



What is the Chronic Disease Self-Management Program (CDSMP)

CDSMP was developed by a team of researchers at Stanford University. It's a self-management education workshop attended by people with a variety of chronic health conditions. It aims to build participants' confidence in managing their health and keep them active and engaged in their lives.

Participants attend a 2½-hour interactive workshop once a week for six weeks to learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases.

In a typical workshop, participants set a realistic goal for the upcoming week and develop an action plan for meeting that goal. They report on their progress at the following workshop, and solicit feedback from the group to help address any challenges.

Participants apply the techniques to concerns such as:

- Addressing the physical and psychological effects of chronic disease (including fatigue, pain, depression, and frustration)
- Exercising, getting proper nutrition, and using medications appropriately
- Communicating effectively with family, friends, and health professionals

Workshops meet in community settings such as senior centers, churches, and hospitals. They are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease. Organizations offering workshops must meet Stanford University licensing requirements.

Who is it for?

- CDSMP is for adults with chronic health conditions such as arthritis, diabetes, heart disease, lung disease, and other ongoing health problems.
- The program may be particularly beneficial for people who have more than one health condition, whose health problems have begun to interfere with their valued life activities, or who have had difficulty following health recommendations.

What are the benefits?

There is strong evidence from peer-reviewed publications and program evaluations that participation in CDSMP workshops can improve physical and psychosocial outcomes and quality of life for people with chronic health conditions. Benefits include:

- Decreased pain and health distress
- Increased energy and less fatigue
- Increased physical activity
- Decreased depression
- Better communication with physicians
- Decreased social role limitations
- Increased confidence in managing chronic disease

Source: https://www.cdc.gov/arthritis/marketing-support/1-2-3-approach/docs/pdf/provider_fact_sheet_cdsmp.pdf



什麼是慢性病自我管理課程 (CDSMP)

CDSMP由史丹福大學(Stanford University)一組研究團隊所研發，一項給患有各種慢性病的患者參加的自我管理教育課程，旨在建立參加者管理自身健康的信心，並使他們保持活躍的生活。

參加者參與每週一次2.5小時、為期六週的互動課程，以學習解決問題、做出決定和其他管理慢性病患者常見問題的方法。

每週的課堂中，參加者會為未來一週設定切合實際的目標，並制定實現該目標的行動計劃。下週的課堂將要報告進展，並徵求小組的回饋以幫助應對任何挑戰。

參加者將應用所學方法處理面對慢性疾病的一些問題，如：

- 解決慢性疾病對身體及心理影響(包括疲勞、疼痛、憂鬱與沮喪)
- 保持適量運動、攝取適當的營養和適當地使用藥物
- 和家人、朋友與醫護人員有效地溝通

課程將在社區內開設，如老年中心、教會和醫院。將由兩名經過訓練的組長帶領，其中一位或兩位是患有慢性病的非醫護人員。開設課程的機構必須遵從史丹福大學的執照要求。

誰適合參加?

- CDSMP適合患有慢性健康狀況的成年人，如關節炎、糖尿病、心臟病、慢性肺病和其他長期的健康問題人士。
- 患有多種健康狀況人士、健康問題已經影響到參與平日喜愛日常活動的能力或難以遵循醫療指示的人士，此課程可能特別有益。

參加課程的好處?

根據多方面的研究評估，參加CDSMP課程能改善慢性健康狀況患者的身心健康情況與生活質量。好處包括：

- 減輕疼痛和健康困擾
- 提高活力與減少疲勞
- 增加體能活動
- 減少憂鬱情緒
- 與醫生有更好的溝通
- 降低社交與生活限制
- 增強管理慢性病的信心