



# Living A Healthy Life Self-Management Workshops

## Workshop Overview and Tips For Recommending To Your Patients

### Living A Healthy Life With Chronic Health Conditions Workshop

#### What Is It?

An evidence-based participatory **group** workshop led by two **trained peer leaders delivered** over 6, 2.5 hour, weekly sessions.

There is no cost to attend and workshops offered in multiple languages.

Participants learn about effective strategies for **symptom management** and general wellness.

**Action-planning, brainstorming, and problem-solving are used** to identify and pursue goals for health.

The workshops can be thought of as “**collective motivational interviewing**”. Participants receive a resource book and learn about healthy eating, managing pain and emotions, getting good sleep, physical activity, communication, mindfulness, decision-making, medication management, and breathing techniques. Known in literature as the “Chronic Disease Self-management Program.” Developed at Stanford University. Endorsed by the Ontario Self-Management Initiative and Self-Management BC.

#### Who Is It For?

Adults (age>18) with **one or more physical or mental chronic health condition** and individuals with rising health risks. Especially helpful for older adults and those that are **lonely, fearful and dealing with depression and disabilities**. Those with average health often benefit from and enjoy the workshops.

Participants **must be able to engage in group discussion**. Not appropriate for individuals that will disrupt group dynamics or those acutely incapacitated by severe illness or physical limitations.

#### What Does It Do?

Covers the “**street smarts**” of living with chronic conditions. Increases participant **confidence** and improves **knowledge and beliefs** that contribute to **behavior change** and improved self-management. Studies confirm improvement in objective measures as well as patient-reported outcomes. CDC-sponsored meta-analysis shows sustained improvements in **communication with physician, energy, fatigue, mood, symptom management**, and amount of **aerobic and strengthening exercise**. CMS-funded national study confirmed **Triple Aim improvement** in multiple health **outcomes, utilization, and cost** (net savings of \$360 US per participant). Effective **regardless of disease**. Should not expect measurable changes until 6 months post intervention (patients are enacting life changes).

#### Tips For Discussing With Patients

- ✓ Many patients do not feel they have a “chronic health condition” so it is helpful to de-stigmatize this for them.
- ✓ Patients do identify with the challenge of carrying out the work of healthcare, changing behaviors, as well as and managing symptoms.
- ✓ Your patients will appreciate that you understand this struggle and will be excited to learn that this program can help them.
- ✓ When discussing the program, it helps to emphasize that the trained leaders trained are peers and that many patients like them find great value and improve with the support of peers.
- ✓ Expect your patient to come back with new strategies, goals, and questions.
- ✓ Use this opportunity to tailor your treatment plan and encourage your patient in his/her efforts.
- ✓ Avoid hovering or checking in during the program itself.

**Living A Healthy Life workshops also available for people living with diabetes and chronic pain. See reverse for details.**

**Also see reverse for Addition Programs and how to register for a workshop.**

## Living A Healthy Life with Diabetes

This workshop is for people with Type 2 Diabetes and Pre-diabetes. Patients with Type 1 Diabetes are better suited to attend the CDSMP. The workshop provides an overview of self-management of diabetes, nutrition/healthy eating, preventing low blood glucose, preventing complications, exercise, stress management, relaxation techniques, monitoring blood glucose, depression, positive thinking, communication, medications, working with health care professionals/the health care system, sick days, skin and foot care, and future plans.

The **actual process of glucose monitoring is NOT taught** (only discussed) and specific medications are not discussed and **insulin injection is not taught**.

Benefits of participation include improvement in HgbA1C levels, **depression, illness intrusiveness, hypoglycemia symptoms, medication adherence, and proportion receiving recommended tests** (e.g. foot exam, eye exam, cholesterol).

Discuss the program with optimism, empathy, and excitement. Patients with diabetes identify with the challenge of carrying out the work of healthcare, changing behaviors, and managing symptoms.

## Living A Healthy Life with Chronic Pain

Participants learn about effective, nonpharmacological strategies for **symptom management** and general wellness. Topics covered include techniques for **dealing with frustration, fatigue, isolation, and poor sleep**; appropriate exercises for maintaining and improving strength, flexibility and endurance; **appropriate use of medications; communicating with family and friends**; nutrition; pacing activity and rest; and how to evaluate new treatments. Developed in Canada in late 1990s.

Any adult (age>18) with a **primary or secondary diagnosis of chronic pain (e.g. pain lasting longer than 3 to 6 months or beyond the normal healing of an injury)**. Valuable for patients with chronic musculo-skeletal pain (e.g. Low Back Pain), fibromyalgia, and/or neuropathic pain, for example.

It focuses on increasing participant **confidence** and improving **knowledge** and **beliefs** that contribute to perception and **behavior change** and improved self-management

Benefits of participation include short-term improvements in **pain, vitality, energy, dependency, aspects of role functioning, life satisfaction, self-efficacy, and resourcefulness**.

Chronic pain is a biopsychosocial problem. What the pain does to a patient's life is often more important to the patient than the physical hurt. Your patients will appreciate that you understand their struggle and their feelings of hopelessness.

## Additional Programs Available

### PEP Talk – Diabetes, Healthy Feet and You

1-2 hour workshop for people living with diabetes to learn how to prevent foot ulcers that can lead to amputation. Participants learn how to enjoy an active life and keep their feet healthy through good diabetes foot self-care practices.

### Getting The Most Out Of Your Healthcare Visit

1- 2 hour, interactive session, that focuses on what to do before, during, and after an appointment and uses action planning to improve people's health. This workshop prepares and empowers individuals to communicate well with their health care provider. Ultimately, patients are the most important members of their healthcare team.

### Online Chronic Disease Self- Management Program

Workshops provide peer support giving people the tools to manage symptoms, take action, and live a healthy life and make daily tasks easier.

Login in at your convenience each week. Accessible to those with all levels of computer experience.

Offered in English and French.

Register at [www.ontarioselfmanagement.ca](http://www.ontarioselfmanagement.ca)

### To Register For A Workshop Clinician or Patient Can

Call 905-863-2574 or 1-844-643-7393

Email [cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca)

Visit [www.cwselfmanagement.ca](http://www.cwselfmanagement.ca).

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