Chronic Disease Self-Management Program
CDSMP

Length/Timeframe of program and Class Size:

- 2.5 hours for a 6-week period
- Recommended Class Size: 10 – 16 participants

Web Site: https://self-managementresource.com//

I. General description of program:

- The CDSMP is a lay-led participant education program offered in communities in the United States and other countries. Participants are adults and/or their family members living with chronic health conditions such as high blood pressure, arthritis, heart disease, stroke, depression and other mental health issues, addiction and/or co-occurring disorders.
- The CDSMP provides information and teaches practical skills for managing chronic illnesses, assisting individuals as they build the confidence and motivation they need to manage the challenges of living with a chronic health condition.

II. Reasoning behind the program design and elements:

- People with chronic conditions have similar concerns and problems
- People with chronic conditions must cope not only with their illness but also its impact on their own and other's emotions
- Lay people with chronic conditions, when given a detailed leader's manual, can teach the CDSMP as effectively, if not more effectively, than health professionals
- The process or the way the CDSMP is taught is as important, if not more important, than the subject matter that is taught.

III. The CDSMP covers the following topics:

~ Healthy eating, menu planning and reading nutritional labels
~ Physical activity and exercise
~ Preventing falls and improving balance
~ Pain and fatigue management
~ Relaxation, distraction and breathing techniques
~ Dealing with anger, depression, and other negative emotions
~ Communication with family/friends/physicians
~ Sleep
~ Making informed treatment decisions
~ Working with health care providers
~ Developing decision-making and problem-solving skills.
~ Ways to Manage Negative Thinking