

“ Living with a chronic health condition, I face many challenges but have learned that I am not alone. The self-management programs have given me the tools to take better care of myself. I feel empowered to communicate with my health care team, problem-solve, evaluate treatment options, work through difficult feelings, and develop action plans. I am no longer sitting on the sidelines, I am in the game!

—Monica, Age 37, San Jose

Public Health Message

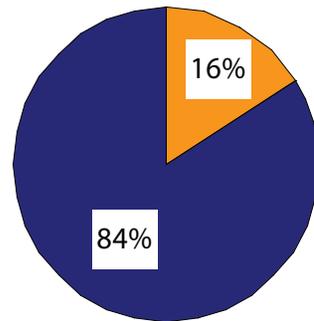
Appropriate self-management skills can help people with arthritis decrease pain, improve function, stay productive, and lower health care costs. Self-management educational workshops help people learn the skills and confidence to manage arthritis symptoms on a day-to-day basis.

# Arthritis and Self-Management

The Problem

Chronic health conditions are the major cause of illness, disability, and death in the United States. Chronic conditions represent 80% of the health care dollars spent by fewer than 20% of the people.<sup>1</sup> Evidence is growing that indicates as much 90% of the care needed to manage a chronic condition must come directly from the patient.<sup>2</sup> However, less than 16% of the people with arthritis in California have taken a self-management educational workshop to learn the skills necessary to manage arthritis symptoms.<sup>3</sup>

Percentage of Californians with Doctor-Diagnosed Arthritis Who Have Taken an Educational Workshop to Manage Arthritis



Source: State of California, Department of Public Health, Behavioral Risk Factor Surveillance System (BRFSS), 2005.

*Of Californians who self-report a doctor's diagnosis of arthritis, only 16% have taken an educational workshop to help them manage their arthritis.*

What is Self-Management?

- Self-management educational workshops focus on what people with arthritis or other chronic conditions need to know about their disease. The workshops help people learn behavioral and problem-solving skills to adapt to fluctuations in disease activity and levels of impairment.<sup>4</sup>
- Self-management educational workshops are typically led by trained peers from the community who, in many cases, share the experience of living with a chronic condition.
- Peer leaders help participants develop and achieve short-term action plans, enhance participants' self confidence to execute specific self-care tasks, and improve problem-solving skills related to their disease.<sup>5</sup>
- Evidence from studies suggests that educational self-management workshops are more effective than information-only patient education in improving clinical outcomes.<sup>6</sup>

Evidence-based, self-management educational workshops include the Arthritis Foundation, Arthritis Self-Help Program (AFSHP), and the Chronic Disease Self-Management Program (CDSMP), also known in California as "Healthier Living with a Chronic Condition." The educational workshops are based on patient and professional needs assessments and are similar in structure. Self-management educational workshops are conducted in community settings for a six-week period, with sessions offered once a week for about 2½ hours. Sessions are highly participatory and will not conflict with existing programs or treatments. Programs are designed to enhance regular treatment and disease-specific education. AFSHP was developed specifically for people with arthritis, and CDSMP is for people with arthritis, heart disease, lung disease, diabetes, and other chronic health conditions.

## The Benefits

- Evidence-based, self-management educational workshops are culturally appropriate for English- and Spanish-speaking people with arthritis or other chronic health conditions.
- Multiple trials have shown the positive impact of self-management educational workshops on improving chronic disease outcomes.<sup>5</sup>

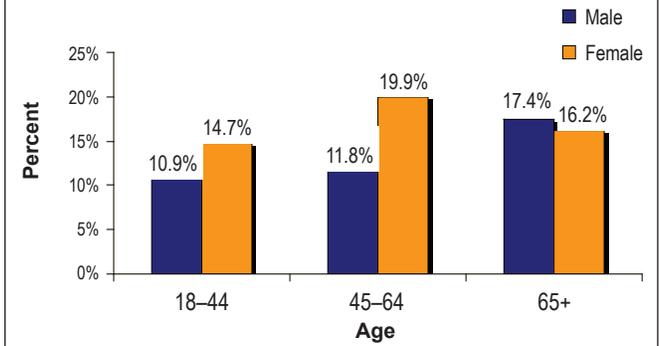
### Arthritis Foundation, Arthritis Self-Help Workshop (AFSHP)

- Arthritis self-management educational workshops are effective in improving knowledge and self-care behaviors, and in reducing outcomes such as pain, depression, and physician visits.<sup>4</sup>
- In a four-year follow-up study, AFSHP participants reported slightly more disability but 20% less pain—similar to the amount of pain reduction reported in short-term clinical drug trials of nonsteroidal anti-inflammatory drugs.<sup>4</sup>
- Annual cost savings in the four-year follow-up resulted from reductions in pain and 40% reduction in physician visits.<sup>7</sup>

### Chronic Disease Self-Management Program (CDSMP)

- Six months after taking the CDSMP, participants report improvements in self-rated health and energy, and less disability and activity limitation.<sup>8</sup>
- CDSMP participants experience fewer days in the hospital and a trend toward fewer outpatient and emergency room visits.<sup>9</sup>
- Follow-up studies report that these improvements persist for as long as three years.<sup>8</sup>

**Percentage of Adults with Doctor-Diagnosed Arthritis Who Have Taken an Educational Workshop to Manage Their Arthritis (by Gender and Age)**



**Source:** State of California, Department of Public Health, Behavioral Risk Factor Surveillance System (BRFSS), 2005.

*At younger ages, women with arthritis are more likely to take an educational workshop to help them manage their arthritis than men.*

## Healthy People 2010 Objective

*“ Increase the proportion of adults with doctor-diagnosed arthritis who have had effective, evidence-based arthritis education as an integral part of the management of their condition. ”*

## Conclusion

Self-management educational workshops are effective for people with arthritis and other chronic conditions. Self-management education is more effective than information-only patient education and is effective in improving self-report health status, health outcomes, and reducing health care costs. Unfortunately, there are a several potential barriers at the health system, physician, and patient levels that may be responsible for the underutilization of self-management educational workshops. Specific referral to self-management workshops may be a key strategy for enhancing patient self-management in the clinical setting.<sup>10</sup> Self-management education, provided in a community setting, should become an integral part of integrated, high-quality health care in California.

This publication was supported by:

Grant/Cooperative Agreement Number U58/CCU922827 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.



CAPP is a program of the California Department of Public Health and the University of California, San Francisco.

## References

- <sup>1</sup>Regan, M. 2006. A new dimension for care management—including prevention and wellness. Health Leaders News. July 11. Online at [http://www.healthleadersmedia.com/view\\_feature.cfm?content\\_id=81398](http://www.healthleadersmedia.com/view_feature.cfm?content_id=81398).
- <sup>2</sup>California Healthcare Foundation. 2007. Chronic disease care: Patient self-management. Online at <http://www.chcf.org/topics/chronicdisease/index.cfm?subtopic=CL613>.
- <sup>3</sup>State of California, Department of Public Health, Behavioral Risk Factor Surveillance System (BRFSS), 2005.
- <sup>4</sup>Brady, T.J., Kruger, J., Helmick, C.G., Callahan, L.F., and Boutaugh, M.L. 2003. Intervention programs for arthritis and other rheumatic diseases. Health Education and Behavior 30(1):44-63.
- <sup>5</sup>California Healthcare Foundation. 2006. Building peer support programs to manage chronic disease: Seven models for success. Page 17. Online at <http://www.chcf.org/documents/chronicdisease/BuildingPeerSupportPrograms.pdf>.
- <sup>6</sup>Bodenheimer, T., Lorig, K., Holman, H., and Grumbach, K. 2002. Patient self-management of chronic disease in primary care. Journal of the American Medical Association 288(19):2469-2475.
- <sup>7</sup>Lorig, K., and Holman, H. 1993. Arthritis self-management studies: A twelve-year review. Health Education 20:17-28.
- <sup>8</sup>Stanford School of Medicine, Patient Education Resource Center. 2007. Chronic disease self-management program. Online at <http://patienteducation.stanford.edu/programs/cdsmp.html>.
- <sup>9</sup>Lorig, K.R., Ritter, P., Stewart, A.L., Sobel, D.S., Brown, B.W., Bandura, A., Gonzalez, V.M., Laurent, D.D., and Holman, H.R. 2001. Chronic disease self-management program: 2-year health status and healthcare utilization outcomes. Medical Care 39(11):1217-1223.
- <sup>10</sup>Brady, T.J., Sniezek, J.E., and Conn, D.L. 2001. Enhancing patient self-management in clinical practice. Bulletin on the Rheumatic Diseases 49:1-4.