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Stanford Patient Education Research Center

Building and Implementing the Stanford Self-Management Programs

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So Why Should We Care?

Self-management programs focus on preparing people with chronic conditions for the 99% of the time they live outside of the health care system



Chronic Disease Self-Management

- ▶ Designed for anyone with one or more chronic condition (physical and mental health)
- ▶ People with different conditions all attend together
- ▶ No disease specific content



Self-Management: What is it?

- ▶ *Self-management* is defined as the tasks that individuals must undertake to live with one or more chronic conditions
- ▶ These tasks include having the confidence to deal with the medical management, role management, and emotional management of their conditions



Self-Management Small Group Program - What is it?

- ▶ Small groups of 10-16 people
- ▶ Offered in the Community
- ▶ People with many different disease and comorbid conditions in same group
- ▶ 2½ hours per week for 6 weeks
- ▶ Peer facilitated



What is Taught?

- ▶ Managing Symptoms - *pain, fatigue, depression, shortness of breath*
- ▶ Exercise
- ▶ Relaxation Techniques
- ▶ Healthy Eating
- ▶ Communication Skills
- ▶ Medication Management
- ▶ Problem-Solving
- ▶ Action-Planning
- ▶ Decision-Making



Diabetes Self-Management

- ▶ For people with type 2 diabetes
- ▶ Meets all the American Diabetes Association Standards for advice on diabetes care.
- ▶ Meets all the American Association of Diabetes Educators standards for Diabetes Self-Management Education



Diabetes Self-Management

What is Taught?

Healthy Eating	6 weeks
Sharing/Problem Solving	6 weeks
Action Planning	5 weeks
Exercise	2 weeks
Preventing Hypoglycemia	1 week
Monitoring glucose	1 week
Stress/Depression	3 weeks
Medications	1 week
Preventing Complications	1 week
Communication skills	2 weeks
Sick Days	1 week



Languages

Both Programs are available in English, Spanish and Chinese. The CDSMP is also available in multiple other languages.



Why Community Based?

- ▶ People do not like hospitals and clinics
- ▶ People more comfortable in own neighborhood
- ▶ Fewer transportation problems
- ▶ Give workshops where people naturally gather



Peer Led

- ▶ Peers act as models for the community they serve
- ▶ Peers are easily trained to use a standardized curriculum
- ▶ Peers maintain good fidelity
- ▶ Peers are in great supply
- ▶ Peers are less expensive and more flexible than health professionals



When to Give Classes

At times good for patients
May not be normal working hours



Training

- ▶ Standardized 4-5-days
- ▶ Master Trainers train
- ▶ Leaders



Why Fidelity

- ▶ Preservation of the integrity of the program
- ▶ Indicates quality to potential purchasers
- ▶ Avoid potential harm to participants
- ▶ Effective use of resources

<http://patienteducation.stanford.edu/licensing/FidelityManual2012.pdf>



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Licensing Requirements

- ▶ Every organization offering the Program must hold a valid license
- ▶ Every Trainer and Leader must teach for a licensed organization

Cost of License Based on Number of Workshops Offered

- ▶ \$500 = 30 workshops over 3 years
— 1 organization)
- ▶ \$8000 = 600 workshops over 3 years
— As many named organizations as you wish



Cost of Materials

- ▶ Book for each participant: Under \$12 each when bought in lots of 500 or more
- ▶ Optional Relaxation CD for Leaders: \$7.20 when bought in lots of 500 or more; may be given to participants
- ▶ Leader's Manual: Printed by organization



Training: 3 Levels

- ▶ Leaders: facilitate participant workshops
- ▶ Master Trainers: train Leaders, facilitate participant workshops
- ▶ T-Trainers: train Master Trainers, Leaders, and facilitate participant workshops



Leader Training

- ▶ Offered by any licensed organization or groups of licensed organizations
- ▶ 12-20 Leaders trained over 4 days
- ▶ Must be facilitated by 2 Master Trainers
- ▶ Master Trainers can train for any licensed organization
- ▶ Master Trainers certify at the end of training
- ▶ No payment to Stanford



Master Training

- ▶ Offered by any organization with 2 T-Trainers
- ▶ 12-20 participants 4.5 days — do not have to be Leaders
- ▶ Must receive certificate of completion of training from T-Trainers (not all pass)
- ▶ Must teach two workshops before training Leaders



Costs of Master Training

- ▶ If arranged by Stanford: \$10,000 plus \$3000, transportation and per diem to each of the two T-Trainers.
- ▶ If given at Stanford: \$1700 for a health professional, \$1000 for a lay person with diabetes (includes all materials and 10 meals)



Cost of Master Training

- ▶ If given by organization with their own T-trainers: \$4000 to Stanford
- ▶ All other costs negotiated at the local level
- ▶ Limited support by Stanford, certification of Master Trainers, membership in list-serve)



T-Trainer

- ▶ Must have conducted three Leader trainings
- ▶ Must be an active Master Trainer
- ▶ Must be recommended by their organization



Cost of T-Training

- ▶ No charge
 - T-training is done as an apprenticeship, usually at Stanford
 - The apprentice acts as a second trainer with a Stanford trainer for a full Master training
 - Apprentice must pay his or her own expenses



Re-Certification

- ▶ Once certified at any level, remain certified if they teach Program every year and at their highest level of certification every 2 years
- ▶ If lapsed, can only become recertified by retaking training



Refresher Training

- ▶ Available as home study followed by a webinar — approximately \$ 200 per person
- ▶ Can be offered in small group by any Master Trainer who has taken the refresher training on-line — no charge



Questions



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