

Chronic Disease Self-Management Program (CDSMP)

What is it?

- CDSMP was developed by a team of researchers at Stanford University. It's a self-management education workshop attended by people with a variety of chronic health conditions. It aims to build participants' confidence in managing their health and keep them active and engaged in their lives.
- Participants attend a 2½-hour interactive workshop once a week for 6 weeks to learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases. In a typical workshop, participants set a realistic goal for the upcoming week and develop an action plan for meeting that goal. They report on their progress at the following workshop, and solicit feedback from the group to help address any challenges.
- Participants apply the techniques to concerns such as:
 - Addressing the physical and psychological effects of chronic disease (including fatigue, pain, depression, and frustration)
 - Exercising, getting proper nutrition, and using medications appropriately
 - Communicating effectively with family, friends, and health professionals
- Workshops meet in community settings such as senior centers, churches, and hospitals. They are facilitated by two trained leaders, one or both of whom are nonhealth professionals with a chronic disease. Organizations offering workshops must meet Stanford University licensing requirements.

Who is it for?

- CDSMP is for adults with chronic health conditions such as arthritis, diabetes, heart disease, lung disease, and other ongoing health problems.
- The program may be particularly beneficial for people who have more than one health condition, whose health problems have begun to interfere with their valued life activities, or who have had difficulty following your health recommendations.

What are the benefits?

- There is strong evidence from peer-reviewed publications and program evaluations that participation in CDSMP workshops can improve physical and psychosocial outcomes and quality of life for people with chronic health conditions. Benefits include:
 - Decreased pain and health distress
 - Increased energy and less fatigue
 - Increased physical activity
 - Decreased depression
 - Better communication with physicians
 - Decreased social role limitations
 - Increased confidence in managing chronic disease

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For More Information

- Stanford University Patient Education Research Center
patienteducation.stanford.edu/programs
- Centers for Disease Control and Prevention
www.cdc.gov/arthritis/interventions/self_manage.htm
- CDC Executive Summary of ASMP/CDSMP Meta-Analyses
www.cdc.gov/arthritis/docs/asmp-executive-summary.pdf

Contact

Selected References

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