

Evidence-Based Health Promotion for Older Adults:
Competencies, Content, and Curricula
Interactive Session: Chronic Disease Self-Management - Resources

I. Overview

According to the World Health Organization (WHO), chronic disease – encompassing a multitude of diagnoses from heart disease to cancer, diabetes to asthma – is the leading cause of death in the world. In 2005, half of the people who died of chronic disease were under the age of 70, and half of them were women. Patients who self-manage their chronic disease are urged to partner with professionals in order to learn the most effective ways to maintain a high quality of life at home, thus making an educational component in programs imperative.

II. Assessment

- A. Bonomi, A. E., Wagner, E. H., Glasgow, R. E., & VonKorff, M. (2002). Assessment of Chronic Illness Care (ACIC): A practical tool to measure quality improvement. *Health Services Research*, 37(3), 791-820.
<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1434662>
- B. Emory University, Division of Geriatric Medicine and Gerontology: Computer Based Learning Module 6: Pain Management. (Modules, Case Studies, Post Test and Answers.) Accessed from:
<http://medicine.emory.edu/ger/reynoldsprogram/index.html>
- C. Emory University, Division of Geriatric Medicine and Gerontology: Computer Based Learning Module 8: Adult Failure to Thrive and Malnutrition. (Modules, Case Studies, Post Test and Answers.) Accessed from:
<http://medicine.emory.edu/ger/reynoldsprogram/index.html>
- D. Lorig, K. R., & Laurent, D. D. (2007). Evaluating outcomes: Chronic Disease Self-Management Program. (PDF).
[http://healthyagingprograms.com/resources/EvaluatingOutcomes\(Lorig_Laurent\).pdf](http://healthyagingprograms.com/resources/EvaluatingOutcomes(Lorig_Laurent).pdf)

III. Evidence-Based Programs

- A. Chronic Disease Self-Management Program (CDSMP). Stanford Patient Education Research Center. (PDF).
http://www.healthyagingprograms.com/resources/EBSummary_CDSMP_Overview.pdf
 - i. Challenges and Successes in Implementing the Chronic Disease Self-Management Program. (2004). NCOA Center for Healthy Aging. (PDF).
<http://www.healthyagingprograms.org/resources/CDSMPFinalReport.pdf>
 - ii. Lorig, K. R., Ritter, P., Stewart, A. L., Sobel, D. S., Brown, Jr., B. W., Bandura, A., Gonzalez, V. M., Laurent, D. D., & Holman, H. R. (2001). Chronic Disease Self-Management Program: 2-year health status and health care utilization outcomes. *Medical Care*, 39(11), 1217-1223. PDF.
<http://www.lww-medicalcare.com/pt/re/medcare/pdfhandler.00005650-200111000->

[00008.pdf;jsessionid=LF2WDkkyNSfnyChBn4ZxKSYZnvgsPld9DRFqqSBBQ19l6Y71yn!-1004083789!181195629!8091!-1?index=1&database=ppvovft&results=1&count=10&searchid=1&nav=search](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470008/pdf;jsessionid=LF2WDkkyNSfnyChBn4ZxKSYZnvgsPld9DRFqqSBBQ19l6Y71yn!-1004083789!181195629!8091!-1?index=1&database=ppvovft&results=1&count=10&searchid=1&nav=search)

- iii. Lorig, K. R., Sobel, D. S., Ritter, P. L., Laurent, D., & Hobbs, M. (2001). Effect of a self-management program on patients with chronic disease. *Effective Clinical Practice*, 4(6), 256-262.
http://www.acponline.org/clinical_information/journals_publications/ecp/novdec01/lorig.htm
 - iv. Review of Findings on Chronic Disease Self-Management Program (CDSMP) Outcomes: Physical, Emotional & Health-Related Quality of Life, Healthcare Utilization and Costs. *National Library of Medicine*. (PDF).
http://www.healthyagingprograms.org/resources/Review_Findings_CDSMP_Outcomes1.8.08.pdf
 - v. Sobel, D. S., Lorig, K. R., & Hobbs, M. (2002). Chronic Disease Self-Management Program: From development to dissemination. *The Permanente Journal*, 6(2), 15-22.
<http://xnet.kp.org/permanentejournal/spring02/selfmanage.html>
- B. Harvest Health: Replication Report. (PDF).
http://healthyagingprograms.com/resources/ReplicationReport_HarvestHealth.pdf
- C. Healthy Changes: Replication Report. (PDF).
http://www.healthyagingprograms.com/resources/replicationreport_healthychanges.pdf
- D. Partners on the PATH: Replication Report. (PDF).
http://healthyagingprograms.com/resources/ReplicationReport_PATH.pdf
- E. Project SIEN: Replication Report. (PDF).
http://healthyagingprograms.com/resources/ReplicationReport_SIEN.pdf

IV. Toolkits

- A. A Physician's Guide to Nutrition in Chronic Disease Management for Older Adults. *American Academy of Family Physicians*. (PDF).
http://www.aafp.org/PreBuilt/NSI_newbookletSMALLER.pdf
- B. Stanford Patient Education Research Center: Research Instruments Developed, Adapted, or Used by the Stanford Patient Education Research Center. (Questionnaires, behavioral modification tools, scales, and outcome evaluations for professionals). <http://patienteducation.stanford.edu/research/>

V. Articles

- A. Agency for Healthcare Research and Quality (AHRQ): Preventing disability in the elderly with chronic disease. (2002). PDF.
<http://www.ahrq.gov/research/elderdis.pdf>
- B. Barlow, J. H., Bancroft, G. V., & Turner, A. P. (2005). Self-management training for people with chronic disease: A shared learning experience. *Journal of Health Psychology*, 10(6), 863-872. PDF. <http://hpq.sagepub.com/cgi/reprint/10/6/863>

- C. Lorig, K. R., Sobel, D. S., Stewart, A. L., Brown, Jr., B. W., Bandura, A., Ritter, P., Gonzalez, V. M., Laurent, D. D., & Holman, H. R. (1999). Evidence suggesting that a chronic disease self-management program can improve health status while reducing hospitalization: A randomized trial. *Medical Care*, 37(1), 5-14. <http://www.lww-medicalcare.com/pt/re/medcare/fulltext.00005650-199901000-00003.htm;jsessionid=LFzWckymGKqrYjpfsh4b9snBGvgMJhh5X1LmZd2Ypfmf0BbxlsnF!-1004083789!181195629!8091!-1>

VI. Web Resources

- A. National Council on Aging (NCOA). (Advocacy, programs, publications, and research devoted to improving the lives of older adults). <https://ncoa.org/index.cfm>
- B. Portal of Geriatric Online Education (Free database, username and password required): www.pogoe.org
- C. Stanford Patient Education Research Center: Chronic Disease Self-Management Program. (Background information on Stanford's program, along with training and licensure materials). <http://patienteducation.stanford.edu/programs/cdsmp.html>
- D. The CDC's National Center for Chronic Disease Prevention and Health Promotion. (The leading national resource for health promotion and chronic disease prevention). <http://www.cdc.gov/nccdphp/>