

Chronic Disease Trainings for Health Home Care Managers

Training Topic:	OHIP Health Home Live Webinar:
1) Chronic Conditions Overview	September 13 th
2) High Blood Pressure, Prehypertension & Hypertension	September 13 th 1:00-2:30 pm
3) Prediabetes 4) Diabetes	November 8 th 1:00-2:30 pm
5) Asthma	December 6 th 1:00 – 2:30
6) Arthritis & Chronic Disease Self-Management Program - *Live Webinar ONLY*	January 31 st 2018 1:00-2:30 pm

To receive updates and slides from these live sessions, sign up for the Medicaid Health Home listserv at: hhsc@health.ny.gov and request to be added to the Health Home listserv.





COMMUNITY HEALTH WORKERS AND CHRONIC CONDITIONS TRAINING PROGRAM

To access the modules:

1. Visit <https://chwtraining.mcdph.org/> and click on the “Register now” box on the home page.
2. Complete the required registration form and click “Register now” to create a training account. (**Note:** This program is **FREE** for NY residents. The \$80 Individual Registration Fee will be adjusted to \$0 during the registration process for individuals in NY.) Click “Finish.”
3. After registering, you will receive an email from “MCD Public Health” that contains your username and password login information. A brief “Welcome” module is available to introduce you to the training. Certificate of Completions are available upon completing the full program.

	Online Modules
Module 1	CHWs and Chronic Conditions Overview
Module 2	High Blood Pressure/Prehypertension/Hypertension
Module 3	Prediabetes
Module 4	Diabetes
Module 5	Asthma





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**Evidence-Based
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Improving Health through Chronic Disease Self- Management

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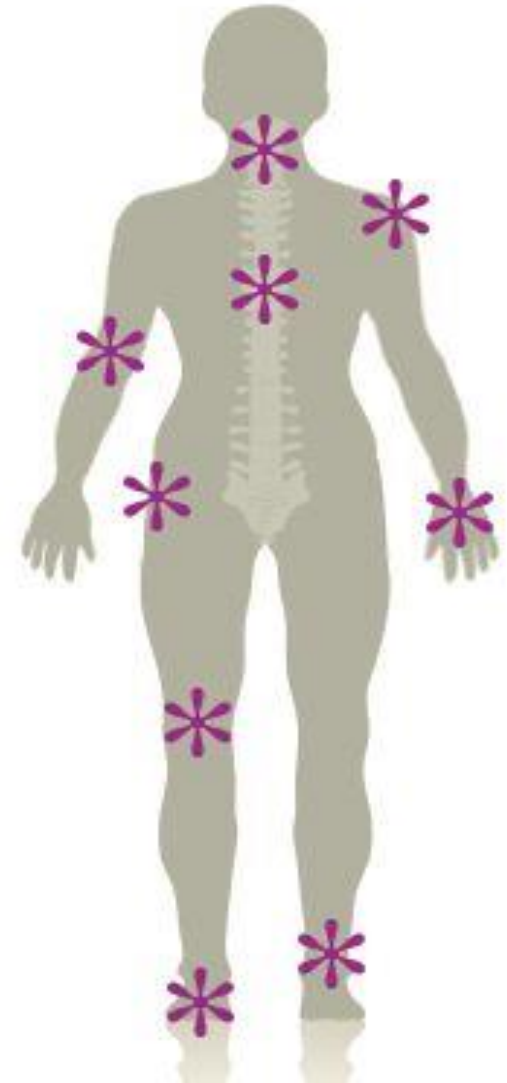
Agenda

- Arthritis
- Arthritis Best Practices
- Chronic Disease Self-Management Program
- Chronic Disease Self-Management Program and Health Homes
- Resources

Arthritis

About Arthritis

- Arthritis describes over 100 diseases and conditions
- Types of arthritis include
 - Osteoarthritis
 - Rheumatoid arthritis
 - Gout
 - Fibromyalgia



Arthritis Symptoms

- Symptoms vary depending on type of disease, severity, and pattern
 - Swelling/inflammation
 - Pain
 - Stiffness



Arthritis Risk Factors

Modifiable	Non-modifiable
Obesity	Age
Joint Injuries	Gender
Occupation	Genetics
Infection	



Source: US Centers for Disease Control and Prevention. Arthritis basics. Retrieved January 2, 2018 from www.cdc.gov/arthritis/basics

Do you miss the *old you*?
The one that felt great and had more energy?

Arthritis is not a normal part of aging. Arthritis is more common in women than men. Almost 1 in 3 women in NYS have arthritis. Unmanaged, arthritis can keep you from doing the things you love. *But better health and quality of life are possible!*

Reference: Women vs. men 29.6% vs. 20.7%, women with arthritis 29.4% vs. 2.3 million 2018 RFS

No matter what your age or ability, there's a local, free or low-cost program proven to:

- REDUCE** Pain/stiffness, depression and frustration, and fatigue.
- IMPROVE** Physical activity, confidence, energy, and quality of life.

Find [programs and classes](#) in your area.

PHYSICAL ACTIVITY PROGRAMS
Physical activity and weight loss can help reduce arthritis symptoms. Try *Walk with Ease*, *Active Living Every Day* and *Enhance Fitness*.

SELF-MANAGEMENT PROGRAMS
Prevention programs, such as the *Chronic Disease Self-Management Program*, can help you feel better and manage symptoms.

Arthritis affects women of all ages. Almost 6 out of 10 (59%) are under age 65.
Reference: 2002 RFS

Arthritis and other conditions often occur together. Among women with arthritis:

- 54.0% Have high blood pressure
- 35.4% Are obese
- 18.9% Have diabetes
- 17.9% Have a history of heart disease or stroke
2011 RFS and 2012 RFS
- 67% Among NYS women who have received a doctor's diagnosis of arthritis, 2/3 (67%) are overweight or obese.
Reference: 2002 RFS

Arthritis is a common cause of disability among women. Over half (55.2%) experience limitations in their everyday activities.
Reference: 2018 RFS

Women are almost twice as likely to experience limitations as men.
Reference: 8.5% vs. 5.7%, 2018 RFS

Women with arthritis tend to be less physically active than those without arthritis, which can make arthritis and other health conditions worse. Over 1 in 3 women with arthritis do not get regular exercise.
Reference: 2002 RFS

NEW YORK STATE Department of Health
www.health.ny.gov/lifestyleprograms

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Arthritis and Weight

- Common among obese adults
 - Almost 35%
- Barrier to physical activity
- Being overweight can
 - Additional inflammation
 - Adds additional pressure to joints
 - Increase disease progression and disability

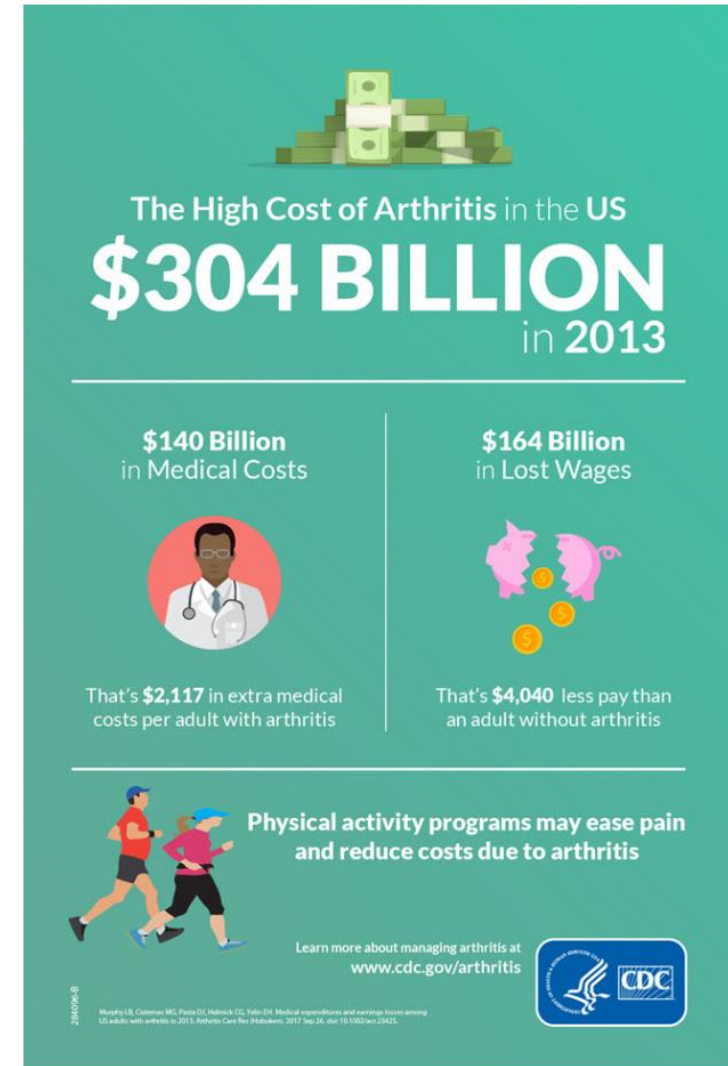


Arthritis and Other Chronic Conditions

- Commonly co-occurs with other chronic diseases
 - Obesity 31%
 - Diabetes 47%
 - Heart Disease 49%
- Over half of adults with two or more chronic conditions also have arthritis
- Can lead to difficulties in management and control of other conditions

Cost of Arthritis

- Medical Costs
 - 2013 arthritis attributable medical costs = \$140 billion
 - Average medical cost per person = \$2,117
- Lost Wages (ages 18-64)
 - Nationally, arthritis attributable earning losses = \$164 billion
 - Those with arthritis earn \$4,040 less than those without
- In 2013 combined losses due to arthritis were \$304 billion



Source: Murphy, L.B., Cisternas, M.G., Pasta, D.J., Helmick, C.G., & Yelin, E.H. (2017). Medical expenditures and earnings losses among US adults with arthritis in 2013. Retrieved October 13, 2017 from <https://www.ncbi.nlm.nih.gov/pubmed/28950426>.



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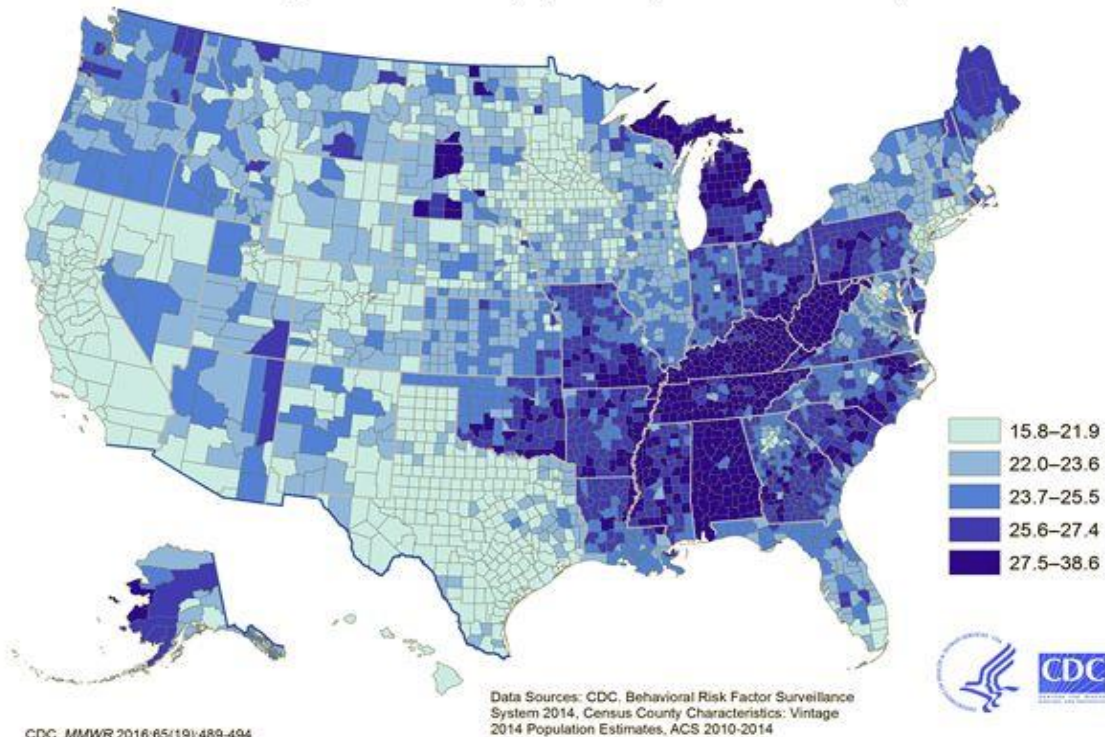
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Arthritis Burden

Arthritis Burden: United States

- In 2015, 54.4 million (22.7%) adults have arthritis
- By 2040, est. 78 million adults will have arthritis

Age-standardized, Model-predicted Estimates of the Percentage of Adults with Doctor-diagnosed Arthritis, by County — United States, 2014



Arthritis Burden: United States (Continued)



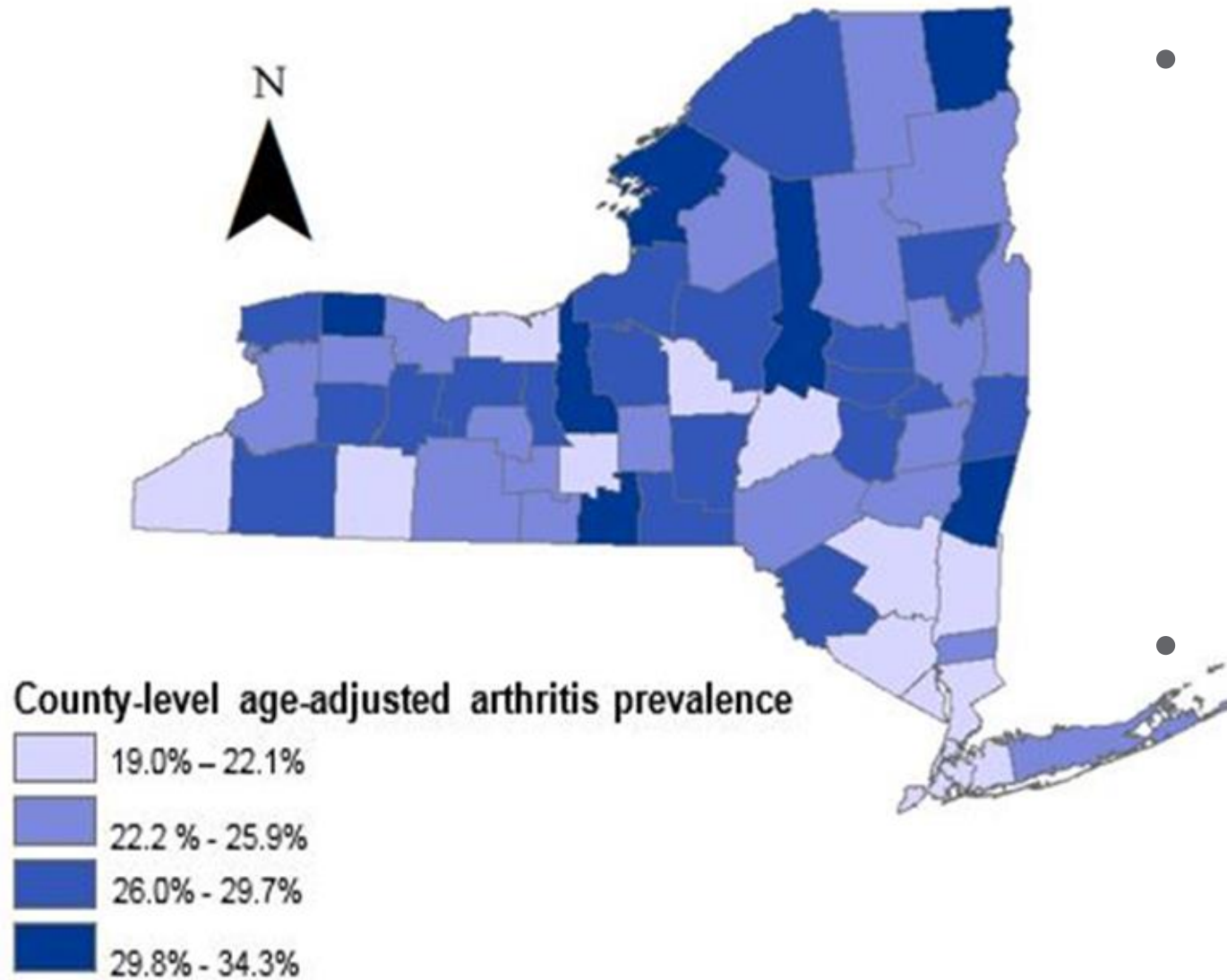
- 1 in 4 adults have arthritis
 - 1 in 3 in rural areas
- Leading cause of work disability
 - 8.3 million impacted



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Arthritis Burden: New York



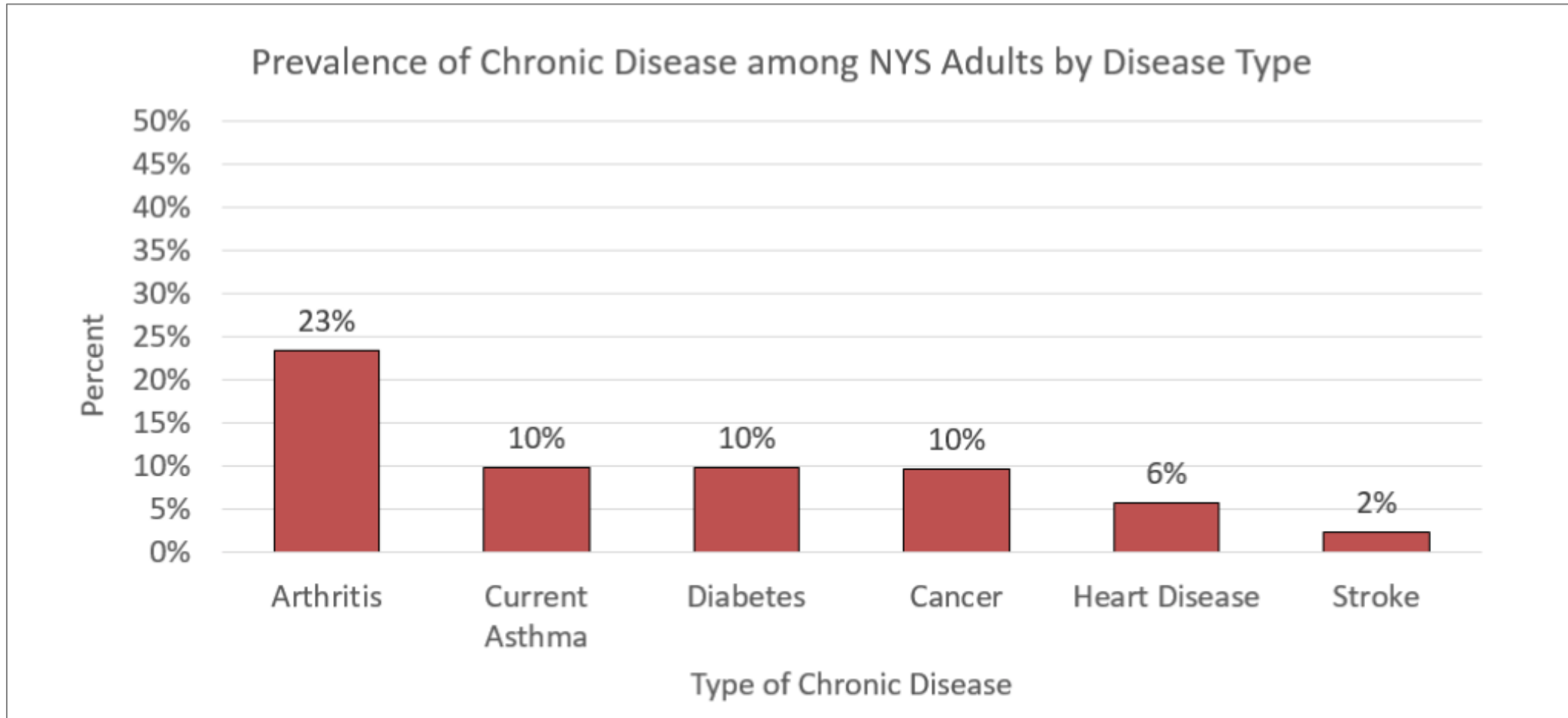
- New York State
 - 3.5 million adults diagnosed with arthritis (23.4%)
 - Higher prevalence among adults with disability and those with other chronic conditions
- County
 - Highest- Orleans (32.3%)
 - Lowest- NYC (19%)



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Other Chronic Conditions



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Arthritis Best Practices

Best Practices for Arthritis Management

Self-Management

- Nonpharmacological
- Emphasis on self-efficacy and confidence building
- Skill development

Physical Activity

- Regular, low-impact activity
 - Walking, biking, swimming
- Improve joint pain, function, and mood



Chronic Disease Self-Management Program

Chronic Disease Self-Management Program: About



- Developed at the Stanford University School of Medicine, recently moved to SMRC
- Considered the ‘gold standard’ of evidence-based disease prevention programs
- Appropriate for adults with any type of chronic condition
- Non-pharmacological intervention
- Self-Management = Self-Efficacy



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CDSMP: Program Structure

- 6-week program
- Meets 1X per week for 2.5 hours
- 10-16 participants
- Facilitated by 2 peer leaders
- Companion materials
 - Participant book
 - Relaxation CDs

CDSMP: Techniques and Topics

- Techniques
 - Goal setting/action planning
 - Symptom management
 - Brainstorming
- Topics
 - Medication usage and management
 - Symptom management techniques
 - Physical activity and exercise



CDSMP: Participant Benefits

- Improved self-reported health
- Improved health status in six indicators: fatigue, shortness of breath, depression, pain, stress, and sleep problems
- Improved health-related quality of life, i.e. increased number of days in good physical and mental health
- Improved communication with doctors, medication compliance, and health literacy



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CDSMP and Health Homes

Health Home Care Manager's Role

- Be familiar with types of arthritis and arthritis risk factors
- Help patients better manage arthritis and other chronic conditions
- Recommend evidence-based self-management programs
- Assist patients in accessing programs
- Consider delivering self-management programs in your organization

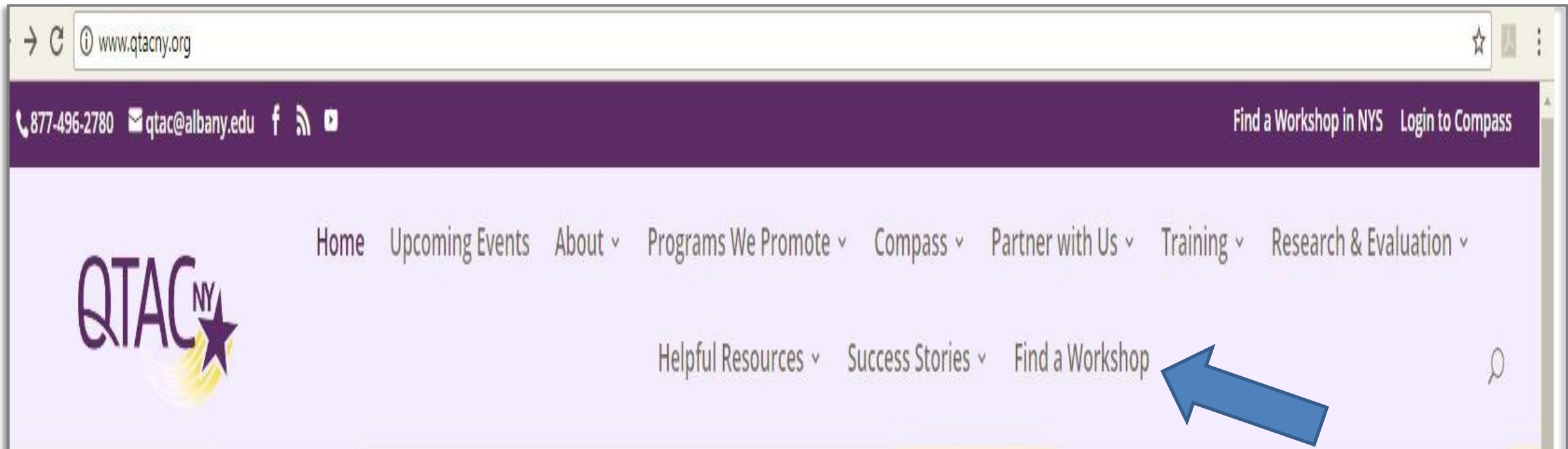


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Locating CDSMP Workshops

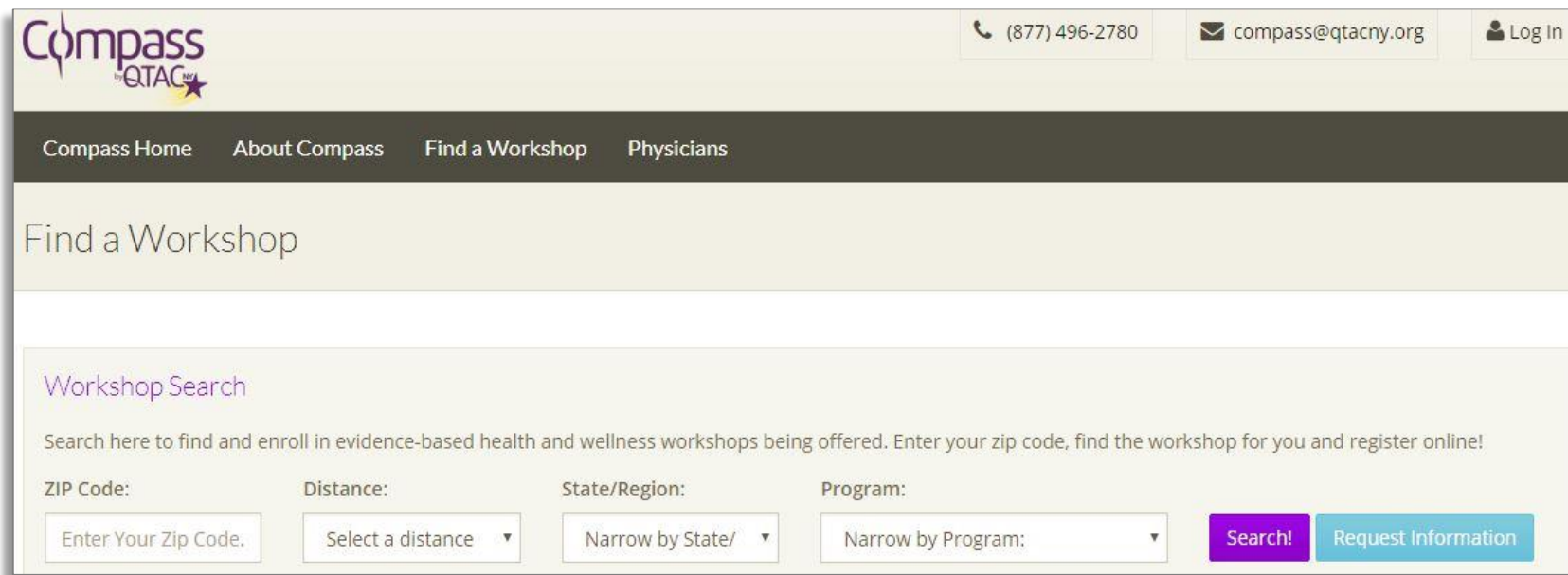
- Visit the Quality and Technical Assistance Center website at www.qtacny.org
- Click the Find a Workshop link



The screenshot shows a web browser window with the address bar displaying www.qtacny.org. The website header includes contact information: 877-496-2780, qtac@albany.edu, and social media icons for Facebook, RSS, and YouTube. On the right side of the header, there are links for "Find a Workshop in NYS" and "Login to Compass". The main navigation menu consists of the following items: Home, Upcoming Events, About, Programs We Promote, Compass, Partner with Us, Training, and Research & Evaluation. Below this menu, there are additional links: Helpful Resources, Success Stories, and Find a Workshop. A blue arrow points to the "Find a Workshop" link. The QTAC NY logo is visible in the bottom left corner of the page.

Locating Evidence-Based Self-Management Programs (Continued)

- Enter the patient's information into the search boxes
- Click Search!



The screenshot shows the 'Compass by QTAC' website. At the top right, there is a phone icon with the number (877) 496-2780, an email icon with the address compass@qtacny.org, and a 'Log In' button. Below this is a navigation bar with links for 'Compass Home', 'About Compass', 'Find a Workshop', and 'Physicians'. The main heading is 'Find a Workshop'. Underneath, there is a 'Workshop Search' section with the text: 'Search here to find and enroll in evidence-based health and wellness workshops being offered. Enter your zip code, find the workshop for you and register online!'. The search form includes four input fields: 'ZIP Code:' with a text box containing 'Enter Your Zip Code.', 'Distance:' with a dropdown menu showing 'Select a distance', 'State/Region:' with a dropdown menu showing 'Narrow by State/', and 'Program:' with a dropdown menu showing 'Narrow by Program:'. To the right of these fields are two buttons: a purple 'Search!' button and a light blue 'Request Information' button.







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Locating CDSMP Workshops (Continued)

- Review search results to identify the best program option, then click Enroll to register

Search Results		View Map			
Workshop	Start Date	Time	Location	Cost	
 Chronic Disease Self-Management Program (English) - NY-212-8199	Tuesday - Jan 9, 2018	1:00PM	Almus Olver Towers	\$0.00	Enroll
 Chronic Disease Self-Management Program (English) - NY-212-8200	Thursday - Mar 8, 2018	10:00AM	OASIS	\$0.00	Enroll
 Chronic Disease Self-Management Program (English) - NY-212-8201	Thursday - Mar 22, 2018	5:30PM	InterFaith Works of CNY	\$0.00	Enroll
 Chronic Disease Self-Management Program (English) - NY-212-8202	Tuesday - Mar 27, 2018	10:00AM	The Hearth at Greepoint	\$0.00	Enroll



Locating CDSMP Workshops (Continued)

- No workshops? Complete the form to be notified of upcoming opportunities

We're sorry, but currently there are no group workshops available in your area. Please fill out the form below and we will contact you when a workshop becomes available. You can also give us a call at 877-496-2780.

Please fill out the form below, and someone will contact you within 2 business days.

Program of Interest	All Programs
First Name *	<input type="text"/>
Last Name *	<input type="text"/>
Preferred Contact Method *	Phone



CDSMP Delivery Organizations

- Connect with local organizations delivering the program
- Variety of organizations focusing on health, wellbeing, and advocacy
- Can be delivered in a variety of settings, for example:
 - Faith based organizations
 - Community/senior centers/health centers



Program Delivery

- Partner with NYS AP
- Identify staff and/or community volunteers to be trained as leaders
- Deliver workshops to constituents and community members



Resources

Arthritis Resources

- NYSDOH: Arthritis
 - <https://www.health.ny.gov/diseases/conditions/arthritis/>
- NYS County Health Rankings
 - <http://www.countyhealthrankings.org/rankings/data/ny>
- CDC Arthritis Basics
 - <https://www.cdc.gov/arthritis/basics/index.html>
- Arthritis Foundation
 - <http://www.arthritis.org/about-arthritis/>



CDSMP Resources

- NYS Arthritis Program Health Lifestyle Workshops
 - <https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>
- Self-Management Resource Center (SMRC)
 - <https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/>
- Quality and Technical Assistance Center of New York
 - www.qtacny.org
- Public Health Live! The Power of CDSMP video
 - https://www.albany.edu/sph/cphce/phl_0212.shtml



Thank you!

Questions?

Contact Information

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