

“ Living with a chronic 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

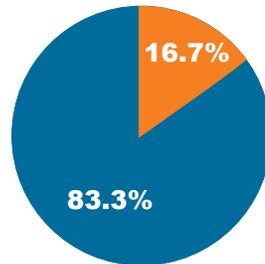
Chronic health conditions are the major cause of illness, disability, and death in the United States. As the population reaching 65 years of age increases, the number of persons affected by disability will increase substantially, especially for women.¹

The number of persons reporting a disability is expected to increase to 47.5 million people. This will place more demands on the health-care and public-health systems, which makes the need for more physical activity and self-management classes evident in order to meet the coming needs.¹ Chronic conditions represent 80% of the health care dollars spent by fewer than 20% of the people.²

Evidence is growing that indicates as much as 90% of the care needed to manage a chronic condition must come directly from the patient.³

Less than 17% of the people with arthritis in California have taken a self-management educational workshop to learn the skills necessary to manage arthritis symptoms.⁴

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



■ Have taken a self-management workshop
 ■ Have not taken a self-management workshop

Source: State of California, Department of Public Health, Behavioral Risk Factor Surveillance System (BRFSS), 2007.

What is Self-Management?

People with arthritis or other chronic conditions benefit from learning behavioral and problem solving skills to adapt to changes and limitations caused by their disease.⁵

Evidence from studies suggests that educational self-management workshops are more effective than information-only patient education in decreasing pain and increasing mobility and overall health.⁶

An evidence-based, self-management educational workshop designed for people with arthritis is the Arthritis Foundation Self-Help program (AFSHP). An evidence-based, self-management educational workshop designed for people with chronic conditions such as arthritis, heart disease, lung disease, diabetes and other chronic diseases is the Chronic Disease Self-Management Program (CDSMP), also known in California as “Healthier Living with a Chronic Condition.”

Workshops are led by trained individuals from the community who in many cases share the experience of living with a chronic condition. Leaders help participants develop problem-solving skills and confidence to achieve short- and long-term goals.⁷

Self-management educational workshops are conducted in community settings. The highly participatory workshops are designed to enhance regular treatment and will not conflict with existing programs or treatments.

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 self-efficacy, health behaviors, health status, and reduced use of health care services.⁶

Arthritis Foundation, Arthritis Self-Help Workshop (AFSHP)

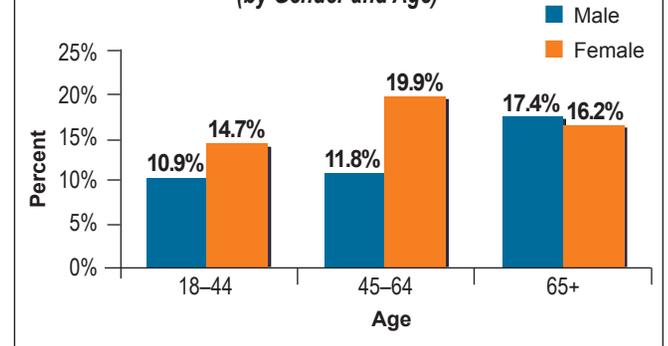
- Arthritis self-management educational workshops are effective in improving knowledge and self-care behaviors, and in reducing outcomes such as pain, depression, and physician visits.⁵
- In a four-year follow-up study, AFSHP participants reported slightly more disability but 20% less pain—similar to the amount of pain reduction reported in short-term clinical drug trials of nonsteroidal anti-inflammatory drugs.⁵
- Annual cost savings in the four-year follow-up resulted from reductions in pain and 40% reduction in physician visits.⁸

Chronic Disease Self-Management Program (CDSMP)

also known as Healthier Living with a Chronic Condition

- Six months after taking the CDSMP, participants report improvements in self-rated health and energy, and less disability and activity limitation.⁹
- CDSMP participants experience fewer days in the hospital and fewer outpatient and emergency room visits.¹⁰
- Follow-up studies report that these improvements persist for as long as three years.⁹

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.¹²

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 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 programs may be a key strategy for enhancing patient self-management in the clinical setting.¹¹ 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 1U58DP00147701 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. (2009)



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

References

- ¹Morbidity and Mortality Weekly Report (MMWR). May 1, 2009. Prevalence and most common causes of disability among adults: United States, 2005.
- ²Regan, 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.
- ³California Healthcare Foundation. 2007. Chronic disease care: Patient self-management. Online at <http://www.chcf.org/topics/chronicdisease/index.cfm?subtopic=CL613>.
- ⁴State of California, Department of Public Health, Behavioral Risk Factor Surveillance System (BRFSS). 2007.
- ⁵Brady, 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.
- ⁶Bodenheimer, 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.
- ⁷California 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>.
- ⁸Lorig, K., and Holman, H. 1993. Arthritis self-management studies: A twelve-year review. Health Education 20:17-28.
- ⁹Stanford School of Medicine, Patient Education Resource Center. 2007. Chronic disease self-management program. Online at <http://patienteducation.stanford.edu/programs/cdsmp.html>.
- ¹⁰Lorig, 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.
- ¹¹Brady, 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.
- ¹²State of California, Department of Public Health, Behavioral Risk Factor Surveillance System (BRFSS). 2005.