low-cost evidence based intervention developed by Dr. Kate Lorig through the Stanford University School of Medicine. People with different chronic health problems attend together in a patient-centered environment. The program promotes self-efficacy and education through interactive peer-support.

Subjects covered include:
- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Decision making
- How to evaluate new treatments

Workshops meet once a week for 2 ½ hours for 6 weeks in convenient community settings such as libraries, senior centers, churches and hospitals. The small-groups are facilitated by a pair of trained leaders - one or both of whom is a non-health professional who lives with a chronic disease.

Who is it for?
CDSMP is designed for adults with a variety of chronic conditions, including but not limited to arthritis, diabetes, hypertension, lung disease, and other chronic conditions that can make life difficult.

What are the benefits?
CDSMP contributes to improvements in both psychological and physical health status, self-efficacy, and selected health behaviors, and many of these improvements are maintained over 12 months, according to a meta-analysis using data from more than 20 studies*.

Benefits include:
- Improved self-reported health
- Improved health status: fatigue, shortness of breath, depression, pain, stress, and sleep
- Improved health-related quality of life
• Improved communication with doctors, medication compliance, and health literacy

For More Information

Stanford Medicine, Patient Education
www.patienteducation.stanford.edu/programs/cdsmp.html
New York State Department of Health, Arthritis Program
www.health.ny.gov/diseases/conditions/arthritis/programs.htm

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References

*A complete report on the measures used and their psychometric properties can be found in Outcome Measures for Health Education and Other Health Care Interventions, by Lorig, Stewart, Ritter, González, Laurent and Lynch, Sage Publications, 1996.
