

The Punjabi Chronic Disease Self-Management Program

ਲੰਮੇ ਸਮੇਂ ਦੀ ਬੀਮਾਰੀ ਦੀ ਖੁਦ ਸੰਭਾਲ

Project Report and Evaluation

Submitted to

Fraser Health Community Wellness Initiative

By

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**University
of Victoria**
Centre on Aging

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The Punjabi Chronic Disease Self-Management Program

Executive Summary

The goal of this one-year project (April 2009 – March 2010) was to implement and evaluate a Punjabi version of the Stanford Chronic Disease Self-Management Program into the South Surrey community. During the project, four 4-day Leader-Training Workshops were conducted training 75 Punjabi Program Leaders. The Leaders, in pairs, then delivered eleven 6-week CDSMP programs which were attended by 108 Punjabi participants.

Both the Program Leaders and participants were asked to complete the “CDC Health-Related Quality of Life Healthy Days Core Module Interview Questionnaire” (Appendix V). The pre- and post-program scores for the Leaders showed statistically significant changes but participant scores did not change from pre- to post. Both the Program Leaders and participants indicated they would highly recommend the program to a friend. Leaders and participants were invited to provide comments on how the program could be improved and these are summarized in Appendices VI and VII.

Four focus group meetings were also conducted; three with program participants and one with Program Leaders. Consistently, everyone believed they had benefitted from the program. Especially important was learning to use the “action-planning” process.

This pilot provided an opportunity to investigate the feasibility, viability, receptiveness and effectiveness of a Punjabi version of the Stanford Chronic Disease Self-Management Program, a program currently being offered in English throughout British Columbia. The results demonstrated that Punjabi speaking British Columbians were interested in the program and accrued the same benefits as other British Columbia residents.

Comment from one of the Punjabi CDSMP Leaders (September 2009)

It was a wonderful and a very beneficial experience for me to facilitate a six-week workshop on self-management of chronic diseases. Some of the participants were even unaware of the term “chronic disease”. So it was very interesting to explain the term in detail, with all the self-management techniques. The outcome of the workshop was indeed rewarding. Most of the participants with chronic conditions learned how to deal with emotions that have an impact on their lives. By the end of the workshop, the participants left with a positive attitude towards coping with chronic health conditions. Altogether attending this workshop really made a difference in their lifestyles. That is the biggest achievement of holding this workshop!

Punjabi Chronic Disease Self-Management Program

The overall goal of the project was to make the Chronic Disease self-Management Program (CDSMP) accessible to the Punjabi speaking adult population of Surrey to enable them to have greater involvement in managing their health and chronic health conditions. In the project the University of Victoria - Centre on Aging, developed and implemented a Punjabi version of the Stanford Chronic Disease Self-Management Program into the South Surrey community and conducted focus groups with program leaders and participants.

Specifically, the program objectives were to:

1. recruit and train a bilingual (Punjabi and English) Project Coordinator;
2. translate and culturally adapt the Self-Management Leader Manual into Punjabi;
3. develop resource material that will be given to program participants;
4. recruit 30 bilingual (Punjabi and English) volunteers to be trained as Program Leaders;
5. deliver 3 four-day Leader Training Workshops to the 30 volunteers;
6. deliver a minimum of 10 six-session workshops to 100 Punjabi speaking adults;
7. hold 3 focus groups to obtain participants' perceptions of the benefits of the program; and to
8. hold one focus group to obtain perspectives of the Punjabi program leaders.

The project began on April 1, 2009 and was completed March 31, 2010.

Project Implementation

Objective 1

The first project objective was to recruit and train a bilingual (Punjabi and English) Project Coordinator. During April 2009 a project advisory group was established involving staff at the Diabetes Education Centre at Surrey Memorial Hospital, community health professionals working with the Punjabi community and self-management program coordinators from the Centre on Aging. The group learned about the project, provided suggestions and agreed to provide recommendations for a suitable project coordinator. Within a two week period Mr. Jay Bains was hired as the project coordinator. Mr. Bains had extensive knowledge and experience working in the Punjabi community and was highly recommended by several advisory group and community leaders. Jay participated in all of the leader training workshops thus becoming a certified program leader and, in February 2010, completed the Master Training thus becoming a certified Master Trainer qualified to train new program leaders.

Objective 2

The second object was to translate and culturally adapt the Self-Management Leader Manual into Punjabi. The Centre on Aging managed to locate a Punjabi version of the CDSMP Leader Manual that the Calgary Health Region had translated (Appendix I). This version of the Leader manual was reviewed by Jay Bains and small modifications were made to reflect the local Punjabi population.

Objective 3

During the project planning period we believed that we would be unable to provide each participant with a copy of the English version of the course reference book entitled *“Living a Healthy Life with Chronic Conditions”* book because they would not be able to read English. The CDSMP does not follow this book as it is used merely for reference i.e., if someone wanted to read more about a topic that was discussed in the program. As well, it must be emphasized that participants do not need to know how to read or write to take the program. Only the leaders need to be able to read as they must follow the program Leader Manual.

During the initial training workshops, both leaders and participants indicated that they indeed wanted to receive the English version of the book. Therefore all leaders and participants received a copy of the *“Living a Healthy Life with Chronic Conditions”* book (Appendix II).

Objectives 4 & 5

The next objectives were to recruit 30 bilingual (Punjabi and English) volunteers and deliver three 4-day Leader Training Workshops to the 30 volunteers. A combination of advertising methods was used to create interest in the program and attract both program leaders and participants. These included:

Media

- Red FM – 93.1
- Radio India, 1600 AM
- Radio Sher-e – Punjab, 1550 AM
- Omni TV – at the Ladner Office

Newspaper Ads

- APNA Newspaper: English
- Asian Star: English
- Humdard: Punjabi
- Voice: English
- Punjabi Patrika: English

Punjabi Brochure (Appendices III and IV)

- Doctor’s clinics
- Strawberry Hill and Newton Libraries
- Pharmacies
- PICS Assisted Living
- Grocery Stores: Fruity Cana, Dana Mandi, Super Store, Fiji Market

Email Promotion:

- Surrey Senior Planning table
- Fraser Health
- Surrey Memorial Hospital
- UBC Faculty of Medicine
- Cancer Society
- Surrey Food Action Committee

Meetings

- Meeting with Member of Parliament, Suhk Dhaliwal, Newton-North Delta

Other

- Punjabi Writer's Association
- Sikh Nation

The project objective was to conduct three 4-day workshops to train 30 new Punjabi leaders. Leader training involved participation in a four-day workshop delivered by two experienced Master Trainers from the University of Victoria. During the workshop the entire program was modeled, activities were discussed and explained, and people had opportunities to lead the activities and receive feedback.

We exceeded this objective and trained 49 new program leaders as well as an additional 26 leaders in Vancouver (Table 1).

Table 1. Dates, locations and number of persons trained as program leaders.

Dates	Location	Number of Participants
June 25, 26, 27 & 28	Strawberry Hill – Surrey, BC	14
July 25, 26, 27 & 28	Strawberry Hill – Surrey, BC	19
August 29, 30 – Sep. 4, 5	Strawberry Hill – Surrey, BC	16
January 16, 17 – 23, 24	Ross Street Temple, Vancouver	26
		Total 75

Master Trainers model delivery of a program activity



Leader trainees prepare to lead the activity



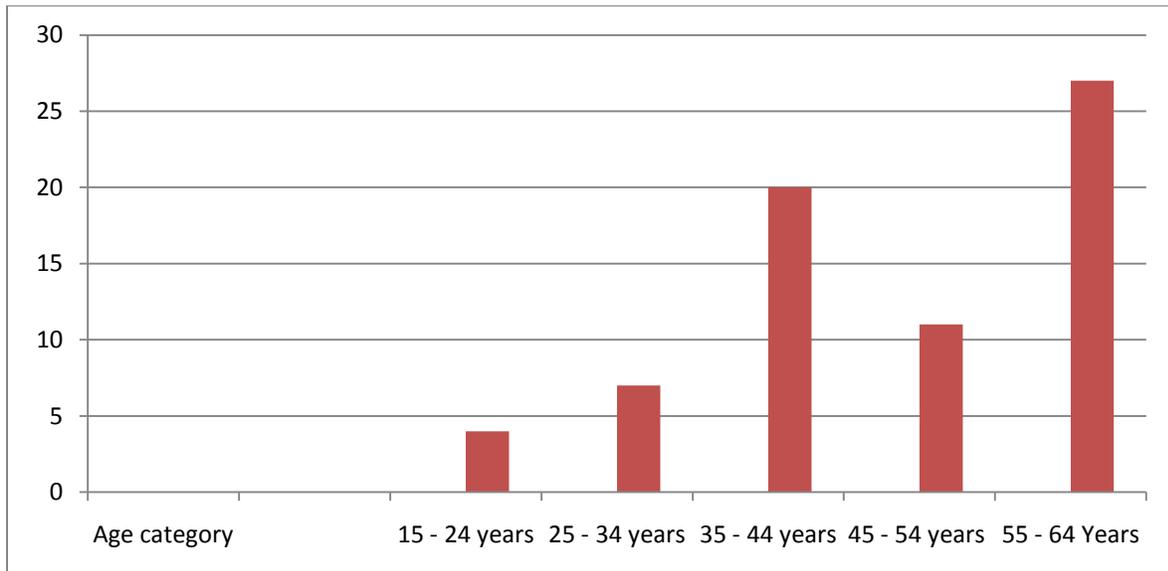
Trainees having opportunities to teach the program activity



FEEDBACK FROM PROGRAM LEADERS

Sixty-nine of the 75 leaders provided information regarding age and whether they were personally experiencing a chronic health condition. Table 2 shows the ages of leaders in 10-year cohorts.

Table 2. Age categories of Punjabi CDSMP Leaders



Eleven leaders indicated they had diabetes, two had heart disease, eight had hypertension and sixteen reported having some other type of health problem. Thirty-two leaders did not report whether they were experiencing a chronic health condition.

The “**CDC Health-Related Quality of Life Healthy Days Core Module Interview Questionnaire**”

(Appendix V) was provided by the Fraser Health Authority with a request to have program leaders and participants complete it at two time points between six and nine months.

Question 1 asked: Would you say that in general your health is (circle the appropriate answer):

- 1. Excellent
- 2. Very Good
- 3. Good
- 4. Fair
- 5. Poor

Result – Based on a matched comparison of 55 leaders, the mean pre- score was 2.27 and the mean post-score 2.02. The t-score was 2.93 and the significance level was .005.

2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- a. Number of Days: _____

Result – Pre-score mean was 3.50 and post was 1.69. T- score was 2.38 and significance level was .021.

3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

- a. Number of Days: _____

Result – Pre-score mean was 2.20 and post was 1.13. T- score was 1.83 and significance level of .073.

4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

- a. Number of Days: _____

Result – Pre-score mean was 2.20 and post was .98. T- score was 1.99 and significance level of .057.

5. How likely is it that you would recommend the participation in this program to a friend/relative?
Please circle your answer.

1 2 3 4 5 6 7 8 9 10

Extremely Unlikely

Extremely Likely

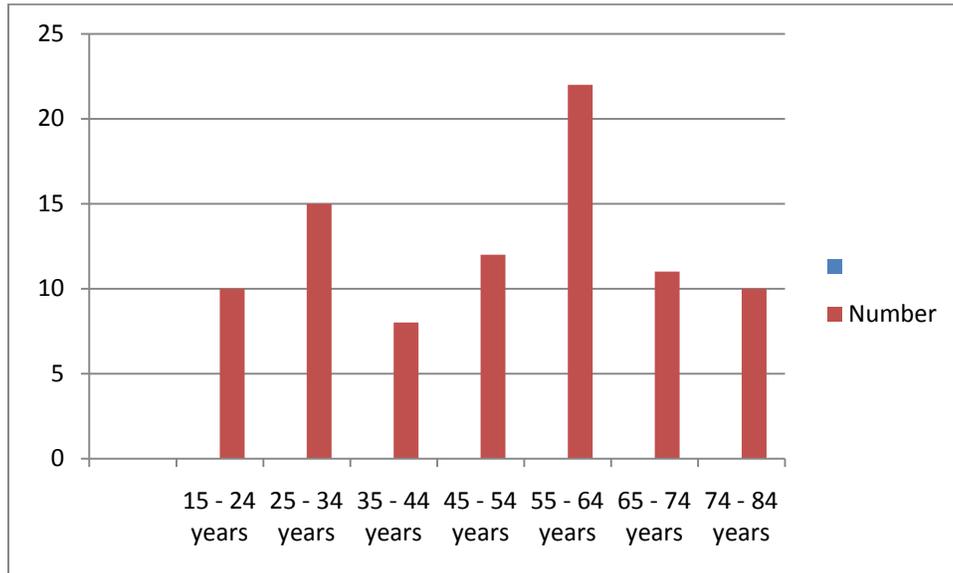
Result – Pre-score mean was 8.00 and post was 8.48. T- score was -2.36 and significance level of .022.

Leaders were also invited to provide additional feedback / information on how the program could be improved in the future. This information is contained in Appendix VI.

FEEDBACK FROM PROGRAM PARTICIPANTS

Eighty- eight program participants provided information regarding age and whether they were personally experiencing a chronic health condition. Table 2 shows the ages of leaders in 10-year cohorts.

Table 3. Age categories of Punjabi CDSMP Leaders



Only 50 program participants reported they were experiencing chronic health conditions. Five reported having arthritis; 13 had diabetes three had heart disease; one had kidney disease; five reported having hypertension; and twenty -three reported having another type of chronic health condition.

Participants were also invited to complete the “**CDC Health-Related Quality of Life Healthy Days Core Module Interview Questionnaire**”

Question 1 asked: Would you say that in general your health is (circle the appropriate answer):

1. Excellent
2. Very Good
3. Good
4. Fair
5. Poor

Result – Based on a matched comparison of 31 participants, the mean pre- score was 2.58 the mean post-score 2.61 indicating no change.

2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- a. Number of Days: _____

Result – Pre-score mean was 2.94 and post was 2.81 also indicating no change.

3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

a. Number of Days: _____

Result – Pre-score mean was .80 and post was also .80 indicating no change.

4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

a. Number of Days: _____

Result – Pre-score mean was 1.87 and post was .83. T- score was 1.72 and significance level of .096.

5. How likely is it that you would recommend the participation in this program to a friend/relative? Please circle your answer.

1 2 3 4 5 6 7 8 9 10

Extremely Unlikely

Extremely Likely

Result – Pre-score mean was 8.67 and post was 8.30 indicating no change.

Program participants were also invited to provide additional feedback / information on how the program could be improved in the future. This information is contained in Appendix VII.

Objective 6

After training program leaders the subsequent project activity was to deliver a minimum of 10 six-session workshops to 100 Punjabi speaking adults. In pairs, the Leaders delivered 11 programs (once a week for 2 ½ hours for 6 consecutive weeks) to 108 persons (see Table 3). The initial project objective was to conduct 10 workshops for 100 persons.

Table 3. Dates, locations and number of participants in Punjabi Self-Management Programs.

Dates	Location	Number of Participants
July 11 – Aug. 15	PICS Assisted Living – Surrey, BC	15
July 16 – Aug. 21	Prasad Home – Surrey, BC	9
Aug. 1 – Sept. 5	Gill Home – Surrey, BC	9
Aug. 8 – Sept. 6	Boparai Home – Surrey, BC	8
Aug. 10 – Sept. 14	PICS Assisted Living – Surrey, BC	16
Sept. 23 – Oct. 28	Newton Library – Surrey, BC	9
Nov.7 – Dec.	12 Rai Villa, Surrey, BC	10
Nov.7 – Dec.	12 Kang Home, Surrey, BC	10
Nov. 21 – Dec.	Sangha Extended Family Complex, Surrey, BC	10
Feb. 6 – Mar 13	PICS Child Minding – Surrey, BC	7
Feb. 13 – Mar. 20	Sunrise Pavillion – Surrey, BC	5
		Total 108

Objectives 7 & 8

The final project objectives were to hold 3 focus groups to obtain participants' perceptions of the benefits of the program and hold one focus group to obtain perspectives of the Punjabi program leaders.

During February and March 2010, one focus group was held with 11 program leaders and three focus groups were conducted with program participants. Table 4 shows the dates, locations, number of participants and group facilitators.

Table 4. Focus groups with program leaders and participants.

Focus Group Members	Date	Location	Number of Participants	Focus Group Facilitators
CDSMP Leaders	February 20	La Zawab Delta	11	Jennifer Ramsay, Jay Bains, Natalie Gauthier
CDSMP Participants	February 3	PICS Surrey	18	Patrick McGowan, Sherry Lynch, Jennifer Ramsay, Jay Bains
CDSMP Participants	March 3	Sangha Home Surrey	7	Jennifer Ramsay, Jay Bains, Natalie Gauthier
CDSMP Participants	March 13	Rai Home Surrey	9	Jennifer Ramsay, Jay Bains, Natalie Gauthier

Each question was written on a separate sheet of a flip chart and each program leader had an opportunity to respond. Facilitators recorded each response on the flip chart. When all participants had completed their turn, the facilitator read out each response inquiring whether explanation or clarification was required. Participants were then given another opportunity to add additional items to the list.

A - Program Leader Focus Group

Each member of the group responded to three questions which were asked separately, specifically:

1. What benefits did the participants get from the program?
2. What benefits did you get from the program?
3. How has it improved your health?

1. What benefits did the participants get from the program?

Acquired knowledge

People acquired authentic knowledge

They learned to live with the disease

There was reinforcement of knowledge and initiation of thought process

They learned to follow a routine for medication

They learned to have a balanced healthy diet and use less sodium

They are more aware of how to access professional help

They have a better understanding of the health promotion process by learning symptoms and causes of different chronic conditions

They accepted their condition(s) and learned what to do to take care of it

They learned about medication and individual differences

Able to use action plans

They learned action plans and are more organized

They learned how to action plan and the problem solve

They started a group action plan

Changed behaviours

They started meditation and relaxation

They improved their nutrition habits

It helped them to revive their exercise, meditation

Better communication

They have better listening skills

They have better interaction with health professionals and know how to ask questions regarding their health

More positive attitude

They are more confident about themselves

It brought people out of self-pity mode and how they could manage better

They have a positive attitude and are more relaxed

They are motivated to exercise or meditate

They are able to maintain a healthier lifestyle both emotionally and physically

2. What benefits did you get from the program?

Using action plans

I manage by using action plans

I'm better organized in everything; in my daily life by using action plans

Better breathing

I learned about better breathing techniques

I use better breathing

I have improved sinus condition by using the deep breathing technique

Better communication

I learned how to help deal with family members with chronic conditions

I learned to say 'no' to my spouse

More exercise

I'm walking better

I started to do a lot of exercise – yoga, breathing

Helping others

I feel inner satisfaction by helping others

By helping others, I realize that you need to help yourself (e.g. saying 'no')

I became more nurturing, more understanding of others and self through self-management

Improved self-confidence

I became more confident in running workshops

It's a self-revitalization

It's an acknowledgement to evaluate self - like saying you are unique – self-acceptance

I live with less guilt

The moment you become aware, you can change, life goes on

You assess your confidence level to achieve your health goals

Learned New Skills

I learned about self-management tools

I learned to use alternatives

I can now evaluate my health conditions

I think out of the box to find solutions

I have an awareness to find a solution

Managing depression / stress / difficult emotions

I learned how to handle depression

I now know how to handle stress and difficult emotions

I have better stress management

Positive thinking

I use positive thinking (2)

I use positive and rational thinking

I am far more positive

I have a change in attitude – more positive thinking

3. How has it improved your health?

Better management of my condition

I maintain a health/medical diary for family members and friends in case of an emergency

I am more careful about self-medication

I have a better understanding of my disease

I am more aware about the optimal use of medicine

I can strike a balance between treatment and management of a chronic condition

My blood pressure was high and it has decreased and the medication dosage has decreased as well

I'm more health conscious overall (2)

I learned how to manage self (i.e., self-care)

I use a solution-oriented approach

I sleep better

My health is better

It can bring about change mentally and physically in people's lives

There is a shift in thinking – instead of why? How? Use critical thinking

I have tools for further dissemination of knowledge

There are less sick leave applications at work now

My skin is shining now because of better eating habits and eating more fruit

It takes less effort to be happy

B - Participant Focus Group

Three two-hour focus groups were conducted with participants. The process was similar to the process used with program leaders. The following questions were used:

1. What did you like best about the program?
2. How have you used the information and skills that you learned?

3. How has the program helped your health?
4. How have you personally benefitted from the program?

Responses were synthesized into common themes.

1. What did you like best about the program?

Learning to use action plans

I use action plans and am more organized now

We do group action plans and do relaxation exercises and sing every Sunday night at 7:30 pm

I follow a schedule now and follow action plans

I exercise and use action plans

I have used it as a motto for everyday life i.e. action plans

I'm more organized by using plans

Action plans help to make my daily routine more organized

I liked the action plans

It was a good refresher for time management and health

It helped to plan self-management i.e. planning for the week, go for a walk

It taught me how to take medicine properly and on time

I am more punctual

2. How have you used the information and skills that you learned?

In managing anger

When I'm angry, I think about this program to manage my anger

I learned to control my temper

It helps with anger management

I learned to manage anger

My wife is less angry

With better breathing

I use breathing techniques

I have improved breathing

I have fewer headaches because of regular deep breathing exercises

I feel less dizziness

Breathing techniques helped me to be active

I have improved breathing

I breathe easier and can do more things

By communicating better with health professionals

When I see the doctor now, I tell him everything; I'm prepared

I like the communication techniques

I learned to say no at social gatherings i.e. no samosas

It taught me how to ask health care professionals for information

It taught me how to communicate better with health care professionals

I started asking the doctor more questions now

I got medical history from my doctor and manage my own file

By eating healthier

I'm more sensitive to eating healthier food

I gained knowledge about the Canadian Food Guide

It was helpful learning about calories

I have better food habits, exercise habits and sleeping habits and use them step-by-step in daily life

I am using healthy living habits, especially towards food

I started eating breakfast

I cut out junk food

I stopped eating later at night

I started eating a light dinner

I'm not eating fried stuff

I eat low salt and no sugar

I started reading labels on food items

I eat a variety of foods from all the food groups; two snacks, a variety

I control food habits and lose weight

I have better digestion - not as much gas

I eat better

I have better eating habits

I gave up junk food

It helps with a diet plan, healthy eating and exercise

In exercising

I learned more about exercise – walking

I started exercising, walking – staying in good shape

I like walking

I like walking – it's easy and good

The easy exercises that were demonstrated were helpful – you can do them while watching TV or sitting down – multi-tasking; it's easy

I really liked the light exercises

I started an exercise plan and use self-discipline

I sleep better at night due to exercise

I do deep breathing and exercising everyday

I started doing exercise in the evening and feel better

I exercise now and it helps a lot

I started doing exercise

I used to get tired, but now because I exercise, I don't feel tired

Exercise helps me walk better – when I don't exercise, my body doesn't do as well

I have formed a walking routine

I'm doing regular exercise - feeling better

I feel much better because of exercise, deep breathing and time management

I am walking now

You feel good after walking

I started playing tennis

It personally helped me to go walking; I made a good habit

With my feelings

I learned how to manage depression using distraction of the mind

I talk to somebody; listen to music – when I'm depressed

I feel healthier (2)

I have improved depression

I'm feeling good (2)

I am feeling happier (2)

I don't think too much about the negative events that happened in my life

I experience a nice feeling and do new things

I'm not as depressed and able to live a healthier, happier life

It improved my positive state of mind

I learned how to deal with depression

You learn to manage your symptoms so you don't look depressed

I have less guilt – it helps with self-esteem

I feel less stressed (2)

When feeling depressed, I use relaxation techniques

In maintaining weight

I have adjusted my life and got my weight down

After a month in the hospital and being very ill and underweight, I was able to gain weight

I lost weight

It helps control weight

In having a positive attitude

I have a positive attitude now

I like to use positive thinking (3)

I'm more accepting that my condition is a part of life, instead of grumbling about it

By sharing and socializing

I socialize more

I liked the sharing, talking, communication

When you are alone with pain and you come to the group and share experiences that are similar and you are not alone, it is helpful

The exchange with the group makes you feel like you can deal with the pain

I relax and socialize better

I talk with everybody now – it keeps me happy

I talk more with my friends

It was helpful to share information with other people

3. How has the program helped your health?

I'm sleeping better

I have more energy

I'm more relaxed

I get more fresh air and go walking

I get more sleep

I'm more energetic

My friends and relatives tell me my health has improved

I have improved movement in fingers

I have less fatigue and more energy

Now I can walk and sleep on time, watch TV and listen to the radio more comfortably

4. How have you personally benefitted from the program?

By having new skills

I learned how to solve my problems

It was quite educative

It helped to educate ourselves to take care of ourselves

It opened new doors for many people – i.e. I did yoga or meditation instead of taking medications

For exercising and taking medications, I write down times

I learned relaxation techniques and positive talk

I use the 811 number (2)

In case of emergency, you know who to reach, who to talk to

I learned to use Option 2 – an alternative

I learned different strategies like deep breathing

I learned how to use 'I' messages

I can now use all of the experiences in my daily life

After eating, I stay active now instead of going to bed or lying down

I learned to use self-management better

I learned and am using new healthier lifestyle habits

I learned to get fresh air when I'm not feeling good

Now I have the knowledge to make better decisions

I am more aware of my rights as a patient

I learned distraction of the mind, especially at night

I now keep my medical history in a file – a report

I learned to maintain a health diary

I learned how to manage my diabetes

I learned about diabetes – where to go, what to do and what to eat

Being able to help others

We help each other more

I have started serving other community members; I`ve shared my knowledge with them

If you see someone in pain, you can help them

I`m more willing to do something for others

Improving my fitness

I used to walk only with a walker but now am improving and am walking with a cane

I climb the stairs now for exercise and I`m getting stronger

My willpower is stronger – instead of using the elevator, I use the staircase

I`m fitter (2)

I have more strength in the arms

I have improved leg strength and flexibility

I got into the habit of more exercise, more regularly

It helps with a healthy lifestyle – I take short breaks now

I take short walks more frequently

I generally feel much better and have more strength when walking

I have more strength in my body

Having increased confidence

Whatever I plan I do it with full determination

I have improved self-confidence

It gave me encouragement

It motivated me

I feel beautiful, inside and outside!

I feel less guilt because I'm not eating so much junk

I feel confident

It increased my motivation and confidence

I keep on doing my work on my own; I'm independent

I now have a total awareness regarding health

Appendix I

Punjabi Leader Manual

ਲੰਬੇ ਸਮੇਂ ਦੀ ਸਿਹਤ ਦੀ ਮੁਸ਼ਕਲ ਵਿਚ ਵੀ
ਖੁਦ-ਸੰਭਾਲ ਪ੍ਰੋਗਰਾਮ

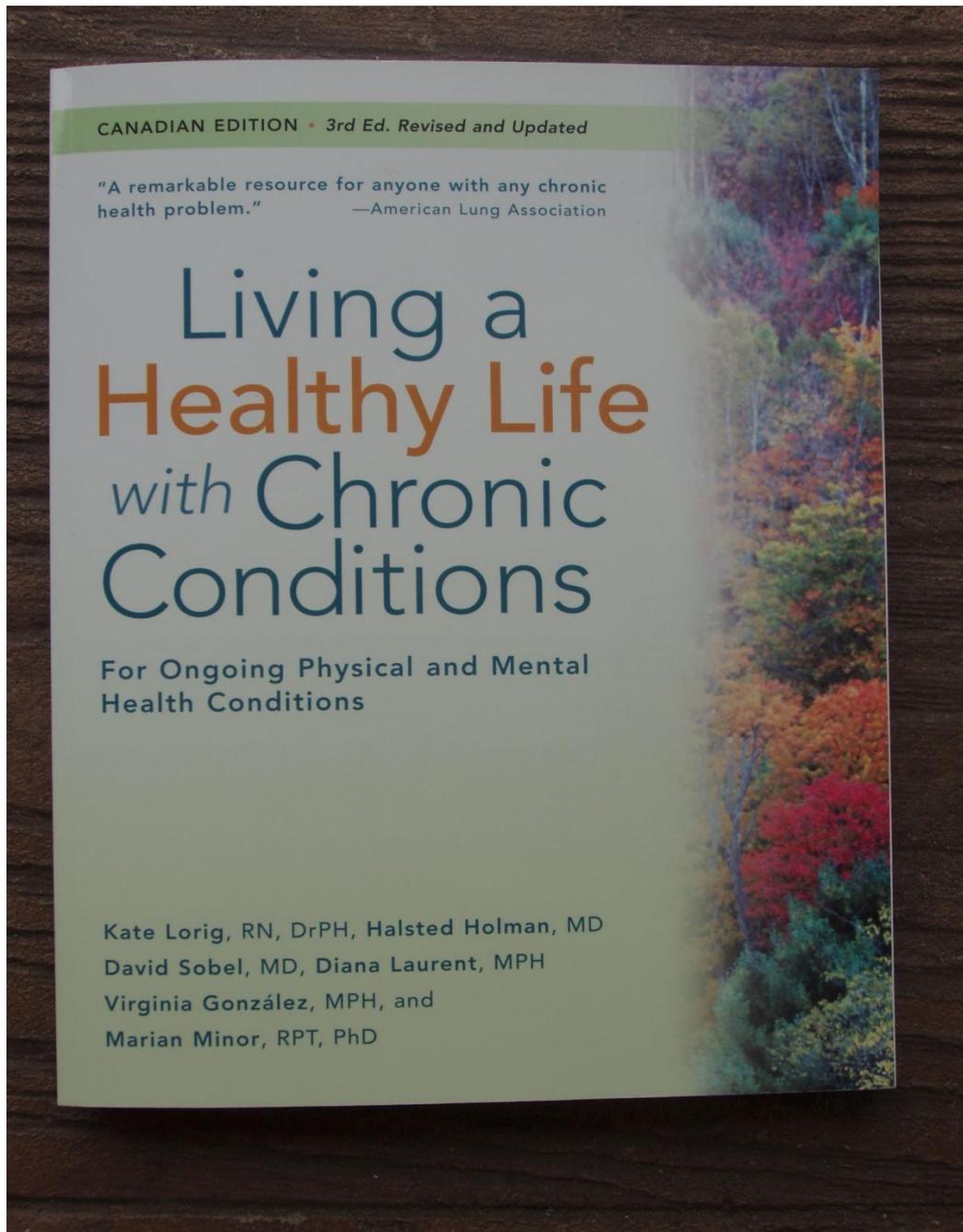
ਲੀਡਰਾਂ ਲਈ ਛੋਟੀ ਕਿਤਾਬ



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Appendix II

Participant Coursebook



ਪੁਰਾਣੀਆਂ ਤਕਲੀਫ਼ਾਂ ਨਾਲ
ਜ਼ਿੰਦਗੀ ਜਿਉਣ
ਦੀ ਅਗਵਾਈ ਸਿੱਖਿਅਤ
ਵਲੰਟੀਅਰ ਲੀਡਰਾਂ ਦੀਆਂ ਜੋੜੀਆਂ
ਕਰਦੀਆਂ ਹਨ।



ਤੁਸੀਂ ਵਲੰਟੀਅਰ ਲੀਡਰ ਕਿਵੇਂ
ਬਣ ਸਕਦੇ ਹੋ?

ਆਪਣੀ ਕਮਿਊਨਿਟੀ ਵਿੱਚ ਅਗਲੀ
ਵਲੰਟੀਅਰ ਲੀਡਰ ਟ੍ਰੇਨਿੰਗ ਲਈ
ਰਜਿਸਟਰ ਕਰਨ ਲਈ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

ਸਾਰੇ ਬ੍ਰਿਟਿਸ਼ ਕੋਲੰਬੀਆ ਵਿੱਚ ਨਿਰੰਤਰ ਅਧਾਰ
ਤੇ ਟ੍ਰੇਨਿੰਗਾਂ ਕਰਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਸਮੁੱਚੇ ਸੂਬੇ
ਵਿਚਲੀ ਸਾਡੀ ਵਲੰਟੀਅਰ ਲੀਡਰਾਂ ਦੀ ਟੀਮ ਵਿੱਚ
ਸ਼ਾਮਲ ਹੋਵੋ!

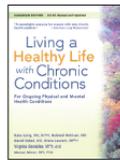
ਕੀ ਤੁਸੀਂ
ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ
ਜਾਂ
ਵਲੰਟੀਅਰ ਲੀਡਰ ਬਣਨ
ਵਿੱਚ ਰੁਚੀ ਰੱਖਦੇ ਹੋ?
ਹੁਣੇ ਕਾਲ ਕਰੋ!

ਜੇ. ਬੇਂਸ

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ਜਾਂ ਸਾਡੀ ਵੈੱਬਸਾਈਟ ਤੇ ਜਾਓ
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ਪੁਰਾਣੀਆਂ ਤਕਲੀਫ਼ਾਂ
ਨਾਲ ਜ਼ਿੰਦਗੀ ਜਿਉਣਾ

(ਪੁਰਾਣੀਆਂ ਬੀਮਾਰੀਆਂ ਦਾ ਸਵੈ-ਪ੍ਰਬੰਧਨ ਪ੍ਰੋਗਰਾਮ
-ਸੀ ਡੀ ਐੱਸ ਐੱਮ ਪੀ)



ਸਿਹਤਮੰਦ ਜੀਵਨ ਜਿਉਣ ਲਈ
ਤੁਹਾਨੂੰ ਸਾਧਨ ਪ੍ਰਦਾਨ ਕਰਾਉਣ
ਲਈ ਇੱਕ
ਮੁਫ਼ਤ ਸਿਹਤ ਸਿੱਖਿਆ ਵਰਕਸ਼ਾਪ

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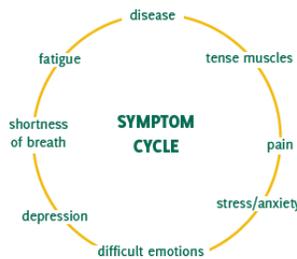


ਪੁਰਾਣੀਆਂ ਤਕਲੀਫ਼ਾਂ ਨਾਲ ਜ਼ਿੰਦਗੀ
ਜਿਉਣਾ ਕੀ ਹੈ?

- ਆਪਣੀ ਸਿਹਤ ਸੰਭਾਲ ਵਿੱਚ ਮਦਦ ਲਈ
ਤੁਹਾਨੂੰ ਮੁਹਾਰਤ, ਭਰੋਸਾ ਅਤੇ ਸਾਧਨ
ਪ੍ਰਦਾਨ ਕਰਨ ਵਾਲੀ ਸਿਹਤ ਸਿੱਖਿਆ
ਵਰਕਸ਼ਾਪ
- ਚੱਲ ਰਹੀਆਂ ਕੋਈ ਵੀ ਸਰੀਰਕ ਜਾਂ
ਮਾਨਸਿਕ ਤਕਲੀਫ਼ਾਂ ਨਾਲ ਜੀ ਰਹੇ ਕਿਸੇ
ਵੀ ਉਮਰ ਦੇ ਬਾਲਗ਼ਾਂ ਲਈ ਅਤੇ ਪ੍ਰਵਾਰ,
ਮਿੱਤਰਾਂ ਅਤੇ ਸਾਂਭ ਸੰਭਾਲ ਕਰਨ ਵਾਲਿਆਂ
ਲਈ ਵੀ
- 8 ਤੋਂ 16 ਲੋਕਾਂ ਦੇ ਗਰੁੱਪ 6 ਹਫ਼ਤਿਆਂ
ਲਈ ਪ੍ਰਤੀ ਹਫ਼ਤਾ ਢਾਈ ਘੰਟੇ ਲਈ
ਮਿਲਦੇ ਹਨ
- ਸਮੁੱਚੇ ਬ੍ਰਿਟਿਸ਼ ਕੋਲੰਬੀਆ ਵਿੱਚ ਆਯੋਜਤ



ਤੁਸੀਂ ਸਿੱਖੋਗੇ ਕਿ ਕਿਵੇਂ:



- ਲੱਛਣਾਂ ਨੂੰ ਸਮਝਣਾ ਅਤੇ ਉਨ੍ਹਾਂ ਦਾ ਹੱਲ
ਕਰਨਾ ਹੈ
- ਜੀਵਨ ਸ਼ੈਲੀ ਵਿੱਚ ਬਦਲਾਵਾਂ ਦੀ ਸ਼ੁਰੂਆਤ
ਕਰਨੀ ਹੈ ਜਿਵੇਂ ਕਿ ਸਿਹਤਮੰਦ ਖਾਣਾ ਅਤੇ
ਵਧੇਰੇ ਸਰਗਰਮ ਰਹਿਣਾ
- ਆਪਣੀ ਸਿਹਤ ਸੰਭਾਲ ਟੀਮ ਨਾਲ ਅਸਰਦਾਰ
ਢੰਗ ਨਾਲ ਗੱਲ ਬਾਤ ਕਰਨੀ ਹੈ
- ਰੋਜ਼ਾਨਾ ਦਾ ਕੰਮ ਕਾਰ ਸੁਖਾਲਾ ਬਣਾਉਣਾ ਹੈ
- ਟੀਚੇ ਮਿਥਣੇ ਅਤੇ ਮੁਸ਼ਕਲਾਂ ਹੱਲ ਕਰਨੀਆਂ
ਹਨ
- ਅਮਲ ਕਰਨਾ ਹੈ ਅਤੇ ਸਿਹਤਮੰਦ ਜੀਵਨ
ਜਿਉਣਾ ਹੈ

ਭਾਗ ਲੈਣ ਵਾਲੇ ਵਰਕਸ਼ਾਪ ਬਾਰੇ ਕੀ
ਆਖਦੇ ਹਨ:

ਇਸ ਨੇ ਮੈਨੂੰ ਮੇਰੀ ਪੁਰਾਣੀ ਤਕਲੀਫ਼ ਬਾਰੇ
ਅਤੇ ਆਪਣੀ ਬੀਮਾਰੀ ਦਾ ਵਧੇਰੇ ਸਮਝਣਾ
ਨਾਲ ਪ੍ਰਬੰਧਨ ਕਰ ਸਕਣ ਬਾਰੇ ਇੱਕ ਨਵਾਂ
ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਦਿੱਤਾ ਹੈ।

ਇਸ ਨੇ ਮੈਨੂੰ ਜੀਵਨ ਸ਼ੈਲੀ ਵਿੱਚ ਵੱਡੀਆਂ
ਸਕਾਰਾਤਮਕ ਤਬਦੀਲੀਆਂ ਕਰਨ ਲਈ
ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਮੈਂ ਇੰਨਾ ਬਿਹਤਰ ਅਤੇ
ਜ਼ਿਆਦਾ ਸਿਹਤਮੰਦ ਪਹਿਲਾਂ ਕਦੇ ਮਹਿਸੂਸ
ਨਹੀਂ ਕੀਤਾ।

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ਕਰਨੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ, ਉਹ ਕਰਨੀਆਂ
ਸ਼ੁਰੂ ਕਰਨ ਦੇ ਇਸ ਨੇ ਮੈਨੂੰ ਢੰਗ ਸਿਖਾਏ।



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ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਭਾਗ ਲੈ ਚੁੱਕੇ ਹਨ।

ਸਤੰਬਰ, 2008

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

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Appendix V



CDC Health-Related Quality of Life (CDC HRQOL-4)

Healthy Days Core Module Interview Questionnaire

Client ID: _____

Program Start	Program End

Date: _____

1. Would you say that in general your health is (circle the appropriate answer):

1. Excellent
2. Very Good
3. Good
4. Fair
5. Poor

2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- a. Number of Days: _____

3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

- a. Number of Days: _____

If both Q2 AND Q3 = "None" or "0", skip next question

4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

- a. Number of Days: _____

5. How likely is it that you would recommend the participation in this program to a friend/relative? Please circle your answer.

1 2 3 4 5 6 7 8 9 10

Extremely Unlikely

Extremely Likely

6. Please provide any additional information /feedback that you feel would help us to improve future programs.

Thank You

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Appendix VI

Additional Feedback from Program Leaders

Please provide any additional information / feedback that you feel would help us to improve future programs.

Comments about the translation of *Living a Healthy Life with Chronic Conditions* Book

- *Living a Healthy Life with Chronic Conditions* should be translated into Punjabi. Once it's done, please mail me one copy.
- Teaching time fast need more time. *Healthy Life* book should be in Punjabi language also.
- Need book in Punjabi. More teaching practice rather than lecture.
- Workshop is good. We need the living condition book in Punjabi version as well
- We need this kind of programs quite often to get up to date information about diseases and health. Books should be translated into different languages.
- Workshop is beneficial. Need book in Punjabi (chronic conditions) version as well.
- The *Living a Healthy Life with Chronic Conditions* book should be in Punjabi too. *Living a Healthy Life* (book) satisfactory.
- *Living a Health Life* also should be in Punjabi language.

General Comments about the CDSMP Program

- Some brief handouts should be given to give briefing of different chronic diseases and none other sources of information like website etc.
- Follow up important
- The program was very good but it was lacking punctuality. If the program starts on time it would have been good.
- I will tell the people in India too (about the course).
- More translation in English.

- It is a very informative and essential tool. Would be more beneficial to have more sessions.
- They are saying good things. It would be good if this program is ongoing.
- The program is excellent, in every way.
- I have back pain and I'm looking for a companion from this class who can do exercises with me.
- Let us know more about exercise.
- Everything was perfect, but the class hours were a bit too long. I would prefer short class hours but more days. Otherwise everything was good.
- More practice time in class.
- Tell us more about specific diseases.
- I am now tension free.
- I like this program. I attend this program and I learn more new things. I gain my confidence level. I think it is very good for me and for everyone.
- I am talking about this (program) in social gatherings.
- It should be more practice oriented. Demonstration part need more attention. Punjabi speaking participants need Punjabi speaking facilitator. It may be more effective for the participants in terms of understating the concepts.
- These kinds of programs are important tools to enhance awareness among South-Asian communities. It should be introduced to the people living in Vancouver, New West, Abbotsford ...
- Like very much.
- There were few errors in Punjabi translation (flip chart). Robert and Sherry's presentation was very good.
- Good to know growing.

- As a participant who was also getting trained to be a leader, I really enjoyed these sessions. I believe they will be of great value to those living with chronic conditions.
- I enjoyed co-leading
- The instructor performed very well to the class and makes everyone feel confident and comfortable.
- Process of teaching good.
- If some visual material can be added that will be an added feather to your cap.
- There should be more practical exercises, like breathing to manage acute and chronic diseases.
- As it is seems okay.
- Good content. General information can be used easily.
- Need this kind of program in the community.
- Ongoing programs will help us to remember the things that we learned.
- More hands on stuff if possible.
- Definitely, I will let everybody know.
- Need promotion.
- Everybody liked the workshops.
- Complete workshops should be in Punjabi.
- more translated materials
- More time for open discussion
- spread awareness regarding medical/clinical information
- show some symptoms visuals, may be still pictures to have better understanding of the symptoms

- I enjoyed co-leading the workshop with Jay.
- This course is very informative.
- This is the much needed program for South Asian community. I am pleased to see that seniors giving their presentation in Punjabi. This is a very good program.
- Please put all information about Leader's Manual on website and next workshop dates information in Punjabi.
- Follow-up should continue.
- I like this program. I hope this program go continue. Thank you to everybody telling us good things about health.
- I use this.
- Try to include some health professionals or chiropractors also for brief questions/answers session. It should be more advertised on radio, newspapers of the community.
- Need ongoing promotion.
- This type of session should be organized in Surrey quite often. 5) It (the program) should be delivered on a regular basis.

Appendix VII

Additional Feedback from Program Participants

Please provide any additional information / feedback that you feel would help us to improve future programs.

- The *Living a Healthy Life* book should be written in Punjabi. The program was very good.
- I like it.
- This program should be on an ongoing basis so common people can get more information about this program. It's a good thing to discuss the things (skills) among ourselves.
- This program enlightened us.
- Very good.
- It was good. I will tell everybody in my work place.
- I feel like doing it.
- We learned good things.
- After completing this program, I am more confident and can fight with disease.
- This is upon you Sir. Have a check, so you could see.
- Very good information in Punjabi for the Punjabi people. At least one class should be facilitated by a physician.
- I start working plan.
- include doctors
- Good message. I will practice.
- I will ask my class fellows to attend this programme. Good for health.
- The information about this kind of program should be promoted among the large scale of people.
- Good program. I missed 2 days.
- It was very good
- Good work.
- I learned a lot. Correct process of breathing.

- Now I am determined. I will walk everyday. I will eat healthy food timely and I will speak good things (positive talk).
- I like this program
- I like it. While interacting, I learned new things.
- It was very good – healthy food, positive thinking, leads to a complete good life.
- I like it very much.
- There is something to learn.
- It's good for us. There should be doctors too.
- When I'm participating in this program, I forget about pain.
- Now I walk 20 minutes every day.
- Language was a problem. Difficult for my mother to ask questions due to language barrier.
- Program kept me going
- It was a good program; keep on letting us know – we learned a lot of things.
- Informed us about a lot of good things in a good way.
- I like it very much. I never realized that walking is so good for health.
- It reminded me of all the past things. If you are determined to do – only then can you complete the work.
- It should continue.
- This program was very good – that's why there should be more camps (programs).
- Diabetes should be included in the program.
- With this program a person can stay healthier.
- Very good.
- Motivate to live good life style.
- Motivate to live healthier life style.
- Simple and effective.
- Useful class, recommended to all.

- Good program.
- There is still room for making this program a little more interactive.
- Punjabi *Living a Healthy Life with Chronic Conditions* book needed.
- This program was very good. Skills to concentrate the thoughts (meditation) should be included in this program.
- This program was very good and it should be facilitated on an ongoing basis.
- I'm trying to live with sickness – it was good to learn new skills.
- Awesome.
- Of course it's time consuming, but I like it very much.
- This program should be ongoing so that we can get more information.
- This program helped us to keep our bodies healthy.
- I want to go to medical line. It is helpful.
- Learned a lot of new things.
- It was very good. There were so many things to learn.
- Information is good. Presentation is good.
- I will definitely tell other people.
- I like this program. It is helpful for me and all of the others.
- It is good.
- I really enjoyed attending these sessions because they were really informative.
- This kind of program should be ongoing.
- Good, useful program; enjoyable; fun for mental health; great for instructors!
- I like it.
- Program is good. It was good to talk with Dr. Cheema and ask him a few questions.
- The speakers were excellent and well prepared. I would recommend the program to everyone.
- More and more people should get information about this program. Doctors should be included to give more information.

- It's a very good program. If any doctor came one day, that would be very good.
- I like it very much.
- More information should be given about exercise.
- Good program.
- Learned social activities.
- It is helpful. I will focus on walking and healthy eating. Good program.
- I will tell other people.
- I like demonstration.
- Keep it going.
- This program should be ongoing.
- This program is very good. I like it so much.
- Action plan good.
- I learned a lot of things.