

# Section I

## BACKGROUND



Living Well with Chronic Conditions (Living Well) is the name that many programs in Oregon have adopted for the Stanford Chronic Disease Self-Management Program (CDSMP). CDSMP is an evidence-based health promotion program for people living with chronic conditions. For the purposes of this document, Living Well and the CDSMP refer to the **same** program, CDSMP being the national program name and Living Well being the name commonly used in Oregon instead of CDSMP (related programs include Tomando Control de su Salud and the Positive Self-Management Program for HIV/AIDS).

### Chronic Disease Self-Management Programs Offered in Oregon

Program	Description
<i>Living Well with Chronic Conditions</i>	Six week, peer-led workshop for people with chronic conditions, led in English.
<i>Tomando Control de su Salud</i>	Six week, peer-led workshop for people with chronic conditions, adapted from CDSMP to be culturally competent, led in Spanish.
<i>Positive Self-Management Program for HIV/AIDS</i>	Seven week, peer-led workshop for people living with HIV/AIDS, led in English.

Living Well is a workshop series delivered in six, two-and-a-half hour weekly sessions, primarily in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health conditions, including people with multiple conditions, attend the workshop series together. Workshops are facilitated by two trained leaders who follow a scripted agenda and curriculum developed by Stanford University. One or both of the leaders are non-health professional peers with a chronic disease.

Living Well will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific self-management education such as Better Breathers, cardiac rehabilitation, or diabetes education. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the medications and treatments necessary to manage their health, as well as to help them keep active in their lives. Family members and other support people are invited to participate along with the person living with a chronic condition.

Subjects covered in Living Well workshops include:

- 1) Techniques to deal with problems such as frustration, fatigue, pain, and depression
- 2) Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- 3) Appropriate use of medications
- 4) Communicating effectively with family, friends, and health professionals
- 5) Nutrition
- 6) How to evaluate new treatments

Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions*, 3rd Edition, which is also available in an audio format for people with vision problems or for people with lower literacy levels. Sessions are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

## Program Background

Living Well was developed at Stanford University in 1996 through several years of research to determine the effectiveness of the program. The Division of Family and Community Medicine in the School of Medicine at Stanford University received a five-year research grant from the federal Agency for Health Care Research and Policy and the State of California Tobacco-Related Diseases office. The purpose of the research was to develop and evaluate, through a randomized controlled trial, a community-based self-management program that assists people with chronic conditions in improving their overall health. The content of the program was developed based on focus groups conducted with people with chronic disease and providers, in which the participants discussed which content areas were the most important for them.

### Available languages

Stanford University used the CDSMP curriculum to develop Tomando Control de su Salud (Tomando Control), a Spanish language chronic disease self-management program, which has been adapted to better fit with Latino language and culture. Tomando Control participants have yielded similar outcomes to those who participated in English language CDSMP. Although no other languages have been approved by Stanford researchers, the Stanford University Web site does offer Living Well program materials that have been directly translated into Chinese, Japanese, and Korean. Translated materials are available at <http://patienteducation.stanford.edu/materials/#asian>

## Living Well resources

More information and resources on outcomes associated with Living Well are available at the following Web sites:

The National Council on Aging Web site:

<http://www.ncoa.org/content.cfm?setionID=65&detail=2864>

Stanford University CDSMP Web site:

<http://patienteducation.stanford.edu/research/>

## What is an evidence-based program?

Living Well is often described as an evidence-based program, which means that the same outcomes have been found consistently in randomized, controlled research trials, and in research with people of different backgrounds in different settings. For these reasons, one can assume that when Living Well is implemented exactly as it was designed, the same consistent outcomes will be found among workshop participants.

## Evaluation

Over 1,000 people with heart disease, lung disease, stroke or arthritis participated in a randomized, controlled trial of Living Well, and were followed for up to three years by Stanford University researchers. The researchers looked for changes in many areas: health status (disability, social/role limitations, pain and physical discomfort, energy/fatigue, shortness of breath, psychological well-being/distress, depression, health distress, self-rated general health), health care utilization (visits to physicians, visits to emergency department, and hospital stays), self-efficacy (confidence to perform self-management behaviors, confidence to manage disease in general, confidence to achieve outcomes), and self-management behaviors (exercise, cognitive symptom management, mental stress management/relaxation, use of community resources, communication with physician, and advance directives).

## Research Supporting Living Well

Participants who took Living Well, when compared to those who did not, demonstrated significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations. They also spent fewer days in the hospital, and there was also a trend toward fewer outpatient visits and hospitalizations.

**These data yield a cost to savings ratio of approximately 1:10.** Many of these results persist for as long as three years. Stanford's original research has since been replicated with many other populations and settings, with similar outcomes from the follow-up studies. For these reasons, Living Well is described as an **evidence-based program**.

Living Well has also been shown to be effective with individuals from a variety of backgrounds, regardless of educational level, literacy level, socioeconomic status, or health condition. Several specific populations, such as racial minority groups and disease-specific groups have been involved in studies to determine the effectiveness of Living Well among individual groups. Research conducted with specific populations yielded results consistent with the original Stanford research, including improvement in self-management behaviors, increased confidence, control and motivation, and increased knowledge and awareness of one's chronic condition.

## Disease-specific and online programs

Stanford has also developed and tested other chronic disease self-management programs with a specific focus on one chronic condition, including the:

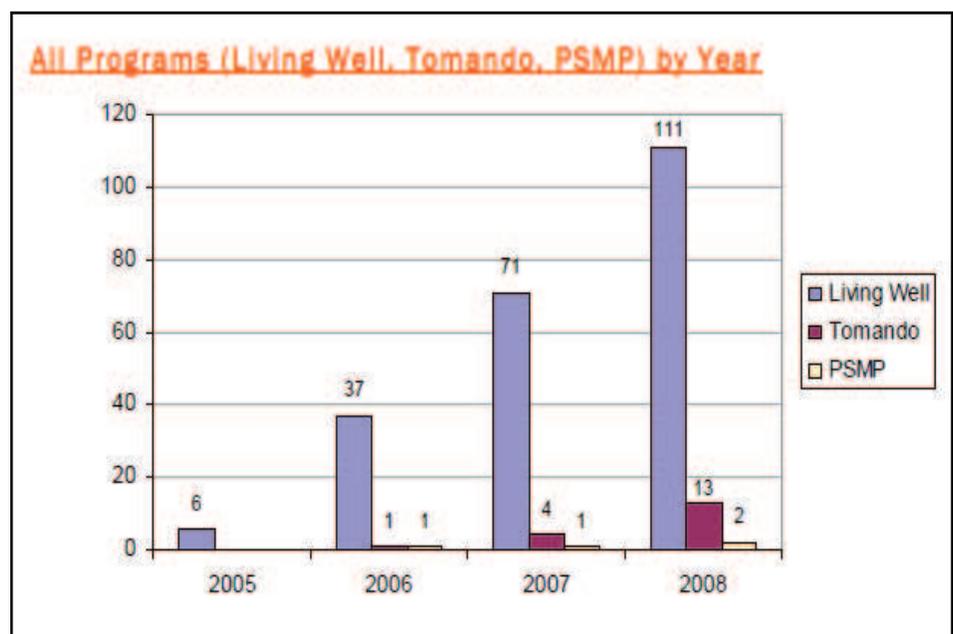
- Diabetes Self-Management Program (also available in Spanish)
- Arthritis Self-Management Program (also available in Spanish)
- Chronic Pain Self-Management Program, and
- Positive Self-Management Program (PSMP) (also available in Spanish), a 7-session workshop for people living with HIV/AIDS.

Stanford University has developed an online version of Living Well and is in the process of piloting the online program in a variety of states, countries, and health systems.

## State of Oregon Support for Living Well

The Oregon Department of Human Services (DHS) and its partners support Living Well because its effects have been proven to be successful and improve health outcomes of people living with a variety of chronic conditions and those with multiple chronic conditions. DHS decided to support statewide implementation of Living Well in order to reach the greatest number of individuals most in need of the program, particularly given Oregon's range of population density and the challenge of filling disease-specific health education programs in rural areas of the state.

In 2001, Oregon DHS began promoting Living Well through the Oregon Diabetes Program, as a result of the efforts undertaken by some Oregon communities to implement Living Well locally. The program was expanded in 2005, when DHS used U.S. Centers for Disease Control and Prevention (CDC) chronic disease funds to offer a Master Training program to a diverse group of organizations that could help spread the program across Oregon. Since that time, grant funds have been used to support staff time to coordinate Living Well at the state level.



## National Support for Living Well

The United States Administration on Aging has supported national implementation of Living Well through its Evidence-Based Healthy Aging Program grants to State Units on Aging, state government entities that work with local Area Agencies on Aging. In addition, the CDC has supported the use of Living Well to address the needs of people living with chronic conditions, including, but not limited to, asthma, arthritis, diabetes, heart disease, and stroke, by allowing state health departments to use grant funds to support program implementation.

The National Council on Aging (NCOA), a national organization whose mission is to improve the lives of older adults, has also been a strong supporter of Living Well. Most recently it has administered a Sustainable Systems grant program to state government entities to support sustainable expansion and implementation of Living Well. NCOA also holds the license for the online Living Well program, which is still in a pilot stage.



### Helpful links

Oregon Area Agencies on Aging:

<http://www.oregon.gov/DHS/spwpd/offices.shtml>

Oregon Seniors and People With Disabilities: <http://www.oregon.gov/DHS/spwpd/index.shtml>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

### Living Well has helped people manage chronic conditions such as:

- Post-traumatic stress disorder
- COPD
- Osteoporosis
- Emphysema
- Chronic pain
- HIV/AIDS
- Fibromyalgia
- Crohn's disease
- Multiple Sclerosis
- Depression
- Parkinson's disease
- Sleep apnea, and others