



Diabetes Self-Management Program



History

The original Diabetes Self-Management Program (DSMP) was developed in Spanish. After successful outcomes were found with that program, the Stanford Patient Education Research Center received a grant from the California HealthCare Foundation for the randomized, controlled study to test the workshop's effectiveness for English-speakers. The study was completed in 2008.

The program does not conflict with existing programs or treatment. Treatment is not altered. For medical questions, participants are referred to their physicians or diabetes educators. If the content of the workshop conflicts with instructions they receive elsewhere, they are advised to follow their physicians' orders and discuss discrepancies with the physician.

Program Description

The Diabetes Self-Management Program (CDSMP) is a workshop given once a week, for six weeks, for two and a half hours per session. Workshops take place in community settings such as senior centers, churches, libraries and hospitals. Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.

Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating 4) appropriate use of medication; and 5) working more effectively with health care providers. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. The process in which the program is taught is what makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Workshops are facilitated by two highly-trained leaders, one or both of whom are non-health professionals with diabetes themselves. These facilitators are often-times volunteers, and all have attend an intense multi-day training that includes reviews of the entire course content and opportunities to practice teach parts of the session. The leaders facilitate the workshop from a highly detailed manual.

Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions*, and an audio relaxation CD.

Program Outcomes

Original research (1) shows that six months after the workshop, participants had significant improvements in depression, symptoms of hypoglycemia, communication with physicians, healthy eating, and reading food labels ($P < .01$).

They also had significant improvements in patient activation and self-efficacy. At 12 months, DSMP intervention participants continued to demonstrate improvements in depression, communication with physicians, healthy eating, patient activation, and self-efficacy ($P < .01$).

Program References

1. Lorig K, Ritter PL, Villa FJ, Armas J, Community-based peer-led diabetes self-management: a randomized trial. *Diabetes Educator*, 35(4):641-651, 2009



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