

Help your patients manage their Health with Chronic Conditions Workshops



How do your patients benefit from these workshops?

Participants report:

1. Increased confidence managing symptoms and achieving wanted changes.
2. Improved symptom management and improved quality of life.
3. Increased skills in communicating with providers (preparing for visits ahead of time; reporting directly about changes in treatment plans and symptoms; and increasing skills in problem solving to achieve success in recommended treatment plan goals).

Free to all Oregon Health Plan members and several insurers or low cost sliding scale.

Participants in both the Chronic Conditions and Diabetes workshops receive a copy of the companion book, "Living a Healthy Life With Chronic Conditions, 4th Edition," and an audio relaxation CD, "Relaxation for Mind and Body."

Chronic Pain participants receive the June 2015 edition of "Living a Healthy Life With Chronic Pain" and the "Moving Easy Program CD."

Help your patients take charge of their health today!

Patients can self-refer by calling:

541-864-9611
sohealthyoregon.org



Invite your patients to Find New Ways

They will learn:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Communicating effectively with family, friends, and health professionals
- Healthy nutrition and eating wisely
- Decision making and problem solving skills



LIVING WELL
southern oregon

Workshops in Jackson/Josephine and Curry Counties

The Chronic Disease Self-Management Program (CDSMP), Diabetes, Chronic Pain and Spanish programs (Tomando Control de su Salud and Manejo Diabetes) are licensed to be delivered by Rogue Valley Council of Governments / Living Well Southern Oregon with Stanford University. All were developed at the Patient Education Research Center by Kate Lorig, D.P.H. and Stanford University School of Medicine colleagues.

The original CDSMP program development and research was a collaborative effort between Stanford University and Northern California Kaiser Permanente.

The initial evaluation, a 5-year randomized, controlled study (1996-2001) involving 952 subjects. Participants experienced:

- ✓ Decreased emergency room use
- ✓ Fewer hospitalizations
- ✓ Improved health status
- ✓ Improved communication with physicians



Since then more than 50 studies have confirmed the findings.

The Chronic Pain program was originally modeled on the Arthristis and Chronic Disease Self-Management Programs and then modified / designed for people who have chronic pain by Sandra Lefort at McGill University in Canada. The Chronic Pain or CPSMP program was first researched by the National Health Research and Development Program of Health Canada.

Chronic Pain SMP's have been delivered to thousands of people and researched in two major studies.

- ✓ More vitality
- ✓ Less Pain
- ✓ Less dependence on others
- ✓ Improved mental health
- ✓ More involved in everyday activities

Workshops are highly participative. Support, mutuality and affirmation of evidenced success at using the tools learned in the workshop build participants' confidence in their ability to manage their life and health situations.

The Chronic Disease Self-Management Program is an educational workshop given two and a half hours, once a week, for six weeks, in several Jackson, Josephine and Curry County community settings such as senior centers, churches, libraries, clinics and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves.

The process or way the Living Well Program is taught is as important, if not more important, than the subject matter that is taught. All of these assumptions have been evaluated in previously published studies.

33 workshops were delivered in the last year, serving 300 people in Jackson and Josephine Counties. Curry County workshops will begin in 2016.

Learn more about Chronic Disease Self-Management Program:

1. www.patienteducation.stanford.edu/programs/cdsmp.html
2. www.ncoa.org/cha
3. www.cdc.gov/arthritis/docs/ASMP-executive-summary.pdf
4. www.public.health.oregon.gov/diseasesconditions/chronicdisease/livingwell