

Give your patients the tools to take charge of their health.

Managing a chronic disease can be complex and frustrating for you and your patients. Evidence suggests that nonpharmacological treatments are an important part of chronic disease management. Give patients the tools they need to improve their health by recommending a self-management education workshop.

Chronic Disease Self-Management Education (CDSME) workshops are free to low-cost programs that help individuals with chronic conditions learn how to manage and improve their own health, while reducing health care costs. The programs focus on problems that are common to individuals dealing with chronic conditions, such as pain management, nutrition, exercise, medication use, emotions, and communicating with providers.

Workshops are facilitated by two trained leaders, one or both of whom have a chronic condition themselves. These trained leaders guide workshop participants through an evidence-based script once a week for six weeks. Through the scripted curriculum, participants focus on building the skills they need to manage their conditions by sharing experiences and providing mutual support.

Friends, relatives and caregivers of someone living with a chronic condition are encouraged to attend as well. Adults of any age can benefit from the skills taught in this workshop.

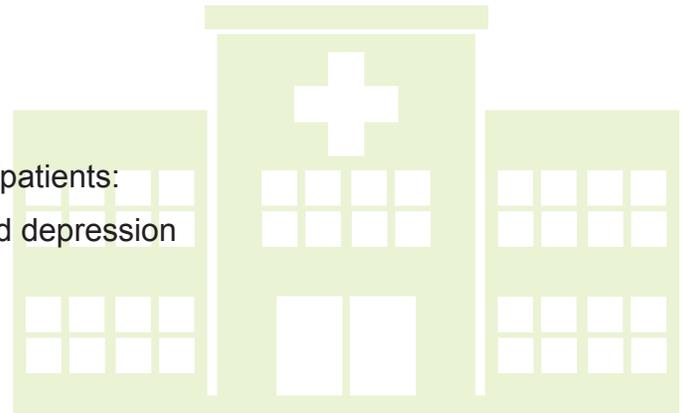
Why Use These Interventions?

- **Credible:** The evidence-based curriculum was developed by Stanford University and Kaiser Permanente. Workshops are taught by trained and certified leaders.
- **Low-cost:** Workshops are offered at an affordable rate for participants. Providers who offer workshops may be eligible for Centers for Medicare and Medicaid Services (CMS) or other reimbursement.
- **Convenient:** It's easy to refer your patients to the self-management workshops that are offered in many communities throughout Kansas.

How Do Workshops Help My Patients?

Evidence-based self-management education teaches patients:

- Techniques to manage pain, fatigue, frustration and depression
- Ways to increase their energy level
- Appropriate medication use
- Problem-solving and goal-setting skills
- To be an active partner in managing their health



Contact the Kansas CDSME coordinator at (785)296-1627 or visit www.ToolsForBetterHealthKS.org.

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How Do Workshops Help My Practice?

- Referred patients have the opportunity to complete a feedback form to be submitted to PCP at the end of the workshop outlining what they learned and their plans for future health management.
- Providers who make referrals may be able to use this process as evidence to support meaningful use reimbursement.
- **Patients are happier, healthier, better educated, and more involved.**

Studies show that the effects of these interventions last long after the workshop ends – up to 12 months or more. Workshop participants report fewer visits to the emergency room and fewer overnight hospital stays. If just 5% of patients with chronic health conditions participated in self-management workshops, national healthcare costs could be reduced by \$3.3 billion. Recommend self-management education programs to help your patients with chronic diseases live happier, healthier lives.

Does the program replace existing programs or treatments?

No. These workshops help patients work with providers to get the care that best meets their needs. Self-management skills enhance regular medical treatment. These skills are especially helpful for people with more than one chronic condition who are likely dealing with several doctors, nurses, and other professionals at the same time. **This program never offers medical advice. Participants are encouraged to discuss any specific medical issues or medication questions with their healthcare provider.**

**Patients are 18 times more likely to attend a self-management workshop if their provider recommends it. (CDC 1.2.3. Approach to Provider Outreach).

we do
CDSME

because it works