



Encourage Participation in Self-Management Programs

Chronic Disease Workshops Help Your Patients Manage Their Diseases

Every day, you see the toll of chronic disease on people's lives—the pain, the limitations, and the poor emotional health, which compromise the quality of daily life. You also recognize how hard it is for patients to follow through on recommendations for basic lifestyle changes like increasing exercise and healthy eating. People with chronic disease can learn how to manage their symptoms and adopt healthy behaviors. Low-cost, self management workshops in your community can complement your clinical treatment and help your chronic disease patients learn to live happier, healthier lives. Your recommendation is key in helping patients with chronic diseases enroll in these vital programs.

A Low-Cost Intervention that Complements Clinical Treatment

Evidence-based, self-management education programs have been proven to significantly help people with chronic diseases.¹ Together with your clinical care, these programs teach participants how to exercise and eat properly, use medications appropriately, solve everyday problems, and communicate effectively with family members and health care providers—all positive life skills to enhance well-being. As a result, these interventions help participants reduce pain, depression, fear, and frustration. They also help patients to improve mobility and exercise, increase energy, and boost confidence in their ability to manage their condition.¹

Proven Self-Management Programs Can Make a Difference to Your Patients

Two research studies, each combining the results of more than 20 evaluations demonstrate the value of two highly successful self-management programs developed at Stanford University—the Chronic Disease Self-Management Program and the Arthritis Self-Management Program. Learn more about the results from meta-analyses of these two programs at <http://www.cdc.gov/arthritis/docs/ASMP-executive-summary.pdf>.

Why Self-Management is Important

- Chronic disease is the leading cause of disability in Canada.² About 16 million Canadians³, or three out of five adults over the age of 20, live with a chronic disease. Four out of five Canadians are at risk.⁴
- Nationally, chronic disease treatment accounts for 67% of all direct health care costs, and costs the Canadian economy \$190 billion annually.⁵
- 4.6 million Canadians have been diagnosed with arthritis, the most common cause of disability. The medical costs for treating arthritis are at least \$33 billion per year.⁶
- Helping people with chronic disease learn to better manage their condition will help reduce the personal and societal burden of chronic diseases in Canada.

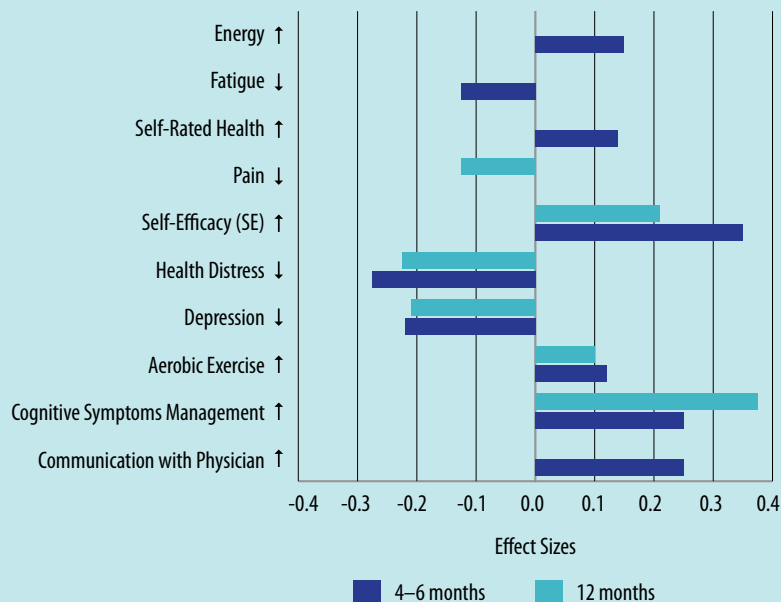


**University
of Victoria**

**Institute on Aging
& Lifelong Health**

Significant Effect Sizes for CDSMP Outcomes at 4-6 and 12 months Follow-up

Many of the Effects of CDSMP Persist at 12-Month Follow-Up



- ✓ Are designed to be taught in a community setting, such as a senior centre, church, library, or hospital.
- ✓ Are offered as a 2 ½ -hour per week workshop for 6 weeks.
- ✓ Are led by trained leaders who have chronic conditions themselves, and who follow a structured leader protocol.
- ✓ Help participants learn how to 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 available in English, Chinese and Punjabi.

Self-management programs are educational workshops for people with chronic conditions. Specific programs are available for cancer, chronic pain and diabetes. Programs teach skills to people managing their chronic conditions. Learn more about these Stanford University self-management programs at <http://patienteducation.stanford.edu/programs>

Help Your Patients Gain the Skills and Confidence to Manage their Chronic Disease

You play an important role in facilitating participation in these proven, low-cost, convenient workshops. Research shows that, with a recommendation from a health care provider like you, a patient is much more likely to attend a self-management workshop. Help people with chronic diseases manage their symptoms, make lifestyle changes, and live the fullest life possible. Incorporate self-management workshops referrals in your comprehensive approach to chronic disease. 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 Chronic Disease Self-Management Program a **LEADING PRACTICE** program. www.healthcouncilcanada.ca.

Recommend self-management programs to your patients. Program locations are listed at www.selfmanagementbc.ca.

Encourage your patients to register in these free programs:

Call: (604) 940-1273 in the Lower Mainland or toll-free 1-866-902-3767

Email: selfmgmt@uvic.ca

Through our website: www.selfmanagementbc.ca

1. www.cdc.gov/arthritis/docs/ASMP-executive-summary.pdf
2. www.phac-aspc.gc.ca/cd-mc/ccdp-strategic-plan-2016-2019-plan-strategique-cpmc-eng.php
3. www.cdpc.ca
4. www.cdpc.ca/media.php?mid=1411
5. www.ccgh-csih.ca/assets/Elmslie.pdf
6. <http://arthritis.ca/understand-arthritis/arthritis-facts-figures>

Self-Management
British Columbia



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