

What is Chronic Disease Self-Management?

Chronic Disease Self-Management usually refers to the range of health-enhancing behaviors that a person with chronic illness can adopt. While many of these behaviors are habitual and we might be doing them without thinking too much about them, there are other health promotion behaviors that can potentially be learned and improved on. Chronic disease self-management programs are designed to either improve current behaviors, or teach new behaviors.

When a person develops a chronic illness such as diabetes, asthma, arthritis or heart disease, their lives are often turned upside down and it becomes imperative to adopt new behaviors or strategies. Many of these chronic health conditions, though unique in their own rights, share common challenges when it comes to managing them. These include monitoring one's symptoms; managing medication; maintaining an appropriate diet, managing one's weight, and exercising; managing one's emotions; and engaging in effective interactions with healthcare providers and loved ones.

The role of physicians is crucial in managing one's chronic health condition but most people only spend a very limited amount of time with their doctors. The outcome of disease control measures largely depends on how effectively one controls his or her own health condition. This is what we refer to as "self-management".

Effective self-management means more than getting support from our doctors. It means acknowledging our central role in our care, one that fosters a sense of responsibility for their own health. It includes the use of proven programs that provide basic information, emotional support, and strategies for living with chronic illness.

In the upcoming article, we are going to introduce you to one of the health condition self-management programs developed in collaboration between Stanford University and Kaiser Permanente, the Chronic Disease Self-Management Program (CDSMP). The program is considered an evidence-based program, which means it is a well-studied program, and the program efficacy is backed up by over 20 years of federally-funded research.

Thank you and please stay tuned for our future articles on this topic!

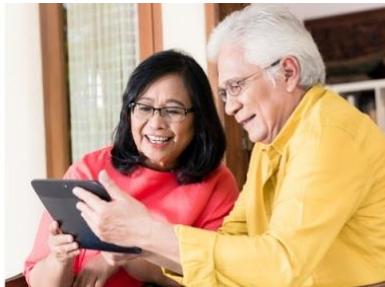
Sources

<https://www.chronicillness.org.au/chronic-disease-self-management/self-management-programs/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4103232/>

http://www.improvingchroniccare.org/index.php?p=Self-Management_Support&s=22

<http://www.eblcprograms.org/evidence-based/recommended-programs/cdsmp>



何謂慢性病自我管理?

慢性病自我管理通常是指慢性病患者可採取的一系列增進健康的行為，儘管其中許多是習以為常的行為，我們可能在做這些行為時不會太注意，但還是有其他可以學習與改進的健康促進行為。慢性病自我管理課程旨在改善當前行為或學習新行為。

當一個人患有如糖尿病、氣喘、關節炎或心臟病等慢性疾病時，他們的生活往往被顛覆了，而必須採取新的生活行為或策略。儘管許多常見的慢性健康狀況各有其獨特性，但管理這些情況時卻面臨著相同的挑戰。這些共同策略包括監測症狀；藥物管理；保持適當飲食、體重控制、運動；情緒管理；與醫療保健提供者和親友進行有效的互動。

醫師在管理慢性健康狀況扮演重要的角色，但大多數人能與醫師接觸的時間非常有限。疾病控制的結果在很大程度上取決於病者如何有效控制自己的健康狀況，這就是我們所謂的「自我管理」。

有效的自我管理不僅意味著要獲得醫生的支持，而是我們要認知自己在自我照護中扮演核心角色，這樣會增強對自己健康的責任感。這包括利用經過驗證的課程，此類課程能提供基本信息、身心支持和策略給慢性病患者。

接下來的文章，我們將向您介紹其中一項由史丹福大學(Stanford University)和Kaiser Permanente 合作開研發的慢性疾病自我管理課程：Chronic Disease Self-Management Program(CDSMP)。該課程被視為一個項經過驗證的課程，這表示它經過充分的研究，該課程的效力並受到20多年來聯邦政府資助研究的認證。

感謝，請繼續留意我們日後針對此專題的文章！

資料來源

<https://www.chronicillness.org.au/chronic-disease-self-management/self-management-programs/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4103232/>

http://www.improvingchroniccare.org/index.php?p=Self-Management_Support&s=22

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