Living Well with Chronic Conditions

The Stanford Chronic Disease Self-Management Program

What Is Self-Management?

The tasks that individuals living with chronic health conditions must do in order to live a healthy life:

- Working with doctors as health care partners
- Getting support from family and friends
- Working through problems as they arise, including pain, fatigue, frustration or depression
- Learning how to eat well and be physically active
- Understanding how to use medications correctly and assess new treatments
Program Overview

- 2 ½ hours per week for six weeks
- Groups of 10-15 people
- People with multiple chronic conditions and symptoms in the same group
- Focus on self-efficacy, action planning, problem solving, and effective communication
- Facilitated by trained leaders working with Stanford University licensed organizations

Programs Available in Oregon

- **Living Well with Chronic Conditions**: English language Stanford Chronic Disease Self-Management Program
- **Tomando Control de su Salud**: Spanish language and cultural adaptation of Living Well
- **Positive Self-Management Program**: Adapted for people living with HIV/AIDS and their caregivers
The Symptom Cycle

- Disease
- Fatigue
- Shortness of Breath
- Depression
- Difficult Emotions
- Stress/Anxiety
- Pain
- Tense Muscles

Self-Management Toolbox

- Physical activity
- Medications
- Managing fatigue
- Action planning
- Better breathing
- Understanding emotions
- Problem solving
- Using your mind
- Managing pain
- Communication
- Healthy eating
- Working with health professionals
**Action Planning**

- Something **you** want to do
- Achievable
- Action-specific
- Answers the questions:
  - What?
  - When?
  - How much?
  - How often?
- Confidence level of 7+ (out of 10)

**Problem Solving**

1. Identify the problem
2. List ideas
3. Select one
4. Assess the results
5. Substitute another idea
6. Use other resources
7. Accept that the problem may not be solvable
Research to Support Living Well

Randomized, controlled trial of 1,000 Living Well participants found that participants:
- Had improvements in self-reported health
- Increased ability to participate in social activities
- Were more active
- Had greater self-confidence
- Had more energy and less fatigue
- Spent fewer days in the hospital
- Had fewer outpatient and ER visits


Estimated Impact of Living Well in Oregon

Matching the outcomes found in the original research with program reach to date, it is estimated that Living Well has resulted in:
- Improved psychological well-being, energy and self-confidence to manage one’s health condition
- 107 quality adjusted life years gained (one additional week of “perfect” health per year
- 553 avoided emergency room visits, saving $634,980 in health care expenditures
- 2,783 avoided hospital days, saving $6,501,088 in health care expenditures

Living Well Participation in Oregon by Program, 2005-2010

The average participant in Living Well reports having 3.3 chronic conditions.

Number of Chronic Conditions Per Participant

The average participant in Living Well reports having 3.3 chronic conditions.
## Self-Reported Chronic Conditions

<table>
<thead>
<tr>
<th>Self-Reported Chronic Condition(s)</th>
<th>Ages &lt; 60 (2,440)</th>
<th>Ages &gt;= 60 (3,089)</th>
<th>Total* (5,667)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis/Fibromyalgia</td>
<td>41% (991)</td>
<td>56% (1,734)</td>
<td>49% (2,782)</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>28% (677)</td>
<td>46% (1,417)</td>
<td>38% (2,130)</td>
</tr>
<tr>
<td>Chronic pain</td>
<td>43% (1,042)</td>
<td>34% (1,035)</td>
<td>37% (2,113)</td>
</tr>
<tr>
<td>Depression</td>
<td>44% (1,071)</td>
<td>25% (777)</td>
<td>33% (1,871)</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>26% (628)</td>
<td>32% (1,003)</td>
<td>29% (1,664)</td>
</tr>
<tr>
<td>Diabetes</td>
<td>26% (633)</td>
<td>30% (922)</td>
<td>28% (1,585)</td>
</tr>
<tr>
<td>Heart disease</td>
<td>7% (167)</td>
<td>22% (679)</td>
<td>15% (866)</td>
</tr>
<tr>
<td>Asthma</td>
<td>16% (396)</td>
<td>14% (437)</td>
<td>15% (848)</td>
</tr>
<tr>
<td>COPD</td>
<td>7% (168)</td>
<td>12% (381)</td>
<td>10% (563)</td>
</tr>
<tr>
<td>Cancer</td>
<td>6% (137)</td>
<td>12% (367)</td>
<td>9% (510)</td>
</tr>
<tr>
<td>Stroke</td>
<td>2% (57)</td>
<td>6% (192)</td>
<td>5% (257)</td>
</tr>
<tr>
<td>Multiple sclerosis</td>
<td>2% (58)</td>
<td>1% (34)</td>
<td>2% (94)</td>
</tr>
<tr>
<td>None of the above, accompanied</td>
<td>11% (276)</td>
<td>6% (200)</td>
<td>9% (484)</td>
</tr>
<tr>
<td>family or friends</td>
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</tbody>
</table>

## For More Information

Oregon Living Well Program

[www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell)

1-888-576-7414

Living.well@state.or.us