SELF-MANAGEMENT AND SELF-MANAGEMENT SUPPORT IN FRASER HEALTH

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University of Victoria

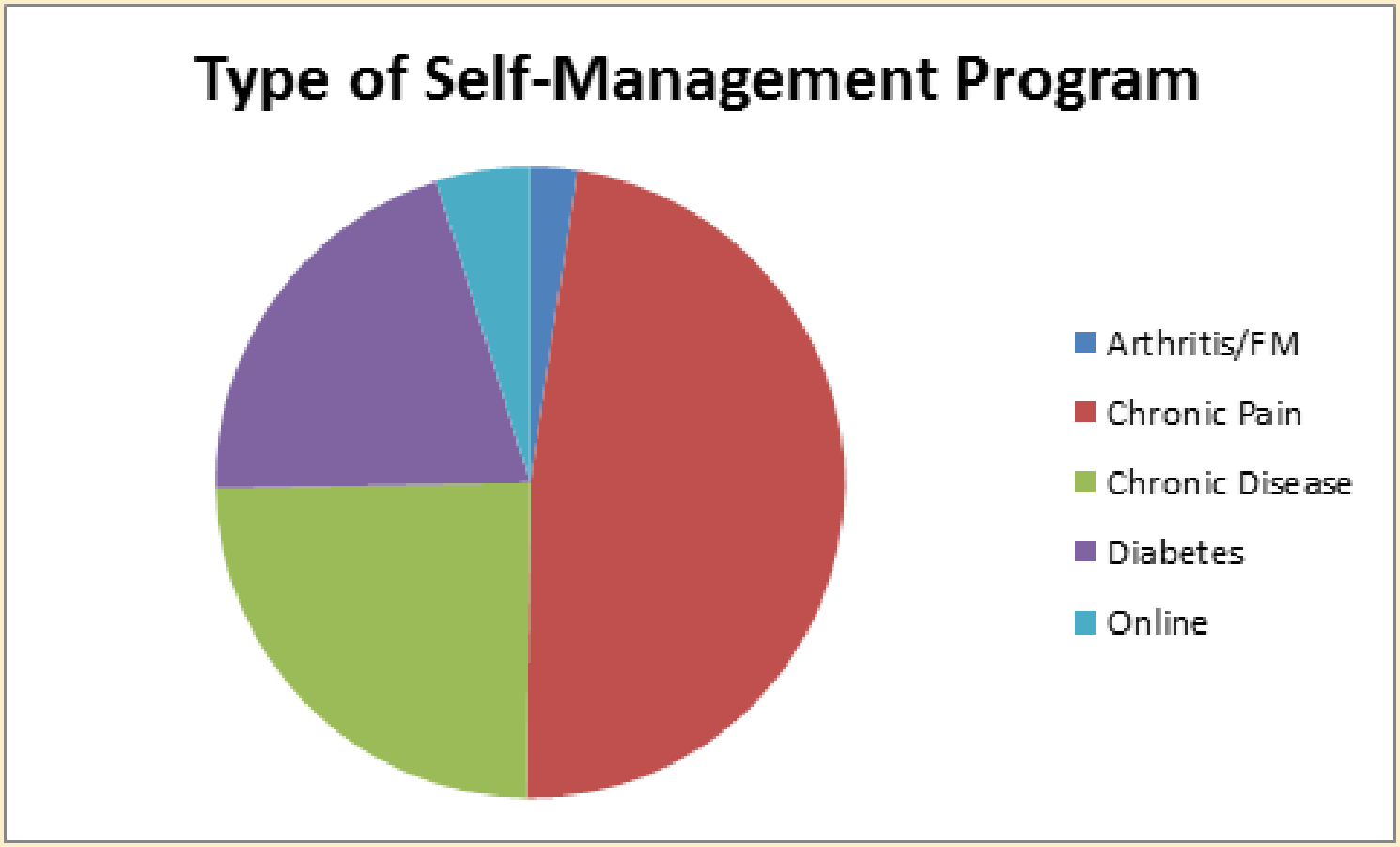
TYPES OF SELF-MANAGEMENT

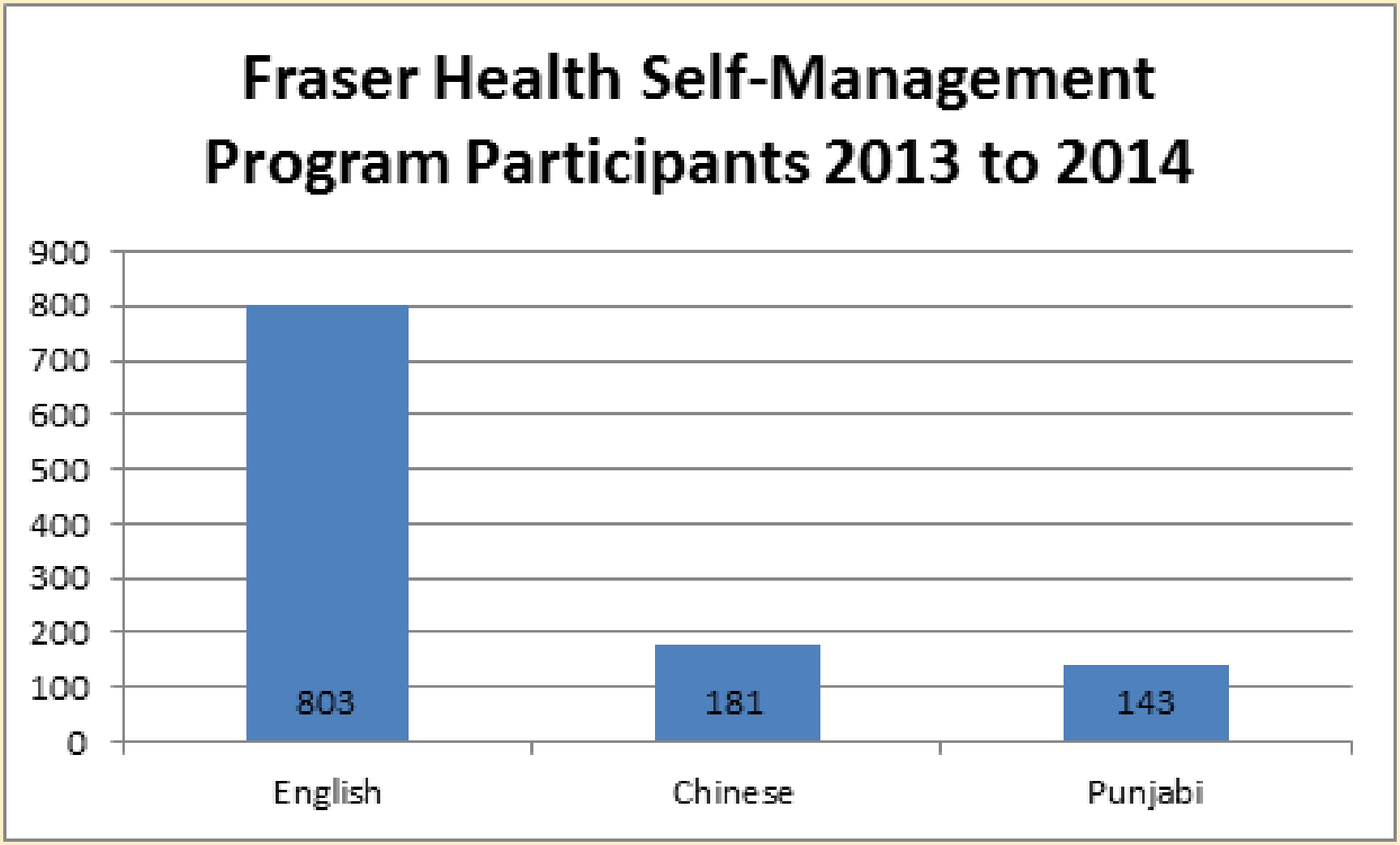
A. Community group or online self-management programs

B. Self-management support - strategies used by health professionals with patients

TYPES OF GROUP SELF-MANAGEMENT PROGRAMS

- The Chronic Disease Self-Management Program (in English, Chinese, Punjabi)
- The Online Chronic Disease Self-Management Program (in English)
- The Chronic Pain Self-Management Program (in English)
- The Diabetes Self-Management Program (in English, Chinese, Punjabi)
- The Arthritis/Fibromyalgia Self-Management Program (in English)
- The Active Choices Program (in English).


Type of Self-Management Program
Arthritis/FM
Chronic Pain
Chronic Disease
Diabetes
Online


Fraser Health Self-Management Program Participants 2013 to 2014
900
800
700
600
500
400
300
200
100
0
803
181
143
English
Chinese
Punjabi

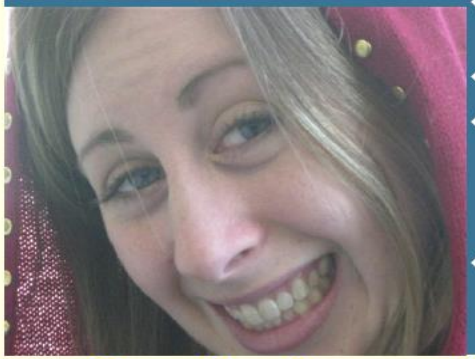
PROGRAM IMPLEMENTATION

- Recruit community members with chronic conditions
- 4-day training to become leaders conducted by 2 Master Trainers
- Arrange and deliver the programs in the community to groups of 10-16 persons
- Pairs of trained leaders deliver the programs (2 ½ hrs/week for 6 consecutive weeks)

ਜਾਣਕਾਰੀ, ਹੁਨਰ ਅਤੇ ਭਰੋਸਾ

ਪੁਰਾਣੀਆਂ ਬੀਮਾਰੀਆਂ ਨਾਲ ਵੀ ਸਿਹਤਮੰਦ ਜੀਵਨ ਜਿਉਣਾ

ਲੰਮੇ ਸਮੇਂ ਦੀ ਬੀਮਾਰੀ ਦੀ ਖ਼ੁਦ ਸੰਭਾਲ



- ਆਪਣੀ ਸਿਹਤ ਨੂੰ ਸੰਭਾਲ ਕੇ ਰੱਖਣਾ
- ਆਪਣੀਆਂ ਮੁਸ਼ਕਲਾਂ ਦਾ ਹੱਲ
- ਆਪਣੀ ਸਿਹਤ ਸੰਭਾਲ ਟੀਮ ਨਾਲ ਸਹੀ ਸੰਪਰਕ
- ਚੰਗੀ ਸਿਹਤ ਲਈ ਚੰਗੀ ਖ਼ੁਰਾਕ ਅਤੇ ਚੰਗੀ ਸੋਚ

ਯੂਨੀਵਰਸਿਟੀ ਆਫ ਵਿਕਟੋਰੀਆ, ਸੈਂਟਰ ਔਨ ਏਜਿੰਗ

ਵਲੋਂ ਸੱਦਾ

ਪੰਜਾਬੀ ਵਿੱਚ ਮੁਫ਼ਤ ਲੀਡਰਸ਼ਿਪ ਟ੍ਰੇਨਿੰਗ ਵਰਕਸ਼ਾਪ ਲਈ ਸੰਪਰਕ ਕਰੋ

ਜੇ. ਬੈਂਸ 604-940-6354

ਪ੍ਰਵਾਰਕ ਮੈਂਬਰਾਂ ਅਤੇ ਮਿੱਤਰਾਂ ਸਮੇਤ ਸਾਰਿਆਂ ਦਾ ਸਵਾਗਤ ਹੈ.

Call TOLL-FREE 1-866-902-3767 or visit our website at:

www.coag.uvic.ca/cdsmp

BRITISH COLUMBIA
The Best Place on Earth

University of Victoria | Centre on Aging

communication problem
depressed
lack of vitamin B12
side effects from medicine
iron deficiency
healthy eating

EXIT

PUNJABI CHRONIC DISEASE SELF-MANAGEMENT PROGRAM DISSEMINATION

2009-10 Pilot in South Surrey

2010-11 Implemented in Nanaimo, Richmond, Vancouver, Victoria, Abbotsford, Mission, Burnaby, Port Alberni, Williams Lake, Kamloops, Prince George, Penticton, Surrey

L-2008
DIVISION

Diabetes
Self - Management
Program

ਡਾਇਬਿਟੀਜ਼ ਖ਼ੁਦ–ਸੰਭਾਲ ਪ੍ਰੋਗਰਾਮ

ਲੀਡਰਾਂ ਲਈ ਛੋਟੀ ਕਿਤਾਬ

The Diabetes Self-Management Program
LEADER'S MANUAL

University of Victoria

PROJECT PARTNERS

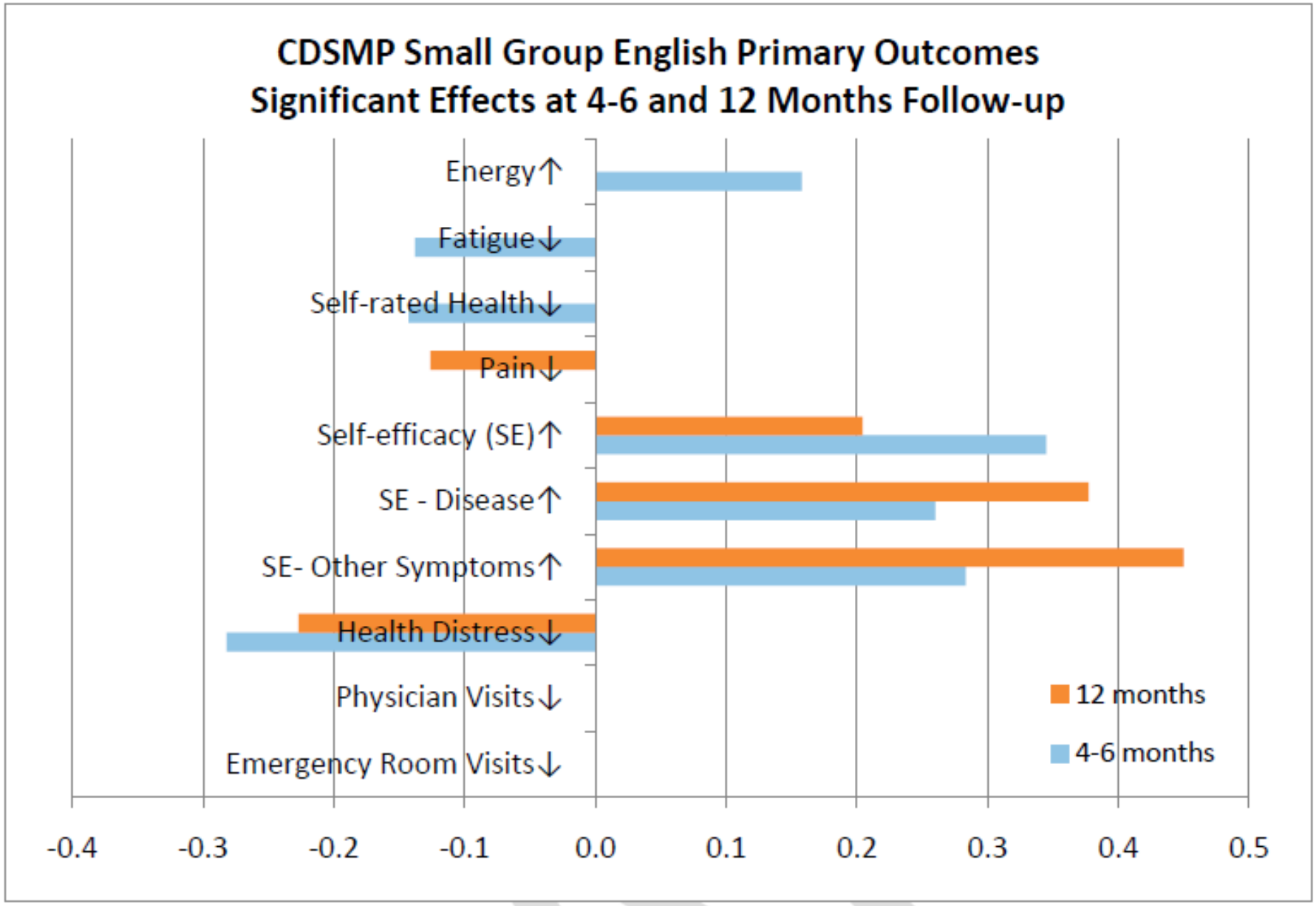
Vedic Hindu Cultural Society
Radio Sher-E Punjab, 1550 AM
93.1 Red FM Radio
Delta-Surrey Indo-Canadian Seniors Society
Divercity Community Resources Services
Surrey Public Libraries
Harpreet Singh Show - Akal TV
Deltassist Family and Community Services
University of Fraser Valley Campus Radio
Sikhnet.com Williams Lake
Bhameswar Hindu Temple
Fleetwood Community Centre
Abbotsford Community Services
Kalgidhar Sikh Society, Abbotsford
Khalsa Diwan Society, Abbotsford
Khalsa Diwan Society, Vancouver
Guru Nanak Sikh Cultural Society, Richmond
Baba Banda Bahadur Sikh Society, Abbotsford

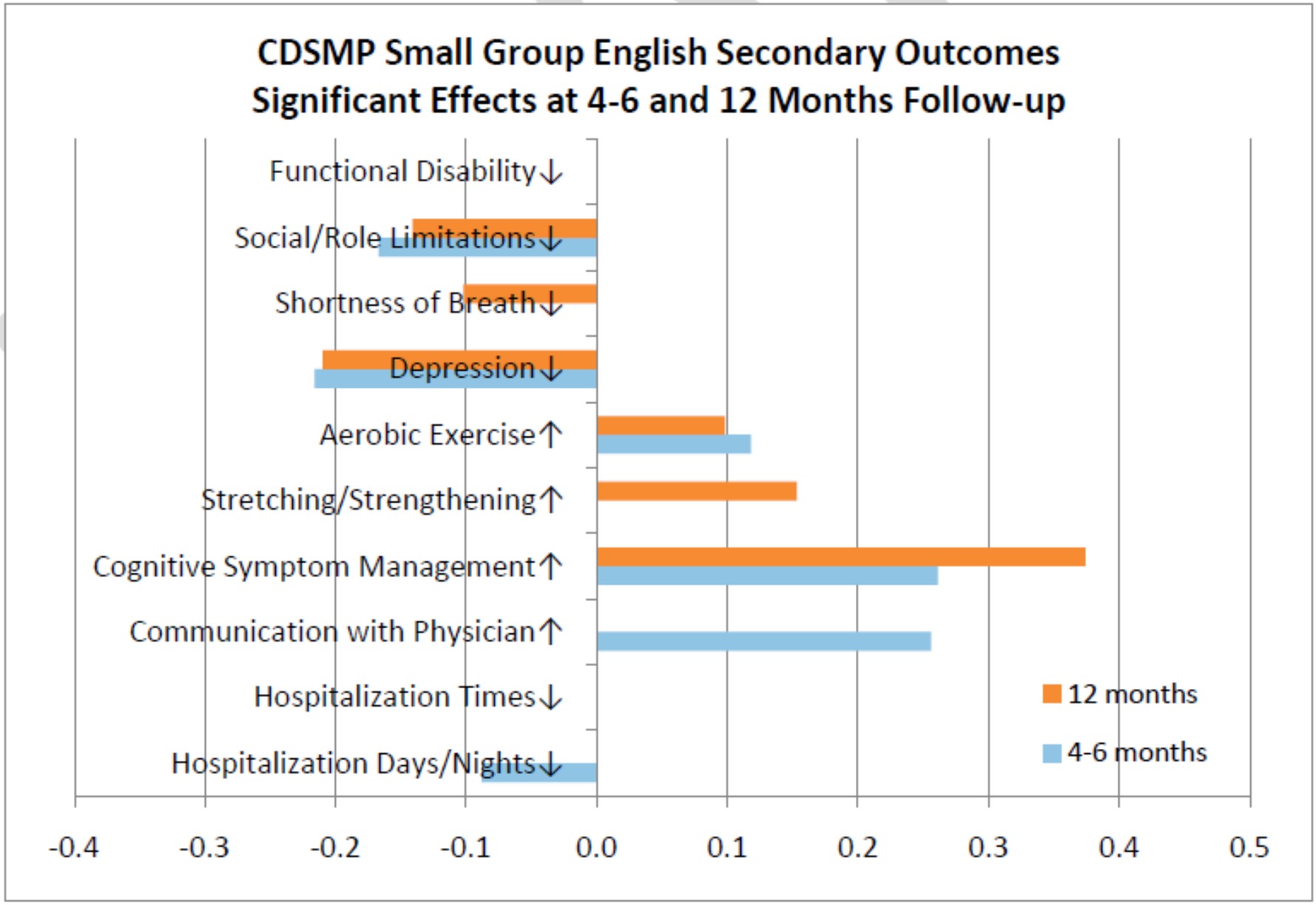
Parts of an
Action Plan

MASTER TRAINER CHARACTERISTICS
1. Embraces the underlying philosophy of the program (Self-Management, Self-Efficacy, Community based Health Education)
EXPECTED SKILLS FOR LEADERS
1. Adheres to the curriculum
2. Comes to sessions prepared
3. Facilitates group contributions in the following types of activities
Brainstorming
Action Plan Formulation
Action Plan Feedback
Problem Solving
BETTY

Table 9: Summary of Studies Contributing to CDSMP Meta-analyses

Publication Date	Primary Author	Study Design	Intervention Type (*)	Design for 4-6 Month Analysis	Design for 12 Month Analysis	Follow-up Periods
2005	Barlow	Longitudinal	SG-ES		Longitudinal	1 year
2009	Barlow	RCT	SG-ES	RCT	RCT	4 months, 1 year
2008	Gitlin	Longitudinal	SG-ES	Longitudinal		4 months
2007**	Goeppinger	RCT, Longitudinal	SG-ES	Longitudinal	Longitudinal	4 months, 1 year
2005	Haas	RCT	SG-ES	RCT		6 months
2009	Jerant	RCT	OTHER (2)	RCT	RCT	6 months, 1 year
2007	Kendall	RCT	SG-ES	RCT		6 months
2007	Kennedy	RCT	SG-ES	RCT		6 months
1999	Lorig	RCT	SG-ES	RCT		6 months
2001	Lorig	Longitudinal	SG-ES		Longitudinal	1 year, 2 years
2001	Lorig	Longitudinal	SG-ES		Longitudinal	1 year
2003	Lorig	RCT, Longitudinal	SG-SS	RCT	Longitudinal	4 months, 1 year
2005**	Lorig	RCT, Longitudinal	SG-ES	Longitudinal	Longitudinal	4 months, 1 year
2005	Lorig	Longitudinal	SG-SS SG-ES	Longitudinal	Longitudinal	4 months, 1 year
2006	Lorig	RCT	INTERNET	RCT	RCT	6 months, 1 year
2008	Lorig	Longitudinal	INTERNET	Longitudinal	Longitudinal	6 months, 1 year
2000	McGowan	Longitudinal	SG-ES	Longitudinal		6 months
2001	McGowan	Longitudinal	SG-ES	Longitudinal		6 months
2003	McGowan	Longitudinal	SG-ES	Longitudinal		6 months
2004	McGowan	Longitudinal	SG-ES	Longitudinal		6 months
2006	McGowan	Longitudinal	SG-ES	Longitudinal		6 months
2006	Swerisson	RCT	SG-OL	RCT		6 months
2003	Wright	Longitudinal	SG-ES	Longitudinal		4 months


CDSMP Small Group English Primary Outcomes
Significant Effects at 4-6 and 12 Months Follow-up
Energy↑
Fatigue↓
Self-rated Health↓
Pain↓
Self-efficacy (SE)↑
SE - Disease↑
SE- Other Symptoms↑
Health Distress↓
Physician Visits↓
Emergency Room Visits↓
12 months
4-6 months
-0.4
-0.3
-0.2
-0.1
0.0
0.1
0.2
0.3
0.4
0.5


CDSMP Small Group English Secondary Outcomes
Significant Effects at 4-6 and 12 Months Follow-up
Functional Disability↓
Social/Role Limitations↓
Shortness of Breath↓
Depression↓
Aerobic Exercise↑
Stretching/Strengthening↑
Cognitive Symptom Management↑
Communication with Physician↑
Hospitalization Times↓
Hospitalization Days/Nights↓
12 months
4-6 months
-0.4
-0.3
-0.2
-0.1
0.0
0.1
0.2
0.3
0.4
0.5

Activation refers to people's ability and willingness to take on the role of managing their health and health care.

The Patient Activation Measure (PAM) was designed to assess an individual's knowledge, skill and confidence in managing their health.

PAM segments people into one of four progressively higher level of activation.

NHS
Kidney Care
Summary of the Evidence on Performance of the Patient Activation Measure (PAM)
May 2012
Better Kidney Care for All

PAM SCORES REFLECT THE DEGREE OF PATIENT ENGAGEMENT OR PARTICIPATION IN THEIR OWN CARE

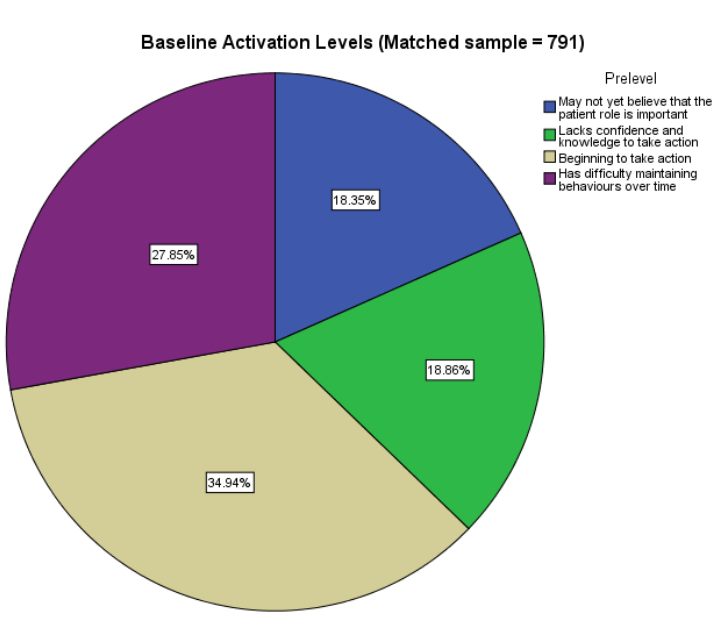
- Increased patient participation was associated with higher PAM scores

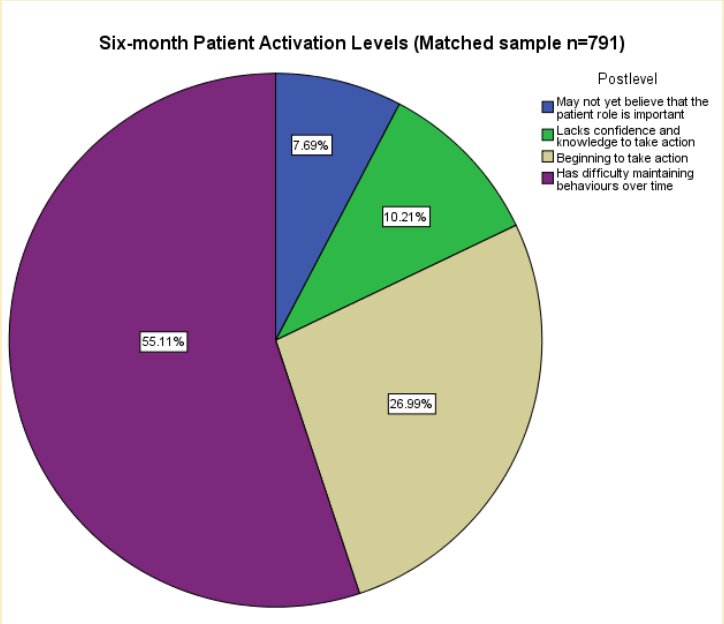
- Patients with higher PAM scores reported significantly better health and significantly lower rates of doctor office visits, emergency room visits, and hospital nights

- Individuals with higher PAM scores are significantly more likely to exhibit healthy behaviours

- PAM scores were strongly associated with improved adherence to treatment

- PAM score was strongly associated with doctor-patient communication





At 6-months post program the proportion of participants:

- who were in Level 1 at baseline had decreased by 11%;
- who were In Level 2 at baseline had decreased by 9%;
- who were In Level 3 at baseline had decreased by 8%; and
- who were In Level 4 at baseline had increased by 27%.

SELF-MANAGEMENT INTEGRATION PILOT

SMS TRAINING FOR HEALTH PROFESSIONALS

SELF-MANAGEMENT PARTICIPATORY RESEARCH

Self-Management British Columbia

Self-Management BC is a Ministry of Health, Patients as Partners Initiative administered by the University of Victoria.