

CHRONIC DISEASE SELF MANAGEMENT PROGRAM DECREASES HOSPITAL STAYS

Living Well workshops provide an added benefit to regular treatment

Public Health Problem

- Chronic diseases such as arthritis, heart disease and diabetes are the leading causes of death & disability in every state.
- Seventy-five percent of all health care costs are the result of chronic disease.
- For the many people with more than one chronic condition, disease management education has been shown to improve outcomes and lower the cost of treatment.

Program

- The Kentucky Departments for Public Health and Medicaid Services and the University of Louisville Department of Family and Geriatric Medicine and local health departments partnered to provide the Chronic Disease Self-Management Program developed by the Stanford University Patient Education Research Center to patients in community settings such as senior centers, churches, libraries and hospitals.
- Trained facilitators implement this free, highly interactive program, in mixed groups of people with a variety of chronic health problems, focusing on building skills, sharing experiences, and providing support.
- This Program has been evaluated and shown to be effective in lowering costs of treatment.

Impact

- Evaluation studies at Stanford and the University of Louisville show that patients in this program spent fewer days in the hospital, with a trend toward fewer outpatient visits and hospital admissions, *yielding savings of about ten times the program cost.*
- Participants also had significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations when compared to those who did not participate.
- The Chronic Disease Self-Management Program enhances regular treatment and the effects persist for as long as three years.

Contact

Jennye Grider
Kentucky Department for Public Health
502-564-7996, ext-3795
jennye.grider@ky.gov

