

CHRONIC DISEASE SELF MANAGEMENT PROGRAM (CDSMP) LEADER TRAINING WORKSHOPS 2010

○ **Monday 4 October to Thursday 7 October 2010**
8.30 am - 4.00pm each day

VENUE:
Blue Care
56 Sylvan Rd
Toowong

The training workshop is open to both health professionals and peer leaders. It is strongly suggested that health professionals bring a lay person with them.

CDSMP Leader Training costs \$830 (incl GST). Fees include course textbooks, leader's manuals and a program implementation kit. Lunch, morning and afternoon teas will be provided.

Please book early as places are limited.

Payment must be received two weeks prior to the course and after this time fees are non refundable.

This training workshop will train leaders to conduct self management courses in their communities, The community self-management courses are designed to help individuals with chronic illnesses to manage their health through goal setting, problem solving, sharing of experiences, education and information. The training workshop is open to both health professionals and lay leaders.

Licence.

Organisations must obtain a licence from Stanford University in order to conduct the program.

Their website is : <http://patienteducation.stanford.edu/licensing>

Email: self-manage-licensing@stanford.edu

For more details regarding the course, please visit
http://www.arthritis.org.au/page/Health_Professionals/Self-Management/

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Stanford Chronic Disease Self Management Program (CDSMP)

A Brief Overview

The Consumer Course

The Chronic Disease Self Management (CDSM) Program is a six week course (2 – 2 ½ hours per week) available to people of any age with various chronic health problems. The program aims to build each participant's confidence in their ability to manage their health and maintain active and fulfilling lives.

Two trained leaders, at least one of whom is a lay leader living with one or more chronic diseases, facilitate CDSM Courses. The program is not disease specific and covers subjects including:

- ❖ Techniques to deal with problems such as frustration, fatigue, pain and isolation.
- ❖ Appropriate exercise for maintaining and improving strength, flexibility and endurance.
- ❖ Appropriate use of medications
- ❖ Communicating effectively with family, friends and health professionals.
- ❖ Nutrition
- ❖ Use of community resources.

The CDSM Course is designed to enhance existing programs or treatment and complement disease-specific education such as Breathe Easy, cardiac rehabilitation or diabetes instruction.

The CDSM Course has been extensively evaluated. Over 1,200 people with various chronic health problems have participated in randomised controlled studies of the Course and were followed for up to three years. The studies particularly evaluated changes in health status, health care utilisation, self-efficacy and self-management behaviours.

Subjects who participated in the CDSM Course, when compared to those who did not, demonstrated significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability and social/role activities limitations. They also spent fewer days in the hospital; and there was also a trend toward fewer outpatient visits and hospitalisations. These data yield a cost to savings ratio of approximately 1:10. Many of these results persist for as long as three years.

The Leader Training

Leaders trainings are run over 4 days and will train leaders to empower individuals with chronic disease and their carers to self manage their symptoms and problems encountered in daily living.

Each trainee receives a detailed leader's manual and a copy of the textbook 'Living a Healthy Life with Chronic Conditions'.

LICENCE TO CONDUCT STANFORD CDSMP

It is the responsibility of Arthritis Queensland, when offering the CDSMP Training to ensure that your organisation has a licence from Stanford Patient Education Centre so that you can offer the workshops for your organisation.

If your organisation is not licensed, you will need to obtain a licence from Stanford **before you attend the training.**

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