

# Self-Management

*British Columbia*

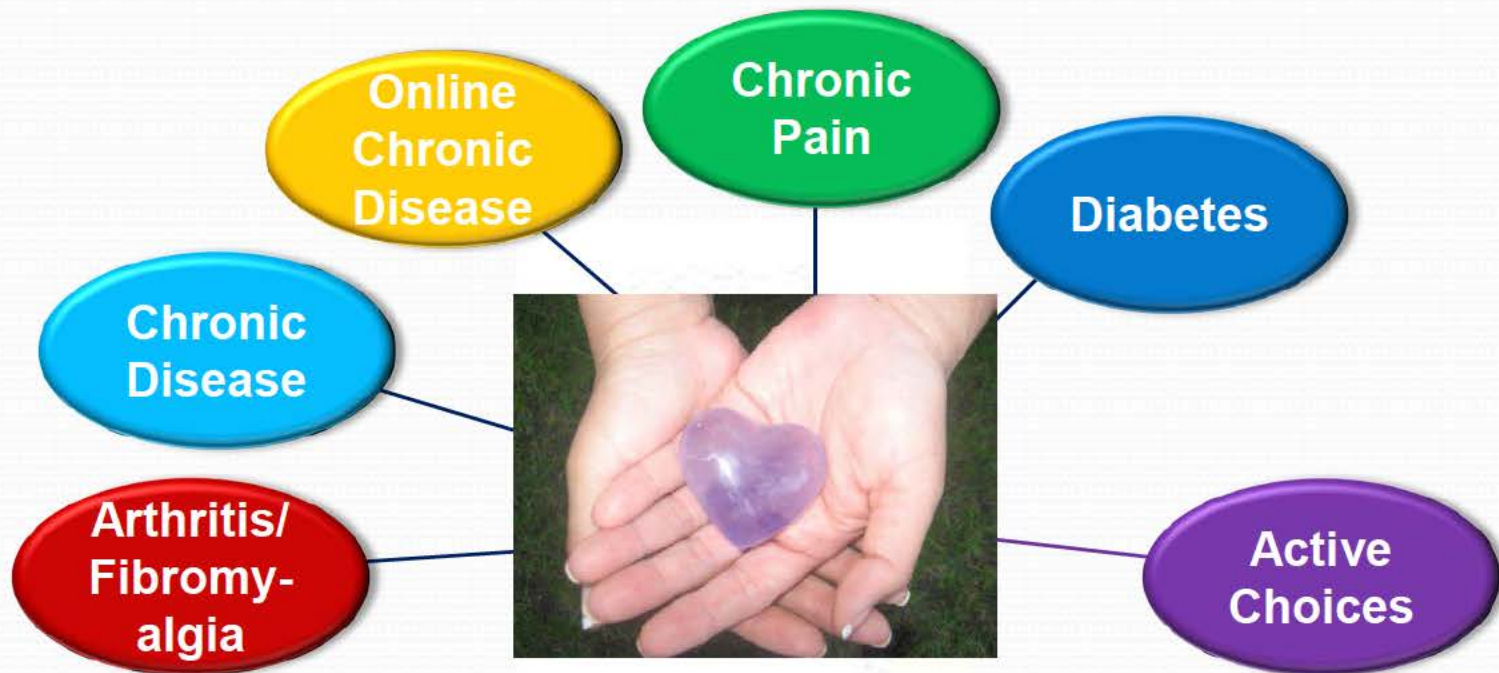


**University  
of Victoria**



# Self-Management Programs

**Your Health is Your Responsibility**



**Take control with Self-Management Education**

# What is self-management?

- The **tasks or activities** that people must do to live well with one or more chronic conditions.
- Self-management is what people do every day: decide what to eat, whether to exercise, if and when they will monitor their health or take medications
- People who are motivated to make daily decisions and choose actions favouring healthy behavior are sometimes called ‘good self-managers’

Bodenheimer et al. Helping Patients Manage their Chronic Conditions. California Healthcare Foundation, 2004. [www.chcf.org](http://www.chcf.org)



# Self-management does not mean you are on your own

- It doesn't mean you have to manage by yourself.
- A good self-manager knows what services to access, how and when.



# History of Self-Management Programs

- Developed by the **Stanford Patient Education Research Center** at Stanford University in California more than 20 years ago (by **Kate Lorig**, RN, DrPH, Virginia Gonzalez, MPH, Frank Villa MPH, and Diana Laurent, MPH)
- Introduced to BC in 2000 by **Dr. Patrick McGowan**, Professor, School of Public Health & Social Policy with the University of Victoria
- Evidence Based
- Supported in BC through grants from the BC Ministry of Health and available in all health regions at no cost



# CDSMP in Aboriginal Communities

## Leader Trainings from 2002 to May 2013

100 Mile House	Bella Bella	Chilliwack	New Aiyansh	Old Masset
Kelowna	Kitkatla	Masset	Vancouver	Wonowon
Port Alberni	Sechelt	Surrey	Gold River	Hot Springs Cove
Ahousaht	Bella Coola	Duncan	Hazelton	Optisaht - Mears Island
Keremeos	Kitwanga	Mission	Vernon	Hanceville
Port Simpson	Skidegate	Terrace	Greenville	Iskut
Alkali Lake	Buick	Fort Langley	New Westminster	Penticton
Kincolith	Lillooet	Moricetown	Williams Lake	Kamloops
Prince George	Spences Bridge	Tofino	Hazelton	Pitt Meadows
Atlin	Canyon City	Fort St. John	N. Vancouver	Canim Lake
Kitamaat Village	Lytton	Mount Currie	Windermere	T'l Aamin
Seabird Island	Squamish	Ucluelet	Hope	
Sto:lo		Gitsegukla	Deas Lake	
Queen Charlotte City		Merrit		

# Making healthy lifestyle changes can be challenging





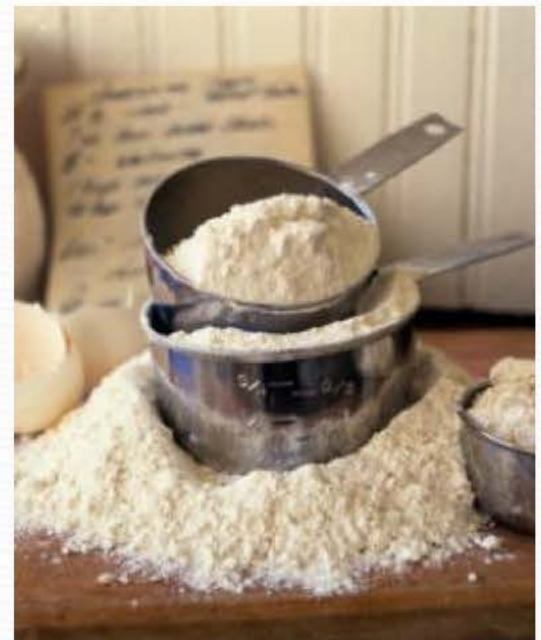






**During this time of change...**

So have our eating habits...





# Everyone's Health is at risk...

- It is best to Avoid or use in moderation

Increases:

- Blood sugar
- Blood Pressure
- Weight

# We all have to be mindful of...

- Our Lifestyle
- Healthy Eating
- Exercise
- Self-Managing Disease, Chronic Pain, Diabetes and Arthritis / Fibromyalgia



# Overview of the Programs



# Self-Management Workshops...

- Are designed to be taught in a community setting
- Are offered as 2 ½-hour per week classes for 6 weeks
- Are led by 2 trained leaders who often have chronic conditions themselves, and who follow a structured protocol and use a “scripted” Leader’s Manual
- Help participants take control of their chronic disease
- Encourage interaction and mutual problem-solving and support
- Are designed to complement clinical treatment and disease specific education programs
- Are offered free of charge by UVic through a grant from the BC Ministry of Health Services



# What do people learn in self-management programs?

- Information
  - From the program
  - From other participants
- Practical Skills
  - Getting started
  - Goal setting
  - Problem Solving
  - Communication
  - Working with Health Care Professionals

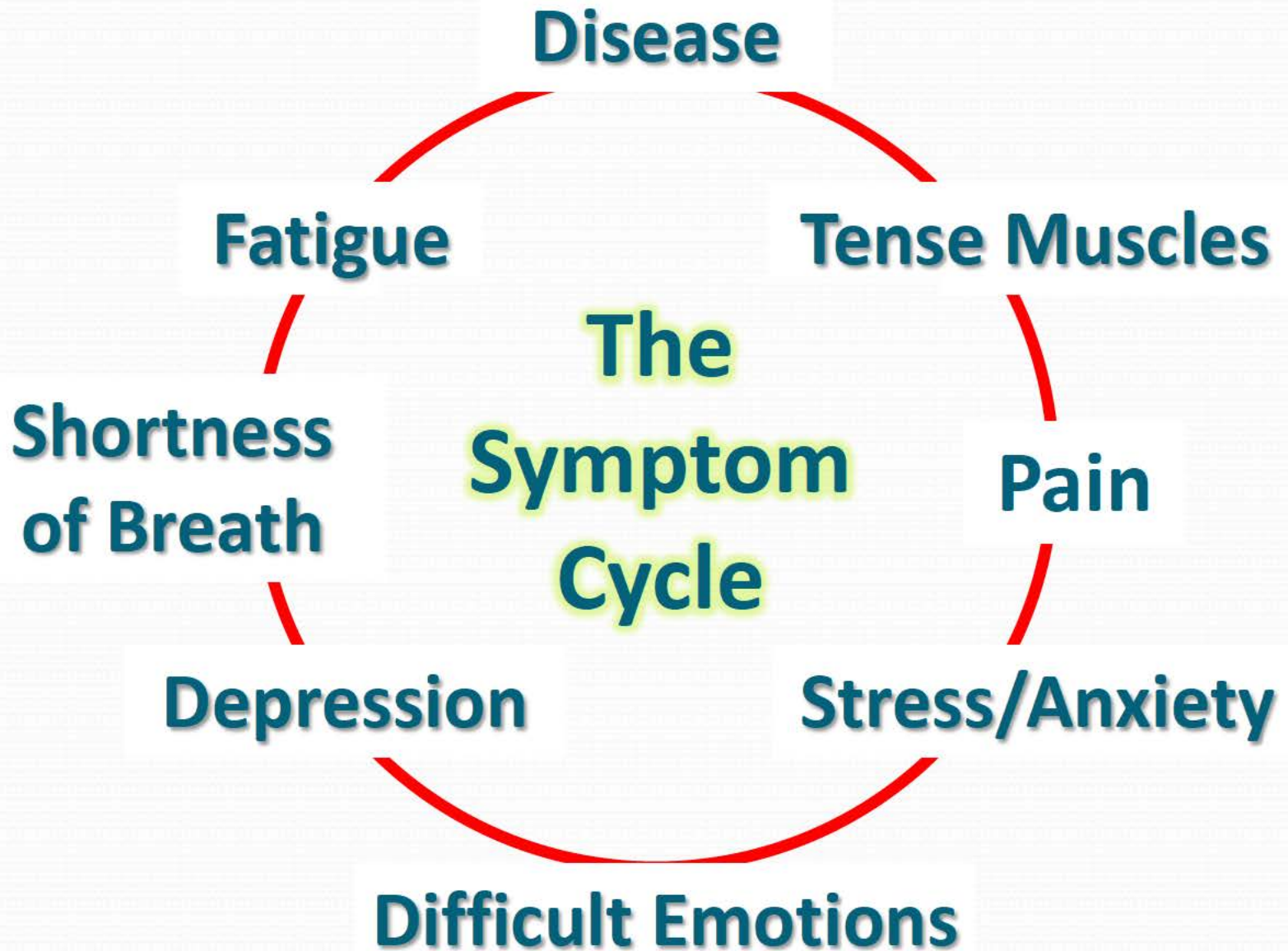


# What do people learn in self-management programs?

- Tools to deal with:
  - Anger / Fear / Frustration
  - Depression
  - Fatigue
  - Shortness of Breath
  - Pain
- Evaluating Treatment Options
- Self-talk
- Relaxation techniques



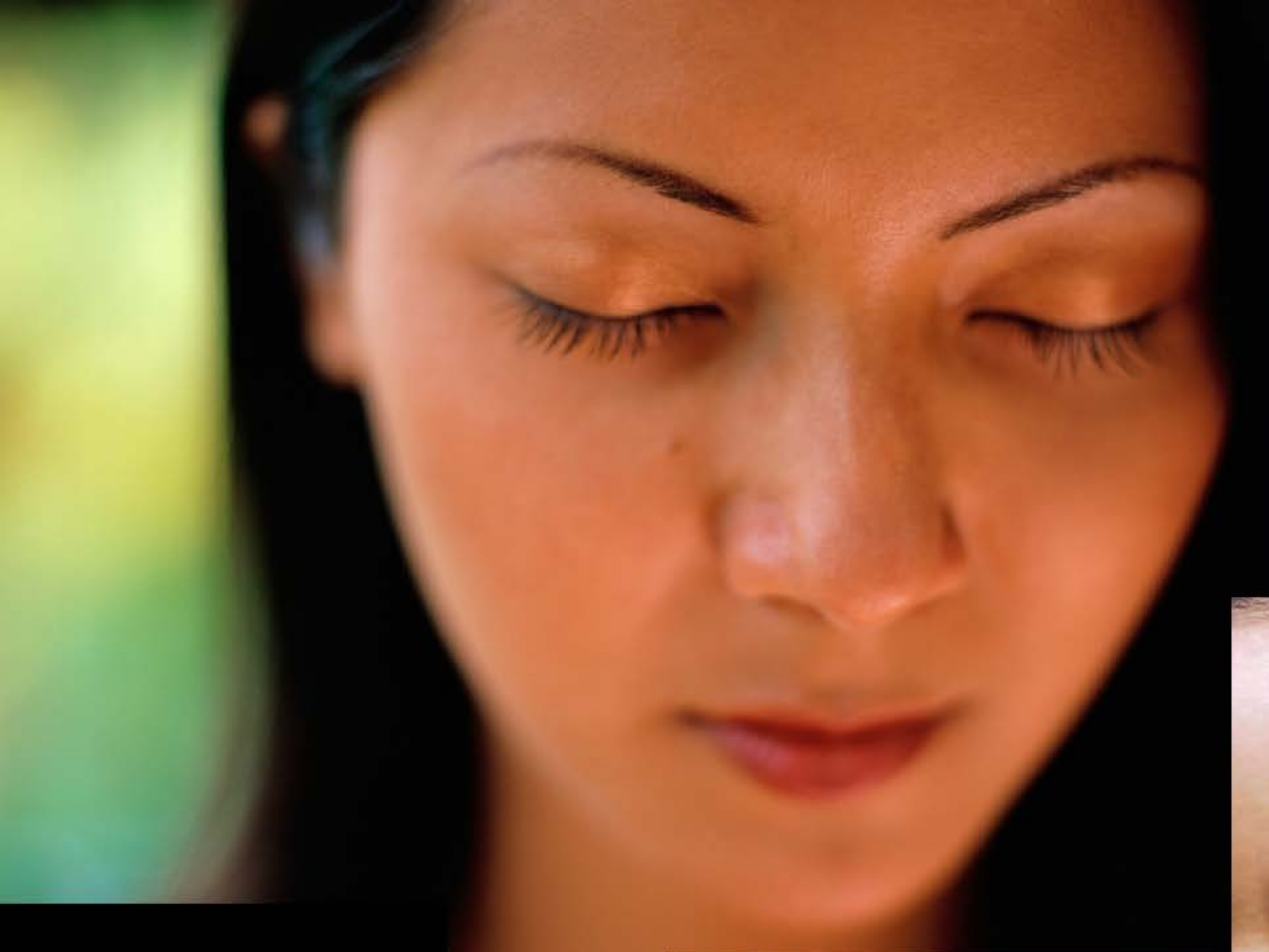






- **Physical Activity**
- **Medications**
- **Managing Fatigue**
- **Planning**
- **Better Breathing**
- **Working with Health Professionals**
- **Problem Solving**
- **Using your Mind**
- **Managing Pain**
- **Communication**
- **Healthy Eating**
- **Understanding Emotions**







# What is covered in all the UVic Self-Management programs?

- Healthy Eating
- Physical Activity & Exercise
- Dealing with Difficult Emotions
- Depression Management
- Positive Thinking
- Working with your Health Care Professionals
- Better Breathing
- Communication Skills
- Medication Usage
- Guided Imagery
- Using your Mind to Manage Symptoms
- Action Plans
- Problem Solving



CANADIAN EDITION • 3rd Ed. Revised and Updated

"A remarkable resource for anyone with any chronic health problem."  
—American Lung Association

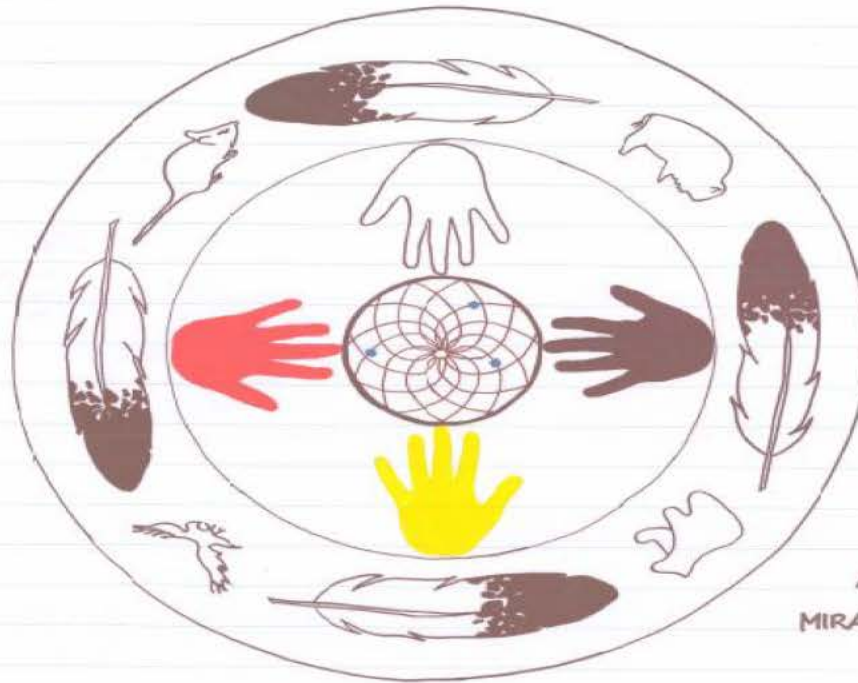
# Living a Healthy Life with Chronic Conditions

For Ongoing Physical and Mental  
Health Conditions

Kate Lorig, RN, DrPH, Halsted Holman, MD  
David Sobel, MD, Diana Laurent, MPH  
Virginia González, MPH, and  
Marian Minor, RPT, PhD



# Living a Healthy Life With Chronic Conditions



ARTWORK BY  
MIRANDA KIMBASKET

# Evaluating Treatments

1. Was proof by stories or scientific study?
2. If study, was there a control group?
3. Were results published in a journal you believe in?
4. Were people like me?
5. Could any thing else cause the results?
6. Does treatment stop me from taking other treatments?
7. Can I think of any possible danger/harm?
8. Can I afford it
9. Am I willing to go to the trouble expense?





# What is covered in the Diabetes Self-Management Program?

- What is Diabetes?
- Monitoring Blood Glucose
- Planning Low Fat Meals
- Reading Nutrition Labels
- Formula for a Healthy Eating Plan
- Preventing Low Blood Glucose
- Preventing or Delaying Complications
- Dealing with Stress
- Sick Days
- Foot Care

- 14) REVIEW & CLOSING SESSIONS
- 13) STRATEGIES FOR SICK DAYS
- 14) FOOT CARE
- 15) WORKING WITH YOUR HEALTH CARE PROFESSIONAL  
+ HEALTH CARE SYSTEM
- 16) LOOKING BACK + PLANNING FOR THE FUTURE
- 17) SESSION 6 REVIEW INCLUDING CLOSING
- 18) DAY 3 CLOSING... YEAH!!!









# What is covered in Arthritis / Fibromyalgia Self-Management?

- Intro to Arthritis & Fibromyalgia
- Flexibility Exercise
- Strengthening Exercise
- What Makes it Hard to Exercise?
- Preventing and Slowing Osteoporosis
- Preventing Falls
- Modifying Activities to Reduce Pain & Fatigue
- Getting a Good Night's Sleep

More than  
600,000  
copies sold

*Recommended by the  
Arthritis Foundation and  
the Arthritis Society*

# THE ARTHRITIS HELPBOOK

SIXTH EDITION

A TESTED SELF-MANAGEMENT PROGRAM  
FOR COPING WITH ARTHRITIS AND FIBROMYALGIA

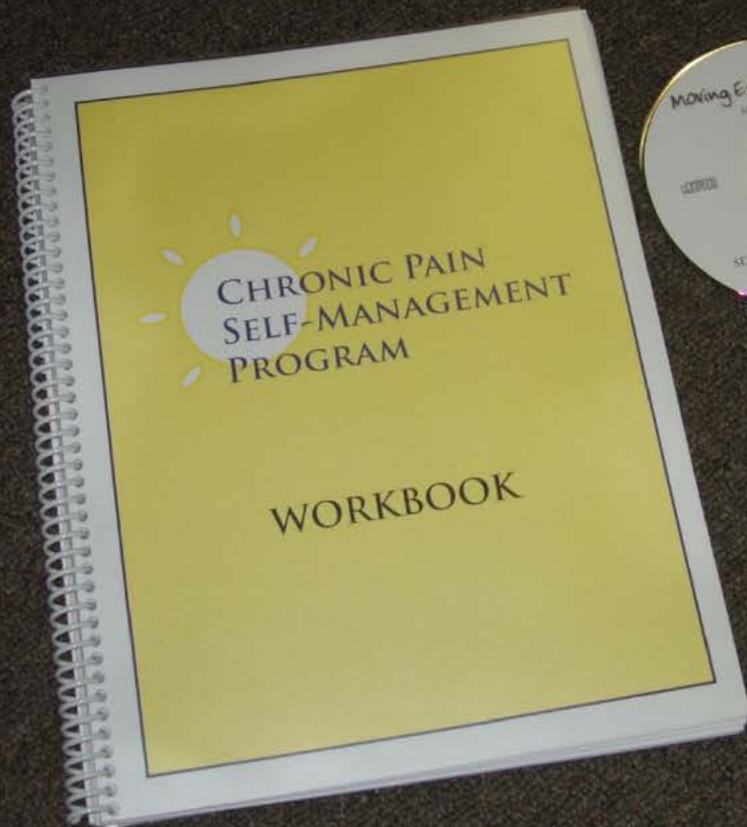
*Kate Lorig, R.N., Dr.P.H.,  
& James F. Fries, M.D.*

LIFELONG BOOKS

# What is covered in the Chronic Pain Self-Management Program?

- Debunking Myths about Pain
- Differences between Acute & Chronic Pain
- Understanding the Pain & Symptom Cycle
- Balancing Activity & Rest
- Fatigue & Sleep Management
- Medications for Chronic Pain
- Moving Easy Program







AGENDA DAY 2

- 1) QUESTIONS & ANSWERS
- 2) FEEDBACK
- 3) VENTURES
- 4) DRAWING
- 5) PRODUCTION
- 6) WITH STE
- 7) LAXATI
- 8) DEA
- 9) FIES
- 10) PRACT
- 11) Day 2 Agenda

DAY 3 AGENDA

- 1) QUESTIONS & ANSWERS
- 2) READING NUTRITION LABELS
- 3) ENWRANE ACTIVITIES HOW MUCH IS ENOUGH?
- 4) GUIDED IMAGERY
- 5) SESSION 4 REVIEW
- 6) REVIEW CLOSING SESSION
- 7) DEPRESSION MAN
- 8) POSITIVE TH
- 9) COMMUNICA
- 10) MEDICATIN
- 11) SESS
- 12) RE

Terena

3



Feb 24/13  
What Chronic Pain means  
to me.....

- financial hardships
- Can't be active / immobilized
- unable to work / do housework
- in limbo - lots of uncertainty
- Always with you
- limits friends sports / social activities ✓
- don't sleep well
- hard to loose weight
- total limit of freedom
- frustrating
- leads to depression
- makes life challenging
- total change of lifestyle
- Crippled every aspect of life
- Can't be Caregiver to grandchildren
- Can't be consistent
- Can't think clearly due to meds

March 24/13  
What Chronic Pain means  
to me:

- learn from it
- limiting ✓✓
- go easy on self
- life changing experience - ongoing
- more communication
- good days + bad
- Planning
- every day is a challenge
- remove obstacles
- live w/ + do best you can
- tools for Coping
- changes in activities + social groups ✓
- find something positive ✓
- Try not to depend on others
- more awareness of body + mind



# What participants are saying...

- I enjoyed bringing home what I learned in the class and teaching it to my family. As a family we have made changes to our eating habits including eating less sugar, preparing three meals a day, and watching our fat intake. I am still reading the book!
- I liked the different approach that this class took. I was given the information to make healthy changes to my life and it was left up to me to apply it to my life. I was able to figure out realistic goals for myself and when I reached the goals it felt really good! I realized that at the end of the day I alone have to make the decision to live a healthy life.

# How to Implement an Effective CDSMP

- Train Leaders from your community to become facilitators of the workshop
  - What happens at Leader Training?
  - Ongoing support from Program Coordinator
- Have a local champion
  - Staff person or lay leader
  - Raise awareness in the community



# Strategies to Raise Awareness, Provide Education, Prevent Disease

- Workshops are interactive
- Family members can attend together
- Use of Teaching Techniques such as brainstorming and problem solving
- Group learns from each other and supports one another
- Self-management process leads to greater “self-efficacy”



# Self-Efficacy Enhancing Strategies

- Self-efficacy: Health outcomes
  - Mastery Learning
  - Modeling
  - Reinterpreting Symptoms
  - Persuasion

# Holistic Approach to Managing a Chronic Disease

- Not a “medical” approach but complementary to clinical treatment and disease specific education
- Self-management programs consider the Symptom Cycle and its affect on one’s health condition
- Discussion of difficult emotions, managing stress, pain and medications, communication with family and health care providers, exercise, and healthy eating
- Helps participants to reduce pain, depression, fear and frustration, improve mobility and exercise, increase energy, and boost confidence in the ability to manage one’s condition
- Improved Coping skills, education, overall quality of life



# Positive Health Outcomes

- Evidence-based, self-management programs have been proven to significantly help people with chronic diseases
- The Health Council of Canada 2012 Report “Self-management support for Canadians with chronic health conditions: A focus for primary health care” designated the Stanford CDSMP a LEADING PRACTICE program
- Two research studies, each combining the results of more than 20 evaluations demonstrate the value of CDSMP and ASMP



# Challenges

- Health determinants for Aboriginal people
- Urban / rural contexts
  - Marginalization
  - Racism
  - Housing
- Poverty
- Literacy Levels
- Community support
- Local politics
- Awareness of resources like these programs

# Strategies

- Networking and trust
- Training in the community
- Developing/enhancing community capacity
- Cultural adaptation and appropriateness
- Community integration
- Ongoing contact and support



# Jewels of Opportunities

- Storytelling and building relationships of support
  - Better understanding of their needs
  - Willingness to speak out and share with others
- Walking with people on their journey
- Empowering the community to run self-management programs
- Self-Management and local “champions”

























# Making an Action Plan

- Something YOU want to do
- Achievable
- Action-specific
- Answer the questions
  - What?
  - How much?
  - When?
  - How often?
- Confidence level





# Making your Own Action Plan

Consider one change you would like to make and identify one small step you will take towards that this week.



# Problem Solving Steps

1. Identify the problem
2. List ideas
3. Select one
4. Assess the results
5. Substitute another idea
6. Utilize other resources
7. Accept that the problem may not be solvable now





## June Clearsky & Rhonda Carriere

Program Coordinators & Master Trainers  
Self-Management Programs



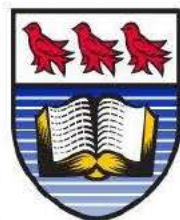
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