

Statewide Initiatives to Bring Chronic Disease Self Management Program To Scale

**Best Practices Committee
California Department of Managed Care
March 12, 2009**

**June Simmons, CEO
Partners in Care Foundation**



Overview

- Partners in Care Foundation
- Background of Chronic Disease Self Management Program
 - Research
 - Development
 - Outcomes
- The Future for Chronic Disease Self Management Program



Partners in Care
FOUNDATION
changing the shape of health care

Partners in Care Foundation: Mission

- Partners is a think-tank and a proving ground
- Partners changes the shape of health care by creating high-impact, innovative ways of bringing more effective clinical and social services to people and communities
- Partners' direct services test, measure, refine and spread innovative programs and services, and bring needed care to diverse populations



Partners in Care
FOUNDATION
changing the shape of health care

The Scope of the Problem

- Heart disease, cancer, and diabetes are leading causes of disability and death in the United States
- More than 1.7 million Americans die every year from chronic diseases
- These diseases are responsible for 7 of every 10 deaths in the United States
- 1 out of every 10 Americans (or 25 million people) suffer a major limitation in daily living from a chronic illness
- 70% of the \$1 trillion spent on health care each year in the United States is spent on these diseases
- 87% of persons aged 65 and over have at least one chronic condition; 67% have 2 or more
- 99% of Medicare spending is on behalf of beneficiaries with at least one chronic condition

The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives 2004. CDC
<http://www.cdc.gov/nccdphp/publications/index.htm>

Partners in Care Foundation © 2009. All rights reserved.



High Costs and Poor Outcomes

- Spend twice than any other developed country
- Ranked 37th in world on health outcomes
- 40 million uninsured
- Little prevention/lots of expensive late care
- Growing role for community and family care giving and self-care



Partners in Care
FOUNDATION
changing the shape of health care

Chronic Disease Self Management (CDSMP) Background

- Stanford University, Division of Family and Community Medicine in the School of Medicine received 5 year research grant from Agency for Health Care Research and Policy and the State of California Tobacco-Related Diseases office
- **Purpose:**
 - To develop and evaluate, through a randomized controlled trial, a community-based self-management program that assists people with chronic illness.
 - Study completed in 1996 by Dr. Kate Lorig of Stanford Patient Education Research Center



Partners in Care
FOUNDATION
changing the shape of health care

Chronic Disease Self Management (CDSMP) Background

- A credible, “evidence-based” program with broad experience and demonstrated results in a variety of settings, populations, and chronic conditions
- Consists of six, 2,5-hour workshops delivered over 6 weeks
- Now used internationally in 15 countries and over 39 U.S. states



Partners in Care
FOUNDATION
changing the shape of health care

Outcomes (cont'd)

- Important health benefits persist over time
 - improvements in exercise and social/role - enhanced self-efficacy
 - Patient activation vs. patient education
- Supported by decades of federal research
 - Developed through 20 years of grants from NIH, US Agency for Healthcare Research & Quality, and Centers for Disease Control & Prevention



Partners in Care
FOUNDATION
changing the shape of health care

Outcomes

- Effective across chronic diseases
 - Wide variety of chronic illnesses addressed = Efficiencies of scale
- Effective across socioeconomic and educational levels
 - Used by various ethnic groups in the US and internationally in England, Denmark, Australia, Japan, China, Norway & Canada
 - Attests to program's broad reach and appeal
- Enables participants to manage progressive, debilitating illness
 - Even with worsening disability, no increase in use of healthcare resources
 - Results include reduced Dr. visits, ER visits and hospitalization
- Many of these results persisted with three year follow-up



Partners in Care
FOUNDATION
changing the shape of health care

Keys to Success – The Activated Patient

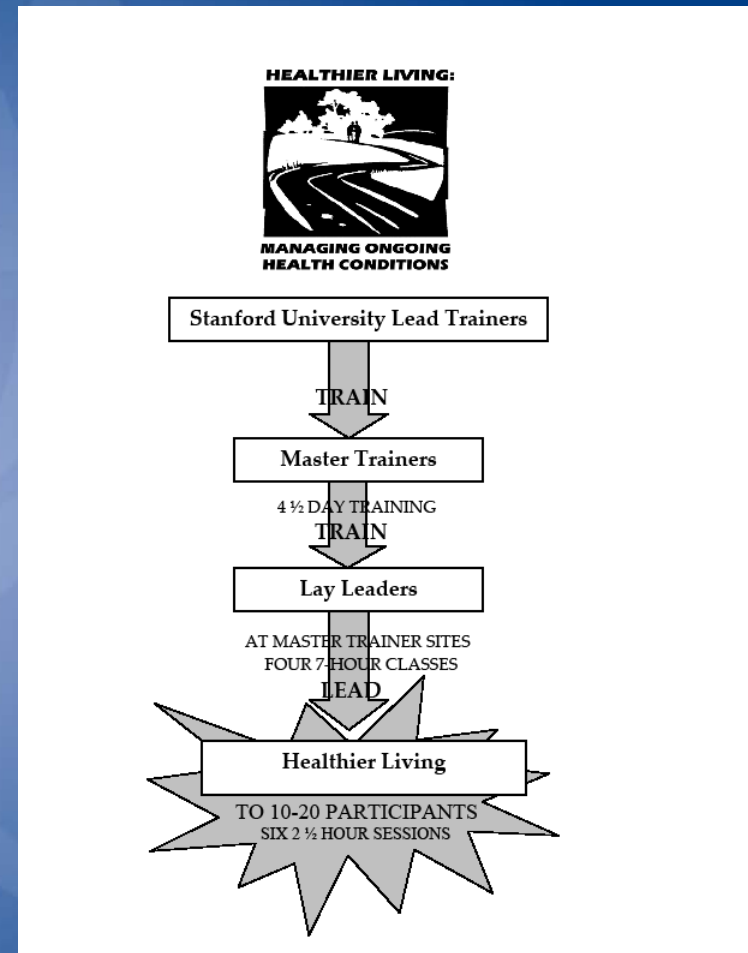
- The format addresses specific problems and goals for people with ongoing health problems - not just a support group.
- The workshops are not prescriptive. Participants choose their own goals and track their own progress toward success – builds self-efficacy.
- Trained peer leaders offer guidance and support, but participants find practical solutions individually and together. Socratic method.



Partners in Care
FOUNDATION
changing the shape of health care

CDSMP Workshops: The Basics

- A practical, interactive curriculum including:
 - Led by 2 trained “lay leaders”
 - Highly scripted
 - 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



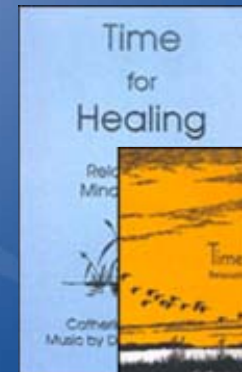
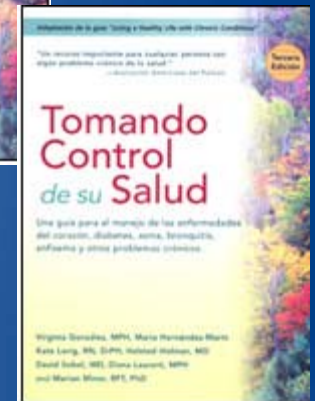
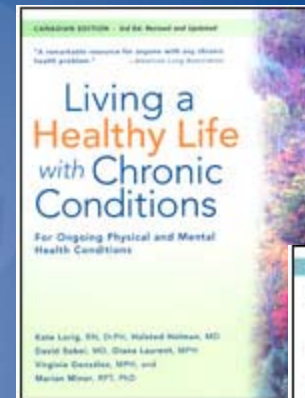
Materials- Multiple Languages

Leader's Manual

- English
- Spanish
- Chinese
- Japanese
- Korean
- Bengali
- Dutch
- German
- Hindi
- Italian
- Norwegian
- Somali
- Turkish
- Vietnamese
- Welsh
- Arabic

Participant Workbook

- English
- Spanish
- Chinese
- Japanese
- Korean



Relaxation CD

- English
- Spanish
- Chinese



Partners in Care
FOUNDATION
changing the shape of health care

Kaiser Permanente

- Original research site for Stanford
- System-wide commitment
- Generous community benefit to support and expand CDSMP
- T-Trainer (CDSMP), Master Trainer (Matter of Balance)
- Ongoing trainings to certify new English and Spanish Lay Leaders
- Technical assistance to new and current collaborative partners
- Assist in marketing and presentations to recruit new partners
- Program materials and licensing assistance to non-profit partners



Collaboration is Key

- Collaboration is key to optimizing CDSMP reach in California
- California Departments of Aging and Public Health awarded 3-year grant from Administration on Aging
- Brings evidence-based programming to age-based organizations
- Partners in Care is the state program office, California Health Innovation Center



Partners in Care
FOUNDATION
changing the shape of health care

AoA Evidence Based Health Promotion Grants

- Funding for states to implement Evidence-Based health promotion programs targeting older adults
- Required partnership between state departments of health and aging services
- Required Chronic Disease Self-Management Program (CDSMP) & could include other evidence based programs
- 16 states initially funded (now 27 states) for 3 years

Partners Role in CDSMP

- In Spring 2008, the Atlantic Philanthropies awarded sustainability grants to California and 7 other states to expand and sustain access to the CDSMP
- California's approach -- expand CDSMP to 60% of older adults by creating "mini-networks" comprised of physician groups, community colleges, and county public health departments
- CA Goal: Make CDSMP accessible to 9,525 older adults by 2011

Participating California Counties

★ Original 5 Counties

Los Angeles, Fresno,
Madera, San Diego,
Sonoma



Kern, Orange, Riverside,
Sacramento, San
Bernardino, San Francisco,
Santa Clara, Ventura, Yolo



Partners in Care
FOUNDATION
changing the shape of health care

Target Sectors for Program/Engagement



Current CDSMP Community Partners

- Kaiser Permanente Southern California
- California Association of Physician Groups (CAPG)
- Orange County Regional Educational Collaborative
(includes North Orange County Community College District, WeCare)
- Fresno-Madera, Los Angeles, Orange, San Diego, San Bernardino, San Francisco AAAs
- Riverside County Human Resources
- Catholic Healthcare West (CHW)
- HealthCare Partners
- Jewish Family Service
- Motion Picture & Television Fund
- Community Clinic Association of Los Angeles County
- California State University Fresno
- Eskaton Senior Residences and Services
- The Health Trust
- Keiro Senior Healthcare



Partners in Care
FOUNDATION
changing the shape of health care

California CDSMP Sustainability Approach

Create a cost-effective distribution network for evidence-based health promotion programs

Partner with health systems, physician groups, hospitals, health plans and community groups for widespread availability



Partners in Care
FOUNDATION
changing the shape of health care

Building Infrastructures for Health Promotion/Self-Care

- Physician offices need to connect patients to community resources to build health
- Creation of widespread community-based programs to address lifestyle change are needed – especially to manage risks like diabetes progressing, heart disease & falls
- Evidence-based programs are essential



Partners in Care
FOUNDATION
changing the shape of health care

CDSMP—Importance of Physician

- CDSMP developers found that a referral from a physician had a powerful impact on the individual actually enrolling in and completing the program
- CAPG is leading the effort to spread the program and identify leading groups for early adoption



Partners in Care
FOUNDATION
changing the shape of health care

Why Engage Physicians

- **Physicians are a key to success**
- Physicians have direct access and knowledge regarding patients who will most benefit from CDSMP
- Physicians can help determine which patients will benefit most from this resource
- Physician referral has been proven to be the most powerful motivator



Partners in Care
FOUNDATION
changing the shape of health care

Role of Health Plans

- Benefit from enhanced health and reduced service use
- Evidence-based approaches needed now
- Prevention/early-detection and enhanced self-care are now feasible and needed
- Plans can promote programs to patients
- Plans can encourage physician participation
- Plans can track results

Role of Health Plans

- Health Plans and Physician Groups Have Powerful Leadership Potential to Scale This Work
 - Natural investor – receive ROI
 - Ability to identify those who will benefit
 - Marketing/Communication resources
 - Can Track Results
 - Can partner with physicians

Engaging the Physician Community

- Keep engagement simple as physicians have limited time
- Have research on program efficacy readily available
- Anticipate their questions such as “How will it work for and benefit my patients?”
- Assure ready availability of local program sites or facilitate internal program development
- Provide timely feedback/results



Partners in Care
FOUNDATION
changing the shape of health care

Changing American Culture

- This initiative is compatible with health reform
- Mainstreaming access to powerful tools for health
 - Building a platform for better quality of life
 - Less pain
 - Less illness
 - Greater mobility and better function
 - Reduced health services use

Opportunity for Health Plan Engagement in Pilots

- Targeting Hedis Score Improvements
- Hot spots are logical targets to test this approach
- Current grants provide staff to make pilots affordable to test cost benefit
- Can select communities, physician partners and size of pilot
- A few pilots will be selected



Partners in Care
FOUNDATION
changing the shape of health care

Geographic Targets with High Chronic Disease Prevalence

Counties	Cities
Los Angeles	South Los Angeles East Los Angeles
Orange	Anaheim
Riverside	Riverside



Investments for pilots

- Planning time to select target communities and physician groups – liaison to project
- Development of partnership with community groups or large employers
- Development of promotional/educational materials to mail to identified eligible members
- Coordination with physician groups to identify and refer patients
- Limited financial support (\$100/patient) for targeted population (set maximum size)
- Providing access to data to track impact

Current pilots in discussion

- L.A. Care
- Molina Health Plan
- Diabetes Medicare Billing Pilot
- CDSMP On Line Version

Seize the Opportunity

- Health care must change
- Health reform is moving toward prevention and enhanced self-care
- We have the opportunity to lead
- Current grant funding supports piloting these programs affordably



Partners in Care
FOUNDATION
changing the shape of health care

Resources

Partners in Care Foundation

www.picf.org 818-837-3775

Stanford CDSMP Website

<http://patienteducation.stanford.edu/programs/cdsmp.html>

Center for Healthy Aging of NCOA

<http://www.healthyagingprograms.org/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/nccdphp/publications/cdnr/pdf/CDNR.June.2007.pdf>

The Robert Wood Johnson Foundation

<http://www.partnershipforsolutions.org/DMS/files/chronicbook2004.pdf>



Partners in Care
FOUNDATION
changing the shape of health care