

Evidence-Based Self-Management and Physical Activity Programs

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Illinois Department of Public Health

Variety of Interventions

SELF-MANAGEMENT

- Chronic Disease-Self-Management Program (CDSMP)
- Arthritis Foundation Self-Help Course

PHYSICAL ACTIVITY

- Fit and Strong!
- Arthritis Foundation Exercise Program
- Active Living Everyday (ALED)

Chronic Disease Self-Management Program (CDSMP)

- Created at Stanford University, Patient Education Research Center
- Primary Developers are Kate Lorig RN, Dr.Ph, Virginia Gonzalez MPH, and Diane Lauren MPH.
- Not chronic disease specific
- Not a replacement for other programs or treatments

Research Behind CDSMP

Outcomes showed improved health behaviors such as:

- Exercise
- Active self-management
- Ability to communicate with family and physicians

Improved health status:

- Self-reported health
- Fatigue
- Social Activities
- Disability

CDSMP- Class Structure

- The class sessions are once a week for 6 weeks; 2 ½ hours in length.
- The 6 sessions take place at the same location.
- Classes and materials can be free, loaned or purchased.
- Classes are taught by 2 trained class leaders.

Class Content

- 1) Problem solving—fatigue, pain, isolation
 - 2) Exercise
 - 3) Medication use
 - 4) Communication—health care, family
 - 5) Nutrition
 - 6) Evaluate new treatments
- Emphasis on process skills—action planning, disease problem solving and decision making**

Leaders, Participants and Host Sites

Leaders—Each class facilitated by 2 trained leaders; one or both of whom are non-health professionals with at least one chronic condition; usually 4 day training* done by “Master Trainers”

Participants—Any age and any chronic condition; time-commitment; know your target; promo materials available

Host Sites—community centers, senior centers, housing facilities, etc...

For More Information on CDSMP

- <http://patienteducation.stanford.edu/programs/cdsmp.html>

Arthritis Foundation Self-Help Program



- Self-management class series
- Teaches **skills** for living with arthritis such as ways to reduce pain and stress, cope with fatigue, use medications wisely, and benefit from exercise.
- Developed at Stanford University

Research Behind AF Self-Help Course

- Effective for people with arthritis
- Learn and practice different techniques needed to build an individualized self-management program and gain the confidence to carry it out
- Science base--20% decrease in pain, 40% decrease in physician visits, even 4 years after course participation
- increased knowledge about their arthritis
- increased frequency of exercise and relaxation
- increased self-confidence
- decreased depression

Class Structure

- 6-week course
- Meet once a week for 2-hours
- Guided by two trained instructors who follow a detailed protocol
- Very interactive!!

Course Content

- latest pain management techniques
- develop individualized exercise program
- methods to manage fatigue and stress more effectively
- discuss purposes and effective use of medications
- help find solutions to problems caused by arthritis
- identify ways to deal with anger, fear, frustration and depression
- discuss role of nutrition in arthritis management
- new ways to communicate with family and friends
- how to form a partnership with your health-care team

Leaders, Participants and Host Sites

- **Leaders**—Taught by Arthritis Foundation trainers; training offered throughout the year @ various locations; certification valid for 3 years; teach series of classes to be certified; CEUs available
- **Participants**—persons with arthritis
- **Host Sites**—Churches, libraries, community centers, etc...

Leader Position Descriptions

- [http://www.arthritis.org/media/offering-programs/Offering%20Programs/position descriptionSelfHelp_Leader_%20Instructor.doc](http://www.arthritis.org/media/offering-programs/Offering%20Programs/position%20descriptionSelfHelp_Leader_%20Instructor.doc)

For more information.....

- www.arthritis.org
- Greater Chicago Arthritis Foundation
312.372.2080
- Greater Illinois Arthritis Foundation
309.682.6600

Fit and Strong!: For Older Adults with Lower Extremity Osteoarthritis

- Created by Fit and Strong! Team, University of Illinois at Chicago, Institute for Health Research and Policy, Center for Research on Health and Aging
- Fit and Strong! is a low-cost, evidence-based, multiple component exercise program
- Combines flexibility, strength training and aerobic walking with health education for sustained behavior change among older adults with lower extremity osteoarthritis (OA)

Fit and Strong!



Research Behind Fit and Strong!

Proven program that improves:

- Lower extremity stiffness
- Lower extremity pain
- Lower extremity strength
- Aerobic capacity
- Participation in exercise and caloric expenditure
- Self-Efficacy for Exercise

Fit and Strong! Class Structure

- Multiple-component exercise **plus** education for lifestyle change
- 3 sessions/week; 8 weeks = 24 sessions
- 60 minutes exercise, 30 minutes education
 - exercise
 - .warm-up
 - .stretching
 - .walking/ aerobics
 - .strengthening
 - education/group discussion
 - .managing arthritis
 - .exercising with OA
 - .commitment to lifestyle change
 - .incorporating exercise into daily life

Class Content

- 20 minutes of flexibility/balance, beginning and end of hour (20 total)
 - 20 minutes sustained fitness walking – speed progressively enhanced, low-impact aerobics
 - 20 minutes strengthening – exercise bands, ankle cuff weights
- PLUS**
- 30 minutes education/group problem solving using manual & individualized post program maintenance contract

Leaders, Participants and Host Sites

- **Leaders**—Must be a certified exercise instructor or licensed physical therapist; experience working with older adults and/or individuals with arthritis is beneficial but Fit and Strong! certification can provide skills needed with no prior experience; 8-hour full-day training
- **Participants**—older adults with osteoarthritis
- **Host Sites**—Senior centers, meal sites, assisted living communities, etc...

Fit and Strong! Website

- Fit and Strong! website:
<http://www.fitandstrong.org>
 - Provides Fit and Strong! information- background, goals, content, requirements
 - Describes training, registration and program implementation
 - Lists training schedules, class locations
 - Offers on-going technical support to instructors and providers
 - Down-loadable instruments, manual, training materials
 - Data entry feature

Contact Information

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Arthritis Foundation (AF) Exercise Program

- Part of the "Arthritis Foundation Life Improvement Series Programs"
- For persons with arthritis
- Community-based, recreational
- Fun, low-impact; either sitting down or standing
- Uses gentle activities to help increase joint flexibility, range of motion, overall stamina and to help maintain muscle strength

Research Behind the AF Exercise Program

- Improved functional ability, decreased depression, and increased confidence in one's ability to exercise
- Shown to help people with arthritis increase their joint flexibility and relieve arthritis pain and stiffness

AF Exercise Program Class Structure

- Performed seated, standing, or on floor
- 6-8 weeks, 2-3 x a week, 1 hr sessions
- Includes relaxation & breathing techniques
- Games & socialization activities
- Health education
- Trained AFEP instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics.

Leaders, Participants and Host Sites

- **Leaders**—Taught by Arthritis Foundation trainers; training offered throughout the year @ various locations; background in exercise preferred; certification valid for 3 years; teach series of classes to be certified; CEUs available
- **Participants**—persons with arthritis
- **Host Sites**—Fitness centers, YM/WCA's, local gyms, senior centers, etc...

For more information.....

- www.arthritis.org
- Greater Chicago Arthritis Foundation
312.372.2080
- Greater Illinois Arthritis Foundation
309.682.6600

Active Living Every Day (ALED)

- Group-based program---can be done via internet
- Developed at the Cooper Institute
- Supported through Human Kinetics, Champaign, Illinois
- Focus on helping sedentary people become and stay physically active
- Uses established behavior change models such as the stages of change to empower people to overcome their barriers to physical activity

Research on ALED

Research has shown components necessary for life-long behavior change

- Readiness to change behavior
- Overcome and solve problems
- Moderate-intensity activities
- Personal action plan
- Focus on activities that fit routine
- Tips for healthy choices

ALED—Class Structure

- Approximately 20 participants/group
- 1 hour/week
- 20 weeks of classroom instruction
- Participants do their actual activity outside of the group setting
- Facilitators (instructors) that teach the course are trained and certified
- A participant book is used in conjunction with the course: <http://www.activeliving.info/>

Class Content

- Learn behavioral skills (identifying and overcoming barriers, setting goals, creating an action plan) needed to become more physically active.
- A variety of moderate and vigorous physical activities are discussed in the program, giving the background for individuals to make their personal decisions about type, form, frequency, intensity and dose.

Leaders, Participants and Host Sites

- **Leaders/Facilitators**--Training workshops are open to licensed Active Living Partners providers; complete online training modules before participating; register 4 to 6 weeks prior to preferred training date.
- **Participants**--Sedentary individuals wanting to become more physically active
- **Host Sites**--variety of organizations such as worksites, hospitals, community health programs and colleges, and senior residences.

For More Info.....

- <http://www.activeliving.info/index.cfm>
- **Contact Active Living Partners** at
800-747-4457 ext 2516 or
AmyW@hkusa.com
