

# Chronic Disease Self-Management Program

## Helping you manage your health

Chronic Disease Self-Management Program (CDSMP) workshops are interactive, evidence-based programs developed by Stanford University to help people with chronic health conditions better manage their health. People with different chronic health conditions attend 2.5 hour sessions once a week for six weeks (6 total classes). Workshops are led by two trained leaders, one or both of whom have a chronic disease.

Family and caregivers of people with chronic conditions are encouraged to attend workshops as well.

### You will learn:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating better with family, friends and health professionals about your condition(s)
- Nutrition
- Decision making
- How to evaluate new treatments

Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.



### Get Started

Please contact the KDHE Coordinator at 785-296-1627 or [aunselt@kdheks.gov](mailto:aunselt@kdheks.gov) for information about the Kansas program and to find a class near you. For more information about the Stanford University program, please visit: <http://patienteducation.stanford.edu/programs/>. Workshops are typically free, although some organizations may charge a small fee.

### Participants have shown improvements in:

- Exercise
- Symptom management
- Communication with physicians
- Self-reported general health
- Health distress
- Fatigue
- Disability
- Social activity limitations
- Reduced days in the hospital and fewer outpatient visits

***“The workshop put me back in charge of my life and I feel great. I only wish I had done this sooner.”***  
***-CDSMP Participant***