

Chronic Disease Self Management Program (CDSMP) Frequently Asked Questions

What is CDSMP?

CDSMP is a workshop series geared towards empowering persons with chronic diseases and those who are caretakers of those with chronic diseases.

What types of topics are addressed in the program?

Workshop sessions cover topics such as: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and, 6) how to evaluate new treatments.

How long is the program?

CDSMP is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries, hospitals and community health centers.

Why should I encourage patients to participate in CDSMP?

CDSMP is designed to enhance regular treatment and disease-specific education. The program is especially helpful because it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

How was the Program developed?

[Stanford University](#) received a five year research grant from the federal [Agency for Health Care Research and Policy](#) and the [State of California Tobacco-Related Diseases](#) office to develop and evaluate a randomized controlled trial, a community-based self-management program that assists people with chronic illness. The study was completed in 1996.

How was the Program evaluated?

Over 1,000 people with heart disease, lung disease, stroke or arthritis participated in an randomized, controlled test of the Program, and were followed for up to three years.

What were the results?

Subjects who took the Program, 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.

How can my facility offer the Program?

Coordinators from CHCANYS would be more than willing to facilitate this program at your respective community health center. For more information, contact:

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