



Self-Management Education in CDRR



Our Mission: To protect and improve the health and environment of all Kansans.



Chronic Disease Self-Management Education

- **Chronic Disease Self-Management Program (CDSMP)**
- **Diabetes Self-Management Program (DSMP)**
- **Tomando Control de su Salud (Spanish CDSMP)**
- **Programa de Manejo Personal de la Diabetes (Spanish DSMP)**

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Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	●					
Making an action plan	●	●	●	●	●	●
Using your mind to manage symptoms	●		●		●	●
Feedback/problem-solving		●	●	●	●	●
Difficult Emotions		●				
Fitness/Exercise		●	●			
Better breathing			●			
Pain			●			
Fatigue			●			
Nutrition				●		
Future plans for health care				●		
Communication				●		
Medications					●	
Making treatment decisions					●	
Depression					●	
Working with your health care professional						●
Working with the health care system						●
Future plans						●

Why CDSME?



- Exercise
- Coping strategies and symptom management
- Communication with physicians

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Why CDSME?



- Fatigue
- Pain
- Disability
- Hospitalizations

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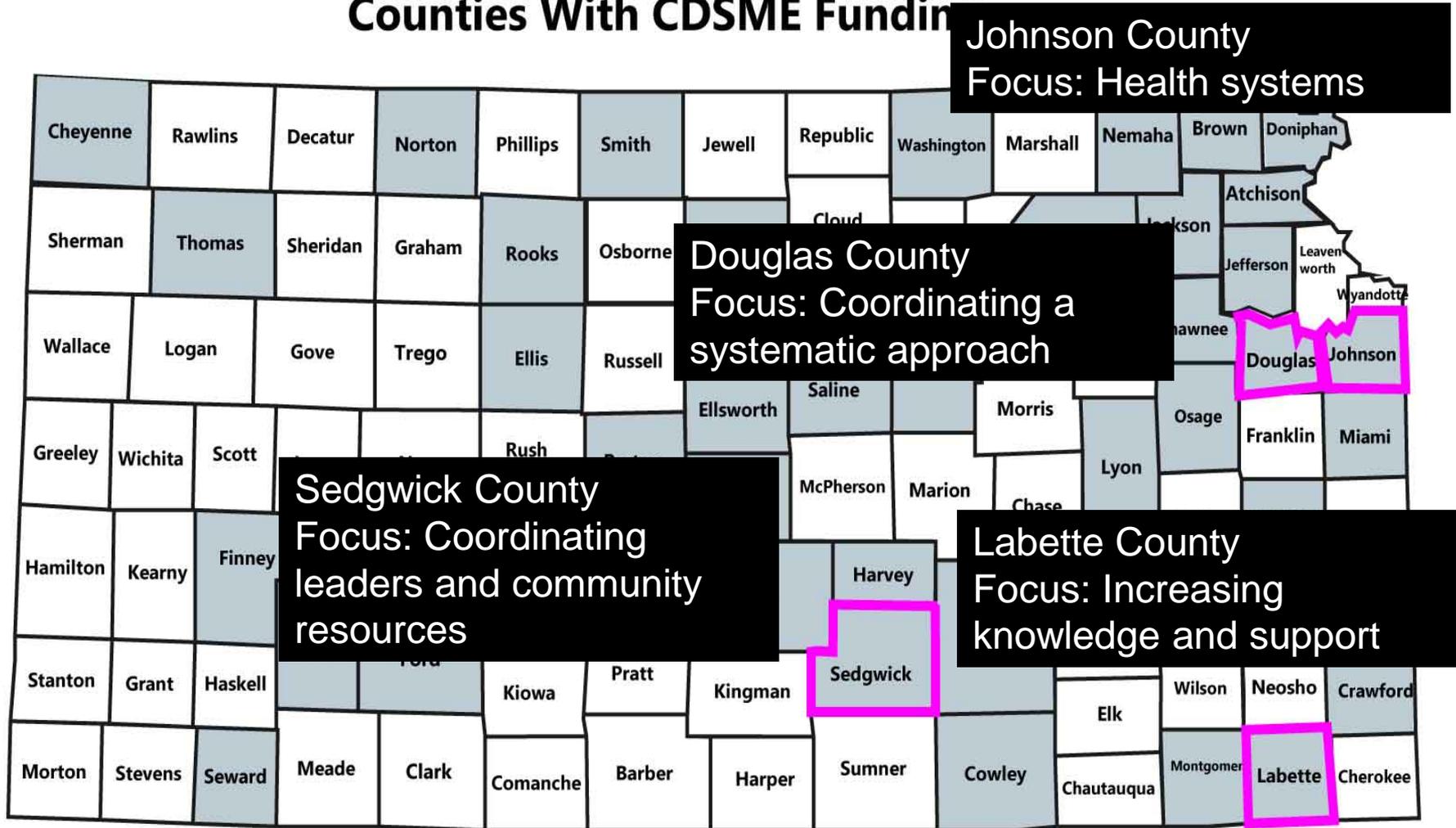
CDSME in Kansas

- Two license-holders
 - Kansas Department of Health and Environment
 - Kansas Foundation for Medical Care (KFMC)
- One partnership
 - Kansas Self-Management Education (KSME)

More leaders and collaboration!

Chronic Disease Risk Reduction Grantees SFY 2015

Counties With CDSME Funding



CDRR Funded Counties

Counties with CDSME Funding



Be a CDSME Grantee!

- Who would be a good coordinator?
- Who are the leaders in my area?
- What is a leader kit?
- Who are good partnering organizations?
- What resources are available?

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www.KSselfmanagement.org

Our vision is 'healthy Kansans living in safe and sustainable environments'. The state belongs to all of us - "Kansas Don't Spoil It"

Are you looking for the next step to better health?

If you are living with an ongoing health condition (such as arthritis, asthma, diabetes, high blood pressure, or depression) or are a caregiver of someone who does, this is for you! Chronic Disease Self-Management Education (CDSME) workshops are interactive learning opportunities that teach techniques to manage common symptoms. Workshops are low-cost and led by trained leaders who are also living with an ongoing health condition.

Workshops include:

- Decision-making and problem-solving skills
- Fatigue management
- Dealing with anger, depression and difficult emotions
- Communicating effectively with family, friends and health professionals
- Using medication appropriately
- Making informed treatment decisions
- Healthy eating



“One workshop participant chose to use a wheelchair over walking before attending the workshop. He used his weekly action plan to begin taking more steps and rely less on his wheelchair. By week six, he reported that he could walk across his apartment, down the hallway and outside on the balcony to enjoy the fresh air 5 out of 7 days. Everyone was so happy for him they clapped and cried at the same time! It is amazing how this program can encourage someone who had self-doubt to decide for himself to make some small changes to improve his quality of life.”

– CDSME Leader

“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”

– CDSME Participant

Contact Us

we do
CDSME

because it works



Give your patients the tools to take charge of their health

Studies show **self-management education workshops** are effective for people with conditions such as arthritis, diabetes, heart disease, and lung disease. They can **reduce symptoms**, give your patients the **confidence to manage their health and improve their quality of life**. We are working with the Kansas Department of Health and Environment (KDHE) and the Centers for Disease Control and Prevention (CDC) to spread the word about these convenient, nonpharmacological interventions for chronic disease management that are offered in communities across Kansas.



Learn more about referring
patients to these low-cost
management classes to
complement your treatment
recommendations.

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Improve your work environment, employee health & productivity

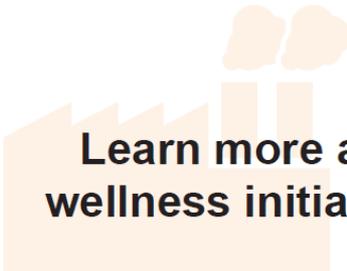
[Name of Organization]

are working with the Kansas Department of Health and Environment (KDHE) and the Centers for Disease Control and Prevention (CDC) to spread the word about convenient **self-management education workshops** that are offered in worksites across Kansas. These **inexpensive, evidence-based** initiatives can **reduce symptoms** of ongoing health problems such as arthritis, asthma, diabetes and heart disease. When employees are **better managers of their health**, not only will their quality of life improve but their productivity will as well.

Absenteeism due to ongoing health conditions costs employers more \$500 million a year in Kansas. (CDC Costs Calculator)

Wellness initiatives are associated with a 26% reduction in health costs, a 32% reduction in workers' compensation, and a 27% reduction in sick leave and absenteeism.

For every \$1 spent on comprehensive worksite wellness, the average return on investment (ROI) across 28 different research studies was \$3.48. (Aldana, 2001)



Learn more about how you can offer this wellness initiative to your employees today!

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Are you living with arthritis, asthma, diabetes, high blood pressure, high cholesterol or another chronic condition?

Chronic Disease Self-Management Education (CDSME) can help!

- Learn and share with others
- Focus on what **you** want to work on
- Manage **your** health & control symptoms
- For people living with ongoing health conditions, family members & caregivers



"The workshop put me back in charge of my life and I feel great. I only wish I had done this sooner."
- CDSME Participant

To learn more visit
www.KSselfmanagement.org.

**we do
CDSME**

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1 in 2

Americans has a chronic disease
That's 145 million people



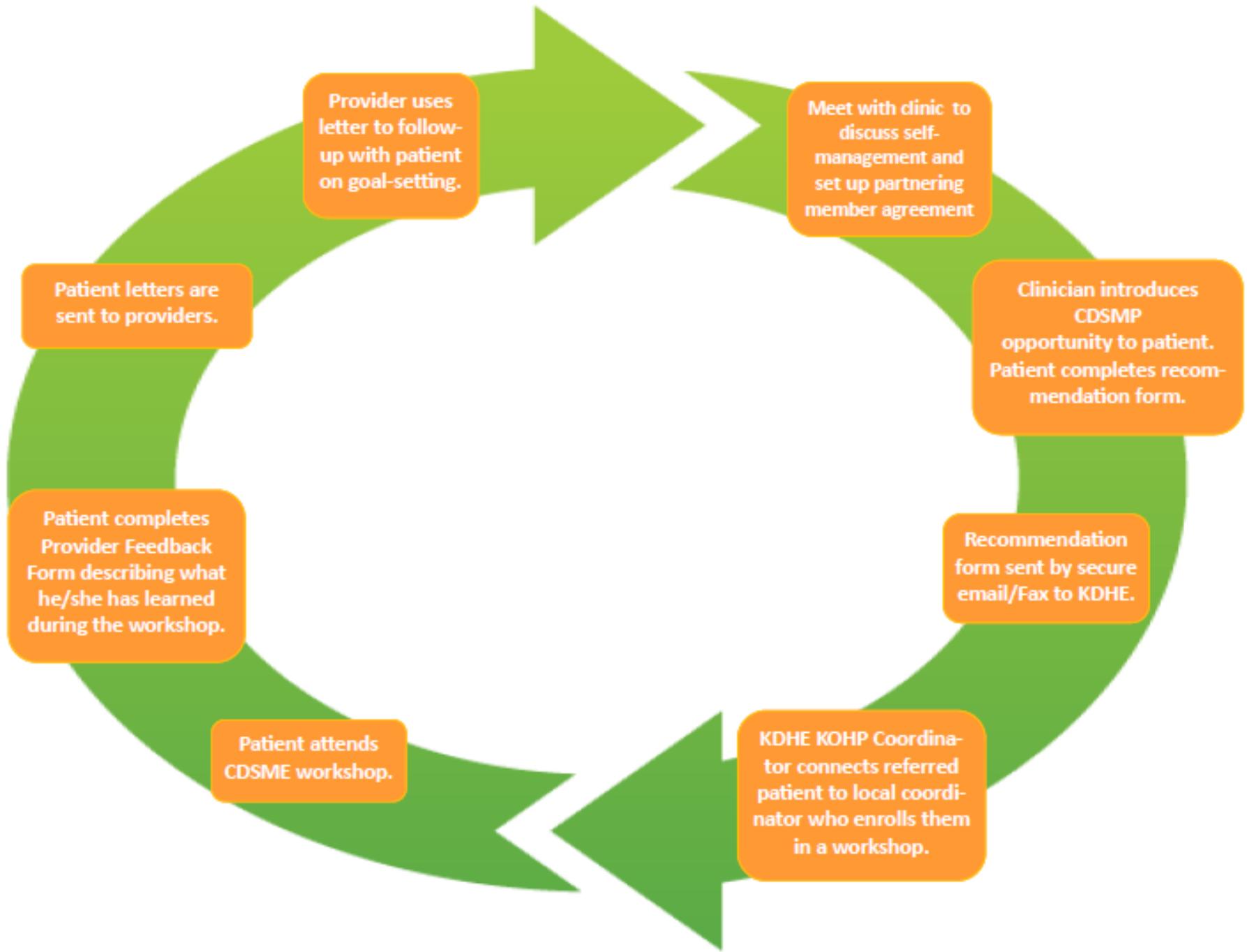
75%

of health care costs in the U.S. are from chronic diseases



50 million Americans have arthritis - the most common cause of disability





Patient attends CDSME workshop.

Patient completes Provider Feedback Form describing what he/she has learned during the workshop.

Patient letters are sent to providers.

Provider uses letter to follow-up with patient on goal-setting.

Meet with clinic to discuss self-management and set up partnering member agreement

Clinician introduces CDSMP opportunity to patient. Patient completes recommendation form.

Recommendation form sent by secure email/Fax to KDHE.

KDHE KOHP Coordinator connects referred patient to local coordinator who enrolls them in a workshop.

Questions



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Ariel Unselt

aunselt@kdheks.gov

785-296-1627

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