Health Promotion through Self-Management Education

Exploring the Availability and Utility of Community Programming in Integrated Health Care

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Partners in Care Foundation
Changing the Shape of Healthcare

Our mission is to shape the evolving health system by developing and spreading high value models of community-based care and self management
Partners in Care Foundation

Changes we want to see

- Integration of medical care and social services
- Enhanced self-management/empowerment of consumers
- Integration of behavioral health
- Evidence-based interventions
- Community agencies forming into regional delivery systems/networks
Partners in Care Foundation
Technical Assistance Center

Supported by:
Learning Goals for Today

- Understand evidence-based wellness programs
  - Context
  - Structure
- Identify applications for health self-management education
- Connect people with community programs
Understanding the Context

Older Adults, 65+
One in Five by 2030
Number of Persons 65+

1900 to 2060 (numbers in millions)

Year (as of July 1)

Source: Profile of Older Americans, 2014
Increases in Minority Groups

Percent Distribution of Population Ages 65 and Older by Race/Ethnicity, 2014, 2030, and 2060

- White Alone
- Black Alone
- Hispanic/Latino
- Asian Alone
- Other

By 2030…

The number of African Americans 65+ will increase by 170%
By 2030…

American Indians and Alaska Natives 65+ will increase by 171%
By 2030...

The number of Asian Americans 65+ will increase by 180%.
By 2030…

The number of Hispanic Americans 65+ will increase by 209%.
Aging is a Women’s Issue

- Older women outnumber older men
- Older women are less likely to be married
- Older women are more likely to be widowed
Health Status

- 80% of older adults have at least 1 chronic condition
- 36% of older adults have a disability
- Every 11 seconds an older adult is treated in the ER for a fall
- 1 in 4 older adults experiences some mental disorder
Social + Medical = Health

Updated using OECD Health Data 2014; OECD Social Expenditure Dataset 2014.
Public Health & Aging Approaches

Life course approach to prevention

• Predicts survival in older ages and the health with which people enter older ages

Life-span developmental approach

• Investments in education
• Access to preventive and medical care
• Socioeconomic and environmental effects shape health in later years and predict the development of health disparities
• Focus on risk reduction
Evidence-Based Programs

Health Self-management
Evidence-Based Programs & Services

Multi-session workshops

Health Self-Management

Care Transition Choices

TCM/CCM

HomeMeds

MSSP

CA Community Care Transitions

Long-Term Services & Supports

Short-Term In-Home Services
Targeted Patient Population Management

End of Life
Complex Chronic Illnesses with major impairment
Chronic Condition(s) with Mild Functional &/or Cognitive Impairment
Chronic Condition with Mild Symptoms
Well – No Chronic Conditions or Diagnosis without Symptoms

Services for Progressing Disease/Disability

Evidence Based Self-Management
Evidence-Based Programs

Involve a process of planning, implementing, and evaluating programs adapted from tested models or interventions.

Use an epidemiologic perspective that focuses on populations rather than individuals.

Emphasize both prevention and treatment.
Evidence-Based Programs

- Supported by extensive research (RCT)
- Measurable, proven outcomes to achieve specific goals
- Clear, structured, detailed program
- Peer-reviewed & endorsed by a federal agency
- Replicable in many settings
Some Evidence-Based Programs

CHRONIC DISEASE SELF-MANAGEMENT
- Chronic Disease Self-Management
- Tomando Control de su Salud
- Chronic Pain Self-Management
- Diabetes Self-Management Program

PHYSICAL ACTIVITY
- Enhanced Fitness & Enhanced Wellness
- Healthy Moves
- Fit & Strong
- Arthritis Foundation Exercise Program
- Arthritis Foundation Walk With Ease Program
- Active Start
- Active Living Every Day

MEDICATION MANAGEMENT
- HomeMeds

FALL RISK REDUCTION
- Stepping On
- Tai Chi Moving for Better Balance
- Matter of Balance

DEPRESSION MANAGEMENT
- Healthy Ideas
- PEARLS

CAREGIVER PROGRAMS
- Powerful Tools for Caregivers
- Savvy Caregiver

NUTRITION
- Healthy Eating

DRUG AND ALCOHOL
- Prevention Management of Alcohol Problems
Linking Mental and Physical Health

- Depression is linked to chronic illness
- Schizophrenia and depression are related to an increased risk of heart disease
- Emotions are one of the 3 major concerns for people with chronic illness
- Depression is associated with poor adherence to medication and other health behaviors
What is self-management?

- Engaging in activities that protect and promote health
- Monitoring and managing the symptoms and signs of illness
- Managing the impact of illness on functioning emotions and interpersonal relationships
- Adhering to treatment regimes
Chronic Disease Self-Management
Chronic Disease Self-Management

- Chronic Disease Self-Management Program*
- Tomando Control de su Salud (Spanish)
- Diabetes Self-Management
- Chronic Pain Self-Management

*Leader manual available in Arabic, Bengali, Chinese, Dutch, French, German, Greek, Hindi, Italian, Japanese, Korean, Khmer, Norwegian, Punjabi, Russian, Somali, Swedish, Tagalog, Tamil, Turkish, Vietnamese
Chronic Disease Self-Management

- 12 -16 participants
- Two Trained Leaders
- 6 weeks - 2.5 hours, 1 day/week
- Includes:
  - Group discussions
  - Activities
  - Short lectures
Skills to Manage Chronic Illness

Physical Activity  Problem-Solving
Medications       Using Your Mind
Decision Making   Sleep
Action Planning   Communication
Breathing Techniques   Healthy Eating
Understanding Emotions   Weight Management

Working with Health Professionals
Action Plan

- Something YOU want or decide to do
- Achievable
- Action-specific
Action Plan

- What (specific action)
- How much (time, distance, amount)
- When (time of day, days of the week)
- How often (number of days in the week)
- Confidence level: 1 - 10 (7+)
Fall Prevention Programs
A Matter of Balance

- 2 trained leaders
- 8 weeks - 2 hours, 1 day/week
- Strategies to reduce the fear and risk of falling:
  - Viewing falls & fear of falling as controllable
  - Setting realistic goals for increasing activity
  - Changing the environment to reduce fall risk factors
  - Exercising to increase strength and balance
Tai Chi for Arthritis

- 1 certified leader
- 8+ weeks, 1 hour, 2 days/week
- Includes:
  - Warm up and cool down exercises
  - Progressive learning of movements (6 basic and 6 advanced)
  - Breathing techniques
  - Principles to improve physical and mental balance
Exercise Programs
Arthritis Foundation Exercise Program

- 1 trained leader
- 6 weeks - 1 hour, 2 days/week
- Range-of-motion exercises
- Endurance-building activities
- Relaxation techniques
- Health education topics
Outcomes and Applications

Building evidence every day
Program Outcomes
Chronic Disease Self-Management Program

- Increased:
  - Self-rated health
  - Minutes of aerobic exercise per week
  - Minutes of stretching and strength exercise per week

- Decreased:
  - BMI
  - A1C
  - Systolic BP
  - Pain

Participant Testimonials

“Because I have been afflicted with Parkinson’s for over 20 years, I have suffered a great deal of depression. The skills you've taught me in maintaining positive thinking and combating depression have really helped to improve my condition.”
Program Outcomes
Diabetes Self-Management Program

- Increased completion of suggested lab tests for diabetes
- Decreased HbA1c by same amount as expected by taking metformin (those with HbA1c ≥9)
- 75% improved at least one of the following:
  - Depression
  - Hypoglycemia
  - Adherence to medications
  - Minutes of exercise

Program Outcomes
Chronic Pain Self-Management Program

- Improved confidence in keeping certain symptoms from interfering with the things they want to do:
  - Fatigue
  - Physical discomfort, and
  - Emotional stress
- More confidence in doing things outside of seeing their doctor or taking medication to reduce the effect pain has on their everyday lives

Participant Testimonials

“The workshop put me back in charge of my life, and I feel great. I only wish I had done this sooner.”
Program Outcomes
Arthritis Foundation Exercise Program

- Improved
  - Functional ability
  - Confidence in one’s ability to exercise

- Decreased
  - Depression
  - Pain and fatigue

- Improvements in physical symptoms sustained at 6 months

Participant Testimonials

“I found the interaction with the other students in the class to be most enlightening. I realized that although I have a chronic illness I am not alone. Thank you for all the lessons in helping me to deal with this.”
Program Outcomes
Tai Chi for Arthritis

- Improved:
  - Self-reported overall wellness
  - Balance
  - Ability to manage daily living
- Decreased pain and stiffness
- At one year, improvements in pain fatigue, stiffness and helplessness were maintained
Participant Testimonials

“It helped me be more conscious of my emotions – I’m meditating now. The workshop led me to that and brought me to the point where I’m not on my anti-depressants any more. It was the catalyst for so many different things for me.”
Program Outcomes
A Matter of Balance

- Increased
  - Falls efficacy
  - Falls management
  - Falls control
  - Exercise level
- Decreased self-reported falls
- 99% plan to continue exercising
- Cost reduction in unplanned hospitalization

Connecting people to programs

Clients, customers, patients, or participants
California Healthier Living

• Hosts listings and online registration for top-tiered evidence-based workshops across California
• Provides resources for training and marketing
• Serves as an online portal for referring patients/clients into evidence-based programs

www.cahealthierliving.org
Become a Leader
Host a Program
Refer Your Clients
How to make a referral

- Step 1: Gather information
  - What type of program does your client want?
  - What county and zip code do they live in?
  - How far are they willing/able to travel?
How to make a referral
How to make a referral

- Step 2: Decide on a workshop
  - Workshop type
  - Distance from home
  - Start date (some are wait listed)

Chronic Disease Self-Management Program

Address: LA Public Library Venice Branch, 501 Venice Blvd, Los Angeles, California, USA 90027
Workshop Date: July 28, 2016 - September 1, 2016
County: Los Angeles
How to make a referral

- Step 3: Input your client’s information
  - Name
  - Email address
  - Phone number
Questions?