Charting a New Course: Self-Management Care Programs

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Missouri Arthritis and Osteoporosis Program
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Current Waters
• Arthritis affects 1 in 5 adults (age 18 and older) in the United States.
• In Missouri, nearly 3 of 10 adults have been told by their doctor they have arthritis.
• Arthritis is the most common cause of disability in the U.S., limiting the activities of 21 Million Americans. Over half of Missouri’s adults with arthritis reported activity limitations.

Current Waters
• Comorbid conditions, such as heart disease and diabetes, may occur as a result of common risk factors.
Current Waters

• People with arthritis are less likely to be physically active, which may also lead to other chronic conditions.

• Other known risk factors may increase prevalence of arthritis

Number of Missourians with Risk Factors and Arthritis

Where We Are Heading

Chronic diseases account for 75% of the $1.4 trillion we spend on health care

2011
$2.8 trillion
an average of $9,216 per person

Where We Are Heading

• Nearly two-thirds of people with arthritis are younger than age 65.
• 53.8% of adults age 65+ have been told by their doctor they have arthritis.

[2011 Behavioral Risk Factor Surveillance System Survey]
Where We Are Heading

- 52.5 million adults have self-reported doctor-diagnosed arthritis (based on 2010-2012 data from the National Health Interview Survey [NHIS]).
- 67 million adults (18+) will have doctor-diagnosed arthritis by the year 2030 (2003, NHIS).

What We Do

The Missouri Arthritis and Osteoporosis Program (MAOP) is a state resource for individuals who have arthritis and other chronic health conditions, for their family and friends, and health care providers.

We provide program interventions through our Regional Arthritis Centers (RAC) to empower individuals to take control of their conditions through self-management education and physical activity.

Where We Are Located
How We Do It: Group Programs

Some of our programs are provided in a group setting:
- Living a Healthy Life (CDSMP)
- Tomando Control de su Salud (Spanish CDSMP)
- Diabetes Self-Management Program
- Arthritis Foundation Exercise Program
- Walk With Ease

How We Do It: At-Home Programs

We also offer independent programs:
- The Arthritis Toolkit
- Walk With Ease - Individual
- Better Choices, Better Health® (CDSMP - online)*
- Better Choices, Better Health Arthritis® (online)*

*Programs offered through August 31, 2014

GROUP: Living a Healthy Life (CDSMP)

- Developed and evaluated by Stanford University's Patient Education Research Center; research completed in 1996.
- Participants meet for 2-2.5 hours once a week for six-week program duration.
- Program is peer-led by trained instructors who have, or who are caregivers for individuals who have, chronic health conditions.
- Research results show improved health outcomes and reduced healthcare utilization.
**GROUP: Tomando Control de su Salud**

- Structured similarly to CDSMP (2-2.5 hours once a week for six weeks; peer-led by two trained instructors).
- Presented fluently in Spanish to Spanish speaking participants.
- Developed specifically for Hispanic and Latino cultures; not a direct translation of the English CDSMP course.
- Research results show improved health outcomes and reduced healthcare utilization.

**GROUP: Diabetes Self-Management Program**

- Structured similarly to CDSMP (2-2.5 hours once a week for six weeks; peer-led by two trained instructors).
- Developed and evaluated by Stanford University's Patient Education Research Center specifically for people with type 2 diabetes; teaches skills useful for managing diabetes.
- Research results show improved health outcomes (including in healthy eating and reading food labels) and reduced healthcare utilization.

**GROUP: Arthritis Foundation Exercise Program**

- Arthritis Foundation designed exercise program, specifically for individuals with arthritis.
- It serves to help increase joint flexibility and range of motion, and to help maintain muscle strength.
- Can be ongoing (continuously led year-round) or time-limited (six or eight week sessions).
- Participants meet for one hour 2-3 times per week with a trained instructor who can help participants modify actions to meet their needs.
- Reported benefits to individual health.
GROUP: Walk With Ease

- Designed by the Arthritis Foundation as a community-based group walking program, specifically for individuals self or medically diagnosed with arthritis.
- Beneficial to any individual who wants to start a regular walking routine.
- Helps individuals develop a personalized walking plan, stay motivated while managing pain, and teaches safe exercise methods.
- Group Format - ongoing program, led for 45-90 minutes by a trained instructor three times per week.

AT-HOME: Arthritis Toolkits

- Designed to be completed as an individual self-management program, based on the group Arthritis Self-Help program.
- Toolkits are checked out regionally by Regional Arthritis Center or designated center for up to six weeks.
- Toolkits include: “The Arthritis Helpbook”, a “Time for Healing” relaxation CD, an “Exercise: Arthritis Self-Management” CD, and information packets that encourage goal setting and action planning, as well as visual images of exercises.

AT-HOME: Walk With Ease

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- Beneficial to any individual who wants to start a regular walking routine.
- Helps individuals develop a personalized walking plan, stay motivated while managing pain, and teaches safe exercise methods.
- Independent Format – completed by an individual three times per week for 45-90 minutes.
- Available in English or Spanish.
AT-HOME: Better Choices, Better Health®

- Online version of the community-based Living a Healthy Life program.
- Evaluated by Stanford University in 2002-2003. Individuals who took Better Choices, Better Health® had significant improvements in health status—similar to in-person CDSMP.
- Program is licensed by the National Council on Aging.
- Sessions are highly participative through internal messaging and online discussion boards.
- Completed by an individual two-three times per week for six weeks (total of two hours per week).

AT-HOME: Better Choices, Better Health® Arthritis

- Online version of the community-based Arthritis Self-Help program.
- Program is licensed by the National Council on Aging.
- Sessions are highly participative through internal messaging and online discussion boards.
- Completed by an individual two-three times per week for six weeks (total of one-two hours per week).

AT-HOME: Self-Management Toolkit

- Resources for Caregivers
  - Chronic Conditions
  - Classes
  - Emotions
  - Fatigue
  - Future Plans
  - Healthy Eating
- Resources for Healthcare Providers
  - Medicine
  - Pain
  - Physical Activity
  - Problem Solving
  - Working With Health Professionals
Care Transitions

• Similar goal:
  • Empower individuals to take control of their health through programs and health related services

• Challenges of Care Transitions
  – Patients
  – Caregivers
  – Providers

Intervention Referral

www.moarthritis.org

• Refer person to www.moarthritis.org
• Click on map for specific region; then on class calendar.
• Find an in-person course or at-home program that works for them
  – Can contact RAC Coordinator (contact information on website)

Course Registration

• Leaders Register a class first

• Participants enroll in a class online next
  – Can still register via paper, email, or phone

www.moarthritis.org
moarthritis.typepad.com/program_registration/
Set a New Course Today

Missouri's Arthritis and Osteoporosis Program

Northwest Missouri RAC: Debbie Braby at (816) 271-7064
Northeast Missouri RAC: Doris Fountain at (660) 626-2049
Kansas City Area RAC: Orvie Prewitt at (816) 932-2351
Central Missouri RAC: Amber Phelps at (573) 882-8097
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Steps to Better Health ◇ www.moarthritis.org ◇ 888-702-8818