

Chronic Disease Self-Management Program (CDSMP)

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)
- Ways to improve your 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.

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

Get Started



Visit www.toolsforbetterhealthks.org and select "Find a Workshop" contact KDHE at 785-291-3742 or KDHE.BetterHealth@ks.gov for information about programs in Kansas.

"The workshop put me back in charge of my life and I feel great. I only wish I had done this sooner."

-CDSMP Participant

For more information about the Stanford University program, please visit: patienteducation.stanford.edu/programs/. Workshops are typically free, although some organizations may charge a small fee.

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Chronic Disease Self-Management Program (CDSMP) is an evidence-based workshop for people with chronic health conditions, such as arthritis, asthma, diabetes, high blood pressure or depression, as well as caregivers. Over 1,000 people with heart disease, lung disease, stroke or arthritis participated in a randomized, controlled test of the Program, and were followed for up to three years. Subjects who took the Program, when compared to those who did not, demonstrated significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations. They also spent fewer days in the hospital, and there was a trend toward fewer outpatient visits and hospitalizations. These data yield a cost to savings ratio of approximately 1:4. Many of these results persist for as long as three years. patienteducation.stanford.edu/programs/cdsmp.html