NACC’S MISSION STATEMENT

To promote wellness and regular health maintenance in Native American families; to decrease the health disparities of Native Americans in the metropolitan area; to assure access to quality health care regardless of ability to pay.
Stanford’s Chronic Disease Self-Management Program

Overview-
The Chronic Disease Self-Management Program is a workshop given two and a half hours, once a week, for six weeks. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves. Some of the subjects covered include:

1. Techniques to deal with problems such as frustration, fatigue, pain, and isolation.
2. Appropriate exercise for maintaining and improving strength, flexibility and endurance,
3. Appropriate use of medications,
4. Communicating effectively with family, friends, and health professionals,
5. Nutrition and
6. How to evaluate new treatments.

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants confidence in their ability to manage their health and maintain active and fulfilling lives.

Outcomes

Program evaluation conducted by Stanford found that participants who took the program, when compared to those who did not, demonstrated significant improvements in:

- Cognitive symptom management
- Communication with physicians,
- Exercise
- Self-reported better general health, health distress, fatigue, disability,
- And reduced social-role activities limitations.
- They also spent fewer days in the hospital, and there was also a trend toward fewer outpatient visits and hospitalizations.

The Native American Community Clinic has also found important benefits of this program! Of the 76 participants completing this workshop through NACC, the majority indicated that they learned new information and made positive changes in self-care related behaviors. Additionally, we found that participants living with diabetes who participated in the Living in Balance classes were more likely to improve their A1C hemoglobin level or maintain a healthy level than participants who did not attend the classes.

Self management skills

- Skills needed to deal with the illness
- Skills needed to continue with your normal life.
- Skills needed to deal with your emotions
Becoming an Active self manager

- Decide what you want to accomplish
- Look for alternative ways to accomplish this goal.
- Start making short term plans by making an action plan or agreement with yourself
- Carry out your action plan
- Make changes as needed, and
- Remember to reward yourself

Living in Balance session

DEMONSTRATION OF THE CLASS STRUCTURE:

Agenda Items
1. Feedback/problemsolving of action plans
2. Dealing with difficult emotions
3. Introduction to Physical Activity and Exercise
4. Making an action plan
5. closing-homework and buddy assignments

Action planning

Basics of a successful action plan

1. Something you want to do
2. Reasonable (something you can expect to be able to accomplish that week.
3. Behavior-specific (losing weight is not a behavior; not eating after dinner is)
4. Answers the questions; What?
   How much (think about your day/week-which days/times)?
   When?
   How often?
5. Confidence (certainty) level of 7 or more (that you will fulfill the entire contract?)
Brainstorming

• Have each person state how the action plan went for the week.
• Talk about how well the action plan was accomplished.
• If not successful, describe the problems that prevented you from completing the action plan (do not ask for problems unless the action plan was not completed).
• Ask the group to brainstorm possible solutions - write them down on a board.
• Do not allow discussion or questions until after the brainstorm is over.
• Do not comment or allow anyone else to comment on the ideas.
• Clarification should not be obtained until after the brainstorm.
• If there is silence - wait.
• Do not call on people.
• Write down the ideas in the contributor’s words. If you want to shorten or rephrase them, ask permission first.
• Ask the original participant if any of these strategies could be used and if so, which one. Ask them to then write this suggestion down or make note of it.
• Throughout the workshop, we will be solving problems in the same way.

Problem-solving strategies

• Identify the problem.
• List ideas to solve the problem.
• Select one method to try.
• Assess the results.
• Substitute another idea if the first didn’t work.
• Utilize other resources (ask friends, family, or professionals for ideas if your solutions didn’t work.)
• Accept that the problem may not be solvable now.

The Chronic Disease self-management workshop information

Stanford University
Stanford Patient Education Center
• 1000 Welch Road, Suite 204
  • Palo Alto CA 94304
• http://patienteducation.stanford.edu
• self-management@stanford.edu
  • Phone (650)723-7935