

SELF-MANAGEMENT PROGRAMS



Self-Management Programs teach participants how to:

- Understand and manage their health symptoms
- Make healthier eating choices
- Become more active
- Communicate effectively with health care providers
- Manage difficult emotions effectively
- Set realistic goals and problem solve
- Perform daily tasks with greater ease
- Take action and get more out of life

The University of Victoria self-management programs are free, evidenced-based patient education programs offered throughout British Columbia for adults experiencing on-going physical or mental health issues. Groups of 10-12 people meet for 2.5 hours for 6 consecutive weeks. The interactive workshops are facilitated by pairs of trained lay leaders, who have chronic health conditions themselves. These self-referral workshops are offered at a variety of times and community locations.

Chronic Disease Self-Management Program (CDSMP)

The CDSMP provides an overview of living with one or multiple chronic conditions and is accompanied by the book, *Living a Healthy Life With Chronic Conditions*, 3rd Edition. It is designed to enhance regular treatment and disease-specific education. The program provides participants with the confidence and skills to better manage their health, as well as helpful tips to maintain an active lifestyle.

Chronic Pain Self-Management Program (CPSMP)

The CPSMP is for people experiencing a wide range of chronic pain conditions. Topics include debunking myths about pain, differences between acute and chronic pain, pacing activity and rest, managing fatigue/sleep, introducing physical activity and exercise, medication usage for chronic pain, communicating effectively with health care providers, and more.

Diabetes Self-Management Program (DSMP)

The DSMP is a workshop for people with type 2 diabetes. It teaches the skills needed for day-to-day management of diabetes, and related symptoms, to enhance daily activities. Upon program completion, workshop participants have been successful in lowering their A1c levels as well as decreasing their diabetes related symptoms.



**University
of Victoria**

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The CDSMP Is being delivered in 10 Canadian provinces and 22 countries world-wide.

THE CDSMP, CPSMP AND DSMP SELF-MANAGEMENT PROGRAMS

- are facilitated by pairs of trained leaders who attend a 4- day training program and follow a standardized, scripted Leader's Manual
- offer a six session workshop to adults of all ages experiencing chronic health conditions—family members, friends and caregivers are also welcome
- provide information, build practical skills and a stronger support network to manage chronic health conditions and
- give people the confidence and motivation needed to cope with daily challenges of living with chronic health conditions.

Self-Management Program Facts

The CDSMP was developed and evaluated at Stanford University in California, USA, and has been implemented and evaluated in 22 countries world-wide. CDSMP participants demonstrate significant improvements in: exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activity limitations.

Self-Management in BC

The CDSMP, CPSMP, and the DSMP self-management programs are offered throughout BC at no cost to participants. Since 2000, 2,300 Leaders have been trained, and the CDSMP has been delivered 1,125 times to over 12,000 participants. In addition, the program has been delivered in approximately 30 First Nations communities.

For more information or for schedules of FREE workshops in your area, patients can see our website at:

www.selfmanagementbc.ca

Or call our TOLL Free line at:

1-866-902-3767

Lower Mainland: 604-940-1273

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