Chronic Disease Self-Management Program

Solutions to manage health
What is CDSMP?

- Developed early 1990s.
- Offered in a variety of settings, populations, and chronic conditions.
- Internationally in 15 countries and over 39 U.S. states.
- Meets core standards for self-management required by NCQA.
What is CDSMP?

- A practical, interactive curriculum includes:
  - Exercise and nutrition
  - Medication usage
  - Stress management
  - Talking with your doctor or health professional
  - Dealing with emotions and depression

- Opportunities for discussion and problem solving

- Mutually supportive setting
CDSMP - 6 month outcomes

- Increased exercise
- Better coping
- Better physician communication
- Improved health, disability, social activities
- More energy and less fatigue
- Fewer physician visits and hospitalizations
CDSMP Outcomes

After 1 & 2 year:

Better energy, health status, and self-worth

Less fatigue or health distress

Fewer visits to ER
CDSMP program video...
CDSMP Fidelity

Stanford Trainers

- KDHE Master Trainer
  - Class Leader
  - Class Leader

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Cost

- Stanford University: $80 and $120 per participant

- Weekly session includes:
  - Resource book: *Living a Healthy Life with Chronic Conditions*
  - Relaxation CD
  - Healthy Snacks
Reimbursement Models

- Washington State - Medicaid $50-/session
- Oregon - WISEWOMAN - $20/session
- California - Medicaid $60/participant /session
- Minnesota - Medica - $120/participant
How to become a leader:

• Contact Ariel Unsel(Capes) at KDHE 785-296-1627

• Sign a Leader application and commitment form.

• Attend a 4 day leader training.

• Teach 1 workshop within 12 months of training.
Questions?

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