



Living Well with Chronic Conditions

The Stanford Chronic Disease Self-Management Program

(Presenter)

(Location)
(Date)



What Is Self-Management?

The tasks that individuals living with chronic health conditions must do in order to live a healthy life:

- Working with doctors as health care **partners**
- Getting **support** from family and friends
- **Working through problems** as they arise, including pain, fatigue, frustration or depression
- Learning how to **eat well** and be **physically active**
- Understanding how to **use medications correctly** and **assess new treatments**





Program Overview

- 2 ½ hours per week for six weeks
- Groups of 10-15 people
- People with multiple chronic conditions and symptoms in the same group
- Focus on self-efficacy, action planning, problem solving, and effective communication
- Facilitated by **trained leaders** working with Stanford University **licensed organizations**



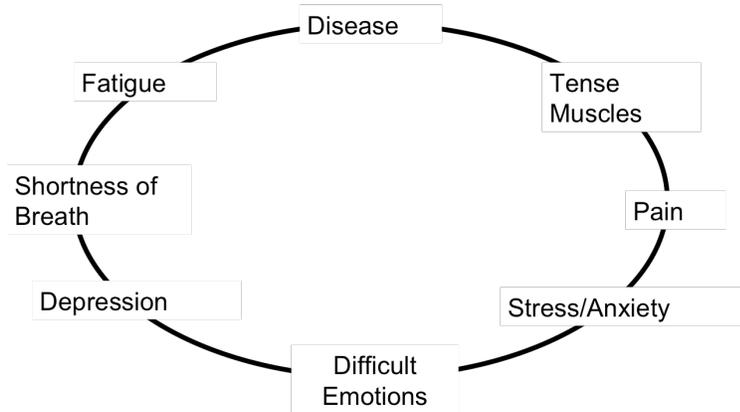
Programs Available in Oregon

- **Living Well with Chronic Conditions:** English language Stanford Chronic Disease Self-Management Program
- **Tomando Control de su Salud:** Spanish language and cultural adaptation of Living Well
- **Positive Self-Management Program:** Adapted for people living with HIV/AIDS and their caregivers





The Symptom Cycle



Self-Management Toolbox

- Physical activity
- Medications
- Managing fatigue
- Action planning
- Better breathing
- Understanding emotions
- Problem solving
- Using your mind
- Managing pain
- Communication
- Healthy eating
- Working with health professionals





Action Planning

- Something you want to do
- Achievable
- Action-specific
- Answers the questions:
 - What?
 - When?
 - How much?
 - How often?
- Confidence level of 7+ (out of 10)



Problem Solving

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



Research to Support Living Well

Randomized, controlled trial of 1,000 Living Well participants found that participants:

- Had improvements in self-reported health
- Increased ability to participate in social activities
- Were more active
- Had greater self-confidence
- Had more energy and less fatigue
- Spent fewer days in the hospital
- Had fewer outpatient and ER visits

Sources: Lorig, KR et al. (1999). *Med Care*, 37:5-14; Lorig, KR et al. (2001). *Eff Clin Pract*, 4: 256-52; Lorig, KR et al. (2001). *Med Care*, 39: 1217-23.



Estimated Impact of Living Well in Oregon

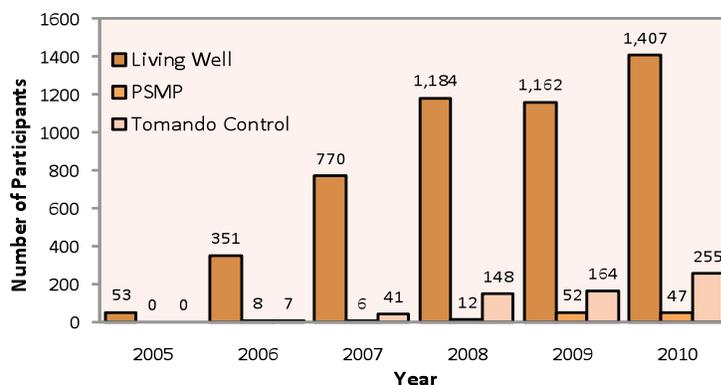
Matching the outcomes found in the original research with program reach to date, it is estimated that Living Well has resulted in:

- Improved psychological well-being, energy and self-confidence to manage one's health condition
- 107 quality adjusted life years gained (one additional week of "perfect" health per year)
- 553 avoided emergency room visits, saving \$634,980 in health care expenditures
- 2,783 avoided hospital days, saving \$6,501,088 in health care expenditures

Source: Bovbjerg, VE & Kingston, SJ. (2010). *Program impact report: Oregon's Living Well with Chronic Conditions*. Oregon State University.



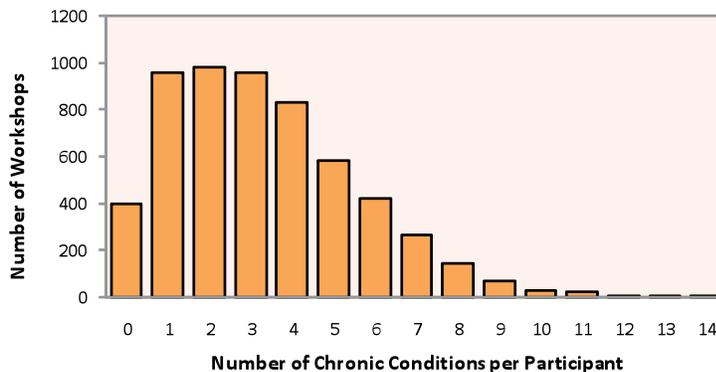
Living Well Participation in Oregon by Program, 2005-2010



Number of Chronic Conditions Per Participant



The average participant in Living Well reports having **3.3** chronic conditions.



Self-Reported Chronic Conditions

Self-Reported Chronic Condition(s)	Ages < 60 (2,440)	Ages >= 60 (3,089)	Total* (5,667)
Arthritis/Fibromyalgia	41% (991)	56% (1,734)	49% (2,782)
High blood pressure	28% (677)	46% (1,417)	38% (2,130)
Chronic pain	43% (1,042)	34% (1,035)	37% (2,113)
Depression	44% (1,071)	25% (777)	33% (1,871)
High cholesterol	26% (628)	32% (1,003)	29% (1,664)
Diabetes	26% (633)	30% (922)	28% (1,585)
Heart disease	7% (167)	22% (679)	15% (866)
Asthma	16% (396)	14% (437)	15% (848)
COPD	7% (168)	12% (381)	10% (563)
Cancer	6% (137)	12% (367)	9% (510)
Stroke	2% (57)	6% (192)	5% (257)
Multiple sclerosis	2% (58)	1% (34)	2% (94)
None of the above, accompanied family or friends	11% (276)	6% (200)	9% (484)



For More Information

Oregon Living Well Program

www.healthoregon.org/livingwell

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