Stanford Patient Workshops

What’s the big deal anyway?
Population Needs In The “Near” Future

In the next two decades, the number of Ontarians 65 years and older is expected to double.

The number of centenarians will triple.

The number of adults aged 85 and older will quadruple.

70% of Ontario’s seniors will have two or more chronic conditions.
The Financial Impact...

- Almost 80% of Ontarians over the age of 45 have a chronic condition and of those, about 70% suffer from two or more chronic conditions (CCHS 2003)

- Economic burden—estimated at 55% of total direct and indirect health costs (EBIC 2002)

- If changes are not made, healthcare spending could potentially eat up 70% of provincial budget in 12 years. (Ontario Action Plan for Health Care 2012)

- In the South West, chronic diseases account for
  - 1 out of 4 inpatient hospital admission
  - 1 in 10 emergency department visits
  - 1 in 4 visits to primary care practitioners (Ontario MOH LTC)
A little Perspective....
Understanding the need for Self-Management Support

12 1/2 Hours
+ 364 1/2 Days

Entire Year

Time People Spend With Their Health Care Team

Time people manage their health on their own!

Barlow, J. Interdisciplinary Research Centre in Health, School of Health and Social Sciences, Coventry University, May 2003.
Self-Management 101: THE BASICS

People **Can** learn to **Take Charge** of their health. People **Can** learn to **Take Responsibility** for achieving their best health and wellness.

AND WHEN THEY **LEARN**

THE OUTCOMES CAN BE AMAZING!
• Just telling a patient to do something. Doesn’t mean they will.
• People don’t always know how to set health related goals.
• Provider goals and patient’s goals are not always aligned.
• Understanding how to manage a chronic condition is difficult. Not impossible. Just difficult!
• For many people, understanding the value of the change increases the likelihood of changing.
• People can be empowered to achieve their best health and wellness. It just takes time and patience.
LISTEN. INVOLVE. GUIDE. EMPOWER.

REPEAT AS NEEDED
Active Self-Managers **DO** 3 things:

1. Take care of their illness
2. Carry out normal activities
3. Manage emotional changes

Success in these areas may not be instinctual. But, can be learned!
Self-Management 101: What’s Out There
Living a Healthy Life with a Chronic Condition Workshop

- FREE Workshop
- 6 weeks. 2 ½ hour sessions
- 2 Trained Leaders
- 10 – 15 Participants
- Multiple versions: General, Diabetes, Chronic Pain
Stanford Self-Management. What’s the big deal anyway?

- International Leaders.
- 50 research studies
- 6 week approach to behaviour change
- Lead by lay leaders
- Action plans
Stanford Get’s Results

Self-Management Program Outcomes at 4-6 and 12 Month Follow-Up

Many of the Effects Persist at 12 Month Follow-Up

- Energy
- Fatigue
- Self-Rated Health
- Pain
- Self-Efficacy
- Health Distress
- Depression
- Aerobic Exercise
- Cognitive Symptom Management
- Communication with Physician

Decreased

- 4—6 Months
- 12 Months

Graph Adapted (see footnote #2)
Living a Healthy Life: Workshop Overview

WORKSHOP OVERVIEW

<table>
<thead>
<tr>
<th>WEEK</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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</thead>
<tbody>
<tr>
<td>Overview of self management and chronic health conditions</td>
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<tr>
<td>Using your mind to manage symptoms</td>
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<tr>
<td>Getting a good night's sleep</td>
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<tr>
<td>Making an action plan</td>
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<tr>
<td>Feedback and problem-solving</td>
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<tr>
<td>Dealing with difficult emotions</td>
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<tr>
<td>Physical activity and exercise</td>
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<tr>
<td>Preventing falls</td>
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<tr>
<td>Making decisions</td>
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<td>Pain and fatigue management</td>
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<tr>
<td>Better breathing</td>
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<td>Healthy eating</td>
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<td>Communication skills</td>
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<tr>
<td>Medication usage</td>
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<tr>
<td>Making informed treatment decisions</td>
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<tr>
<td>Dealing with depression</td>
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<tr>
<td>Working with your health care professional and system</td>
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<tr>
<td>Weight management</td>
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<tr>
<td>Future plan</td>
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</tbody>
</table>

South West Self Management Program

FORTH EDITION – OVER 700,000 COPIES SOLD!

"An indispensable guide for people of all ages who are living with a chronic physical or mental health condition."
—National Council on Aging

Living a Healthy Life with Chronic Conditions

Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions

Kate Lorig, RN. DrPH + Halted Holman, MD
David Sobel, MD, MPH + Diana Laurent, MPH
Virginia Gonzales, MPH + Marian Minor, PT, PhD
The true “POWER” of the program

Participants Gain Confidence & Increase Self-efficacy by:

• Learning new skills and becoming masters through repetition and trial & error.
• Watching leaders and participants accomplish goals and manage their conditions.
• Trying out new things, sharing experiences, overcoming obstacles and achieving success in a safe, nurturing environment.
• Learning to view their disease not as one overwhelming task but rather as small tasks that can be individually managed and controlled.
• Gentle persuasion.
• Group dynamics that support interactive learning, individual accountability and a sense of belonging and support.
“Good” Self-Managers....

Access the right care, in the right place, at the right time

• Findings show significant reductions in ER visits at both the 6-month and 12-month assessments as well as hospitalizations at 6 months among CDSMP participants.

• From a small group sampling of 32 participants, 29 reported that they either maintained or decreased their number of emergency room visits
“What would I like to do for my health over the next week or two?”

Create an Action Plan

1. Something **YOU** want or decide to do
2. Achievable
3. Action-specific
4. Answer the questions:
   - What? (specific action)
   - How much? (time, distance, amount)
   - When? (time of day or which days of the week)
   - How often? (number of days in the week)
5. Confidence level of 7 or more
### Living a Healthy Life Workshop: A Sample Activity

**Should I start this new medication?**

<table>
<thead>
<tr>
<th>Fors</th>
<th>Score (1-5)</th>
<th>Againsts</th>
<th>Score (1-5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>It makes me feel better</td>
<td>5</td>
<td>There may be side effects</td>
<td>3</td>
</tr>
<tr>
<td>It could prevent complications</td>
<td>4</td>
<td>Yet another pill to remember</td>
<td>1</td>
</tr>
<tr>
<td>I might be able to do more</td>
<td>5</td>
<td>It costs too much. Can I afford it?</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>It may not work</td>
<td>4</td>
</tr>
<tr>
<td><strong>“Fors” total</strong></td>
<td><strong>14</strong></td>
<td><strong>“Againsts” total</strong></td>
<td><strong>11</strong></td>
</tr>
</tbody>
</table>

The “Fors” total is greater than the “Againsts”

Decision result is: To start the new medication

Ask the question: “Does this meet the ‘gut test’? – Yes
Wondering how to get involved?

Refer People

Educate Yourself

Host a Workshop

Call us!
“If we, as health care providers, view ourselves as experts whose job is to get patients to behave in ways that reflect that expertise, both will continue to be frustrated... Once we recognize patients as experts on their own lives, we can add our medical expertise to what the patients know about themselves to create a plan that will help patients achieve their goals.”

Adapted from Funnell & Anderson JAMA 2000; 284:1709
Change is hard. But you’re not alone...

**Free Programs for Clinicians:**

– Choices and Changes, Clinician Influence and Patient Action

– Health Literacy “You’ve been heard, but were you understood?”

– Treating Patients with CARE: Connect. Appreciate. Respond and Empower:

– Individual Clinician Coaching

– Effective Workshops in Design and Practice: Creating Patient Education Sessions That Really Work.