

Self-Management Education/Physical Activity Interventions

Chronic Disease Self-Management Program

The Chronic Disease Self-Management Program is a 6-week, small-group intervention attended by people with different chronic conditions. It is taught largely by peer instructors from a highly structured manual. The program is based on self-efficacy theory and emphasizes problem solving, decision-making, and confidence building. At one year, participants in the program experienced statistically significant improvements in health behaviors (exercise, cognitive symptom management, and communication with physicians), self-efficacy, and health status (fatigue, shortness of breath, pain, role function, depression, and health distress) and had fewer visits to the emergency department. There were slightly fewer outpatient visits to physicians and fewer days in hospital, but the differences were not statistically significant. Program costs were estimated to be about \$200 per participant.

To implement this course, it is necessary to find organizations licensed to offer the program. Please visit <http://patienteducation.stanford.edu/programs/> for a listing of these organizations by state. To ensure expansion of the program through new partners, it may be necessary to purchase a license from Stanford rather than working with organizations already licensed to offer the program.

Reference: Lorig, K. R. *et al.* (1999). Evidence suggesting that a chronic disease self-management program can improve health status while reducing hospitalization. *Medical Care*, 37(1): 5-14. URL: www.1ww-medicalcare.com

The Arthritis Foundation Self Help Program

The Arthritis Foundation Self Help Program is a 6-week group education course that teaches people how to manage their arthritis and lessen its effects. The program is based on self-efficacy theory and emphasizes problem solving, decision-making, and confidence building. Participants learn new pain management techniques, how to deal with fatigue and stress more effectively, how to develop an individualized exercise program, the roles of medication, and other helpful skills that increase their ability to live with their arthritis. Among people who have completed the course, arthritis pain declined by 20% and costly physician visits were reduced by 40% at four-year follow-up. To implement this course it is necessary to obtain training from the Arthritis Foundation or identify and access leaders in your local area who are appropriately trained to deliver the course.

Reference: Brady TJ, Kruger J, Helmick CG, Callahan LF, Boutaugh ML. Intervention programs for arthritis and other rheumatic diseases. *Health Education and Behavior* 2003;30(1):44-63.

Physical Activity Interventions

EnhanceFitness

EnhanceFitness is a low-cost exercise program for seniors taught by certified fitness instructors. The one-hour classes meet three times per week in ongoing, sessions. The classes include strength training with optional wrist and ankle weights, as well as aerobics, stretching, and balancing exercises. The program is designed to be safe and effective for seniors with a wide range of physical abilities. This program began as a partnership between Senior Services of Seattle/King County, Group Health Cooperative of Puget Sound, and the University of Washington Health Promotion Research Center. Studies have shown a marked improvement in participants' physical and social functioning, as well as a decline in areas such as pain, fatigue, and depression. To replicate this program, visit their website: www.projectenhance.org.

Reference: Wallace, J. I. *et al.* (1998). Implementation and effectiveness of a community-based health promotion program for older adults. *Journal of Gerontology: Medical Sciences*, 53a(4): M301-M306. URL: www.americangeriatrics.org

Arthritis Foundation Exercise Program (AFEP)

AFEP is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. Two levels of AFEP are available, basic and advanced, to address the varying levels of fitness and limitation among those with arthritis. AFEP participants have experienced such benefits as increased functional ability, increased self-care behaviors, decreased pain, and decreased depression.

Reference: "A Randomized Controlled Trial of the People With Arthritis Can Exercise Program: Symptoms, Function, Physical Activity, and Psychosocial Outcomes," Leigh F. Callahan, Thelma Mielenz, Janet Freuburger, Jack Shreffler, Jennifer Hootman, Teresa Brady, Katherine Buysse, Todd Schwartz, *Arthritis Care & Research*, January 2008; 59:1; pp. 92-101.