



Living Well and the Self-Management Hub

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What we'll cover today

- **Background on self-management**
 - **Program structure, content & outcomes**
 - **Program delivery in Oregon**
- **The LW Business Plan and the Self-Management Hub**





What is self-management?

- The tasks that individuals must undertake to live with one or more chronic conditions.
- What people with a chronic condition do 99.9% of the time.
 - Taking care of the health issue
 - Carrying out normal life activities
 - Managing emotional changes





Stanford self-management programs available in Oregon

- **Living Well with Chronic Conditions** – Chronic Disease Self-Management Program
- **Tomando Control de su Salud** – Spanish language and culturally adapted version of Living Well
- **Positive Self-Management Program** – Living Well curriculum tailored for people living with HIV/AIDS
- **Diabetes Self-Management Program**
- **Chronic Pain Self-Management Program**





Other community-based self-management programs

- **National Diabetes Prevention Program** – 12-month intensive prediabetes lifestyle intervention
- **Walk With Ease** – Spanish language and culturally adapted version of Living Well
- **Arthritis Foundation Exercise Program** – low-impact, gentle exercise for adults with joint pain or deconditioning





Program benefits

- Patient-centered, whole-person approach
- Effective intervention for patients with multiple chronic conditions
 - Addresses complex needs, compliments disease-specific care
 - Innovative, culturally appropriate
 - Focused on prevention
- Empowers patients to become active partners
 - Improved self-efficacy and skills for healthy living
 - Improved patient/provider communication
 - More appropriate utilization of health care





Program structure

- Small groups of 10-15 participants
- Variety of chronic conditions represented, including people with multiple chronic conditions
- Delivered for two and a half hours per week for six weeks
- Facilitated by two trained leaders, at least one of whom is a peer living with a chronic condition
- Programs are licensed by Stanford University – voluntary quality & fidelity monitoring





Participant outcomes: Living Well

CDC meta-analysis¹ and original three-year, randomized controlled trial² showed improved self-reported health and quality of life

- Greater self-efficacy
- Improved aerobic exercise
- Improved energy levels
- Better ability to manager cognitive symptoms
- Improved communication with physicians
- Decreased fatigue and health distress
- Reduced depression
- Fewer social role limitations

¹ Brady, TJ et al. (2011). Centers for Disease Control and Prevention. Available at <http://www.cdc.gov/arthritis/docs/ASMP-executive-summary.pdf>.

² Lorig, KR et al. (1999). Medical Care 37(1)5-14. Available at <http://patienteducation.stanford.edu/bibliog.html>.





Estimated impact: Living Well

Programs can significantly improve quality of life and may reduce medical costs

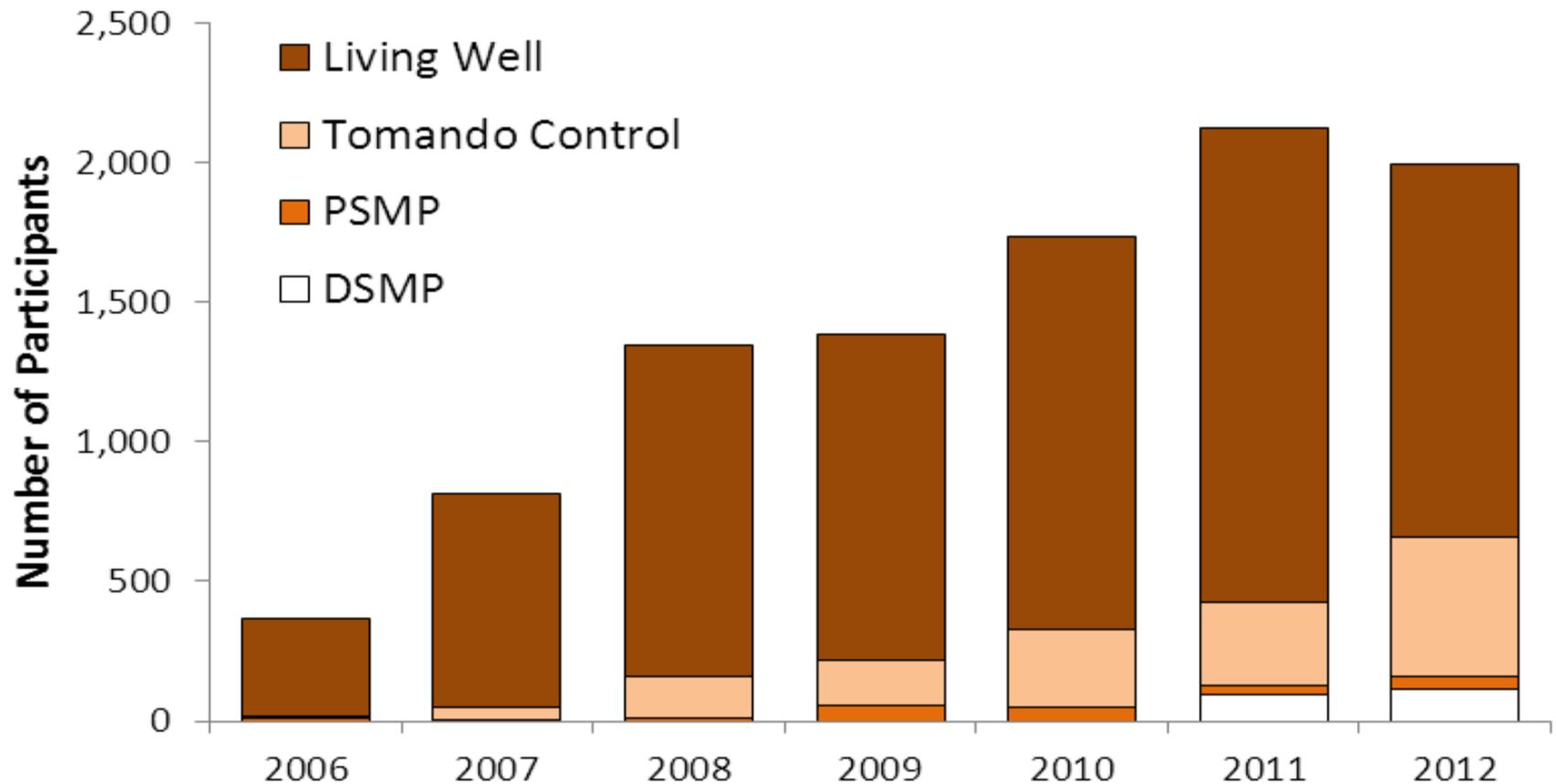
Among the 3,919 participants in Living Well between 2005 and 2009, estimates indicate:¹

- 107 quality adjusted life years gained
- 557 emergency department visits avoided
 - Est. savings \$634,980
- 2,783 hospital days avoided
 - Est. savings \$6,501,088

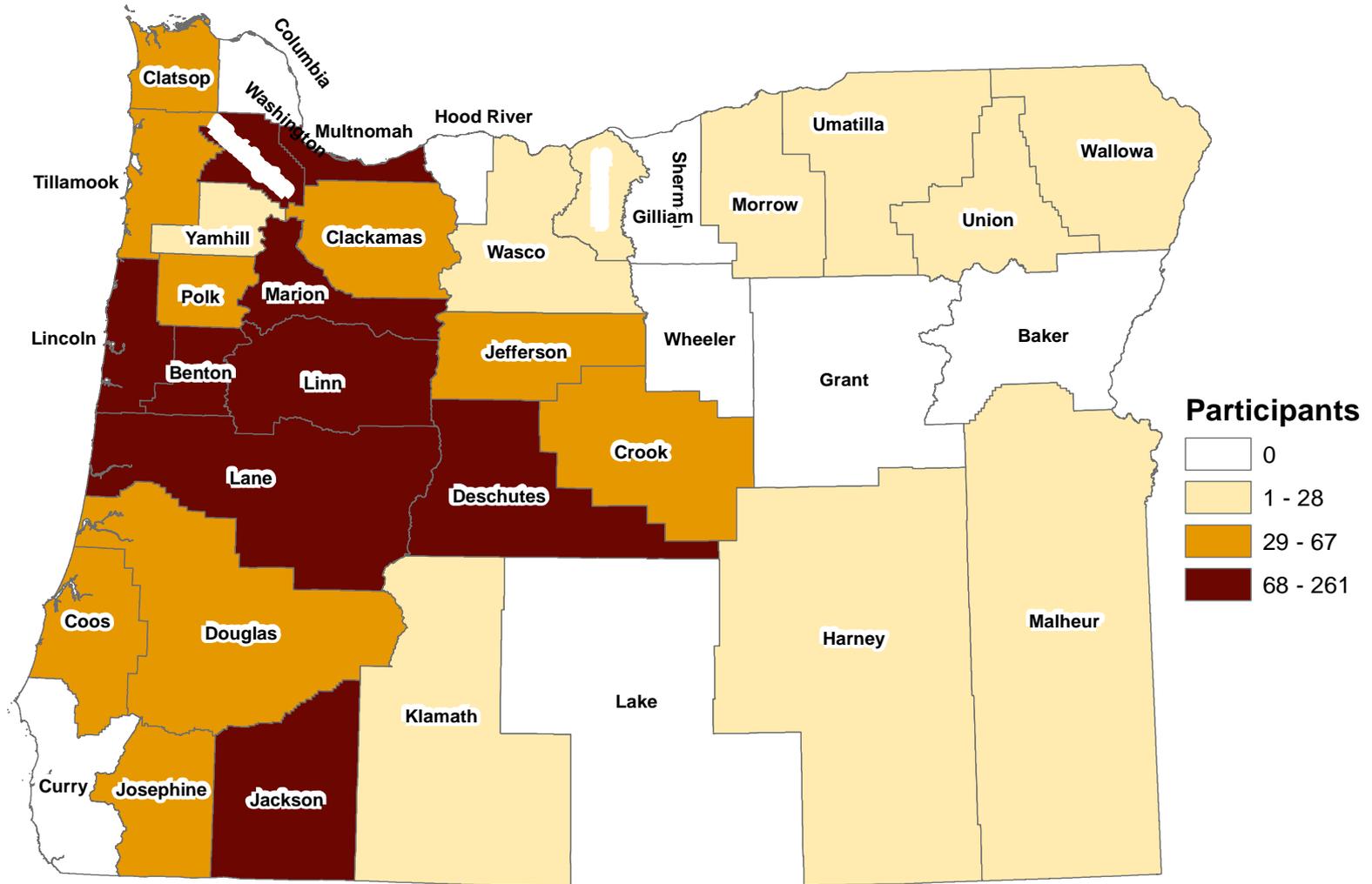
¹Bovbjerg & Kingston. (2010). Living Well impact report. Available at <http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Documents/Living%20Well%20Program%20Impact%20Report%20Final.pdf>.



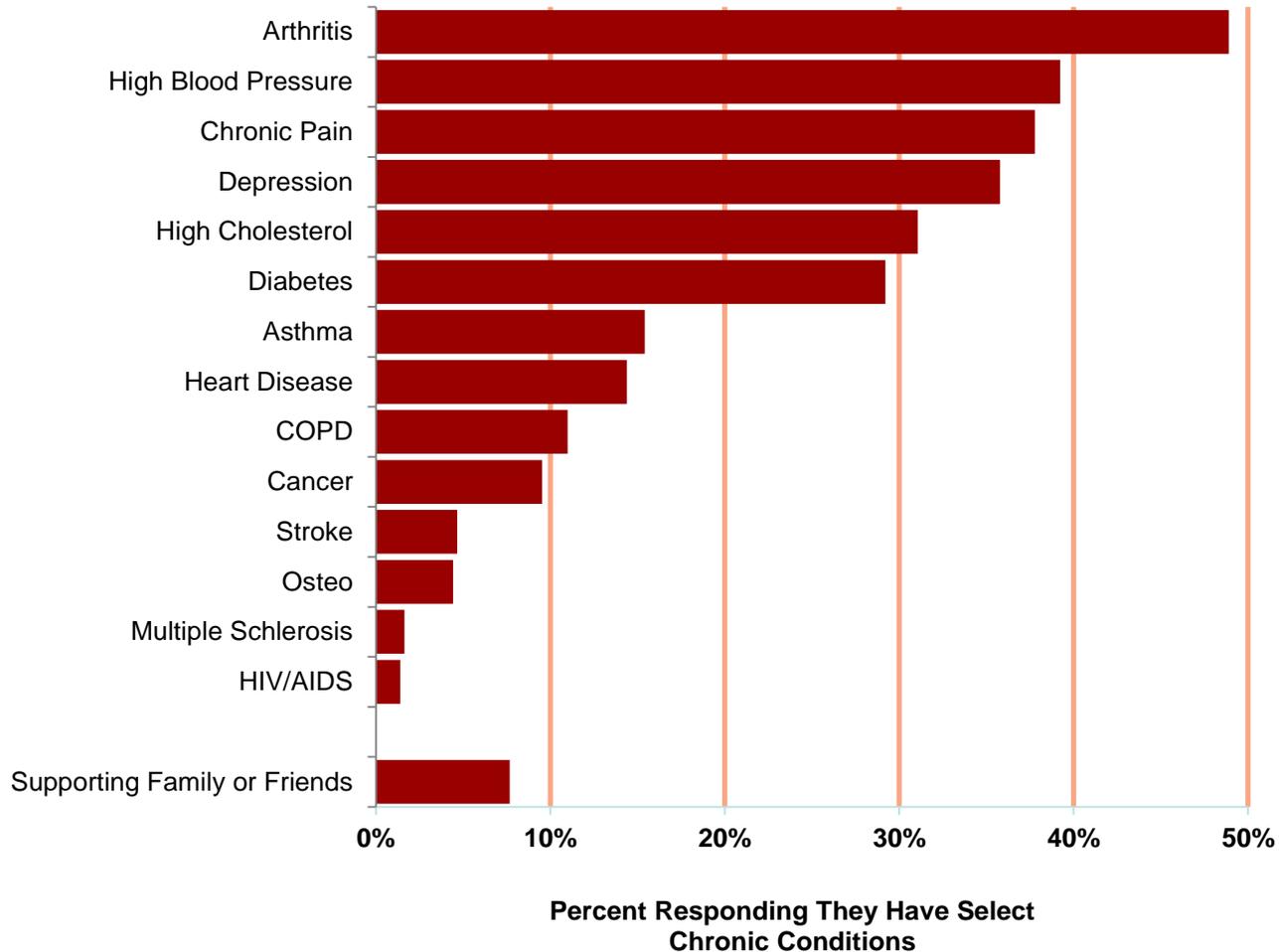
Participants by program and year, 2006-2012



Participants by county of residence, 2012



Self-reported chronic conditions



Note: Average of 3.4 conditions per participant. Participants may report more than one chronic condition.

What participants are saying



“This program has given me the confidence that I can have a future worth living. I have learned there are people like me, not living life to the fullest because of a chronic condition and that we can move forward. Great people teaching us to live again.”

-- *Laura Furrey*



Future vision & goals

- **Vision:** Ensure that self-management programs are available and paid for statewide, long term

Develop systems and infrastructure to bring programs to scale

- Reach a greater proportion of Oregonians with chronic conditions
- Generate revenue -- reinvest to support program growth and access for all



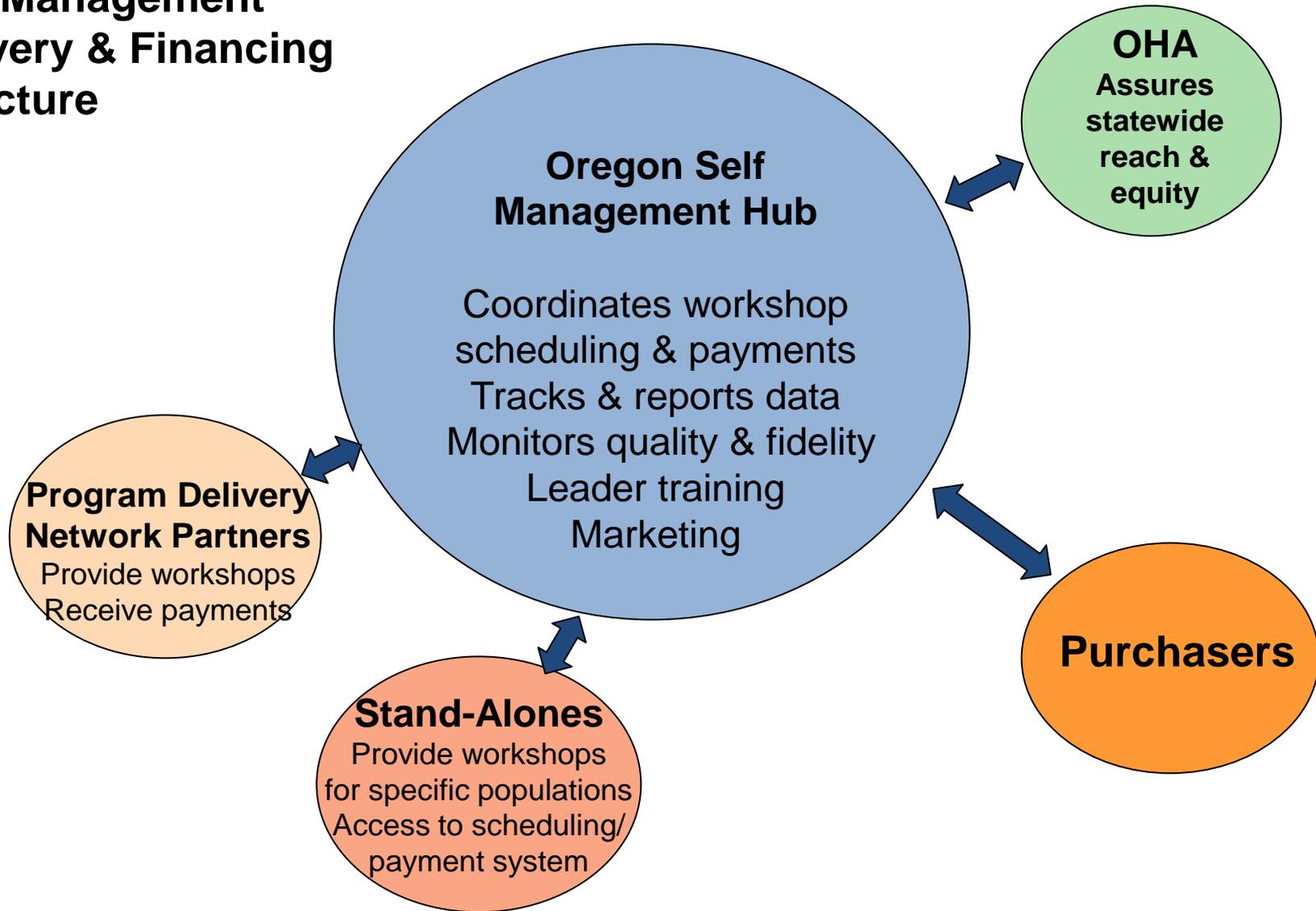


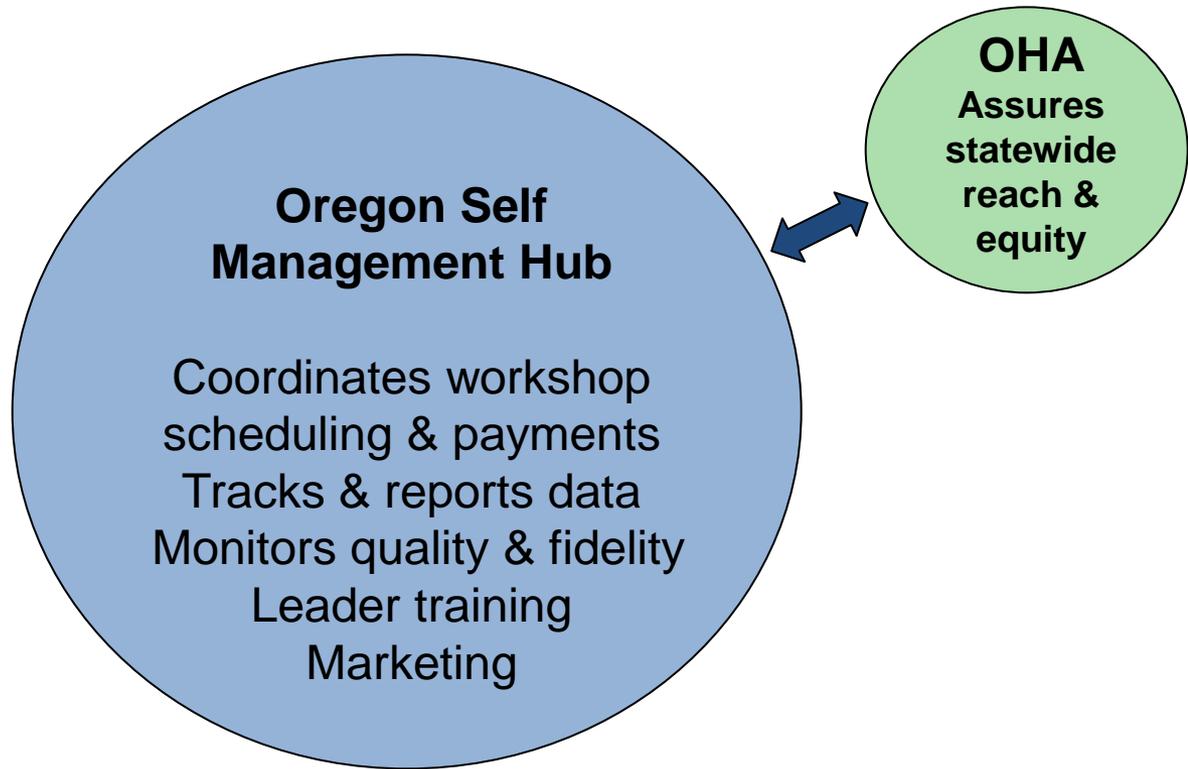
About the business plan

- Business document for recruiting a partner organization to create the Oregon Self-Management Hub
 - Demonstrates potential financial feasibility
 - 5-year, high-level plan
- Outlines structure, systems, partnerships, markets, customers and delivery networks needed for sustainability

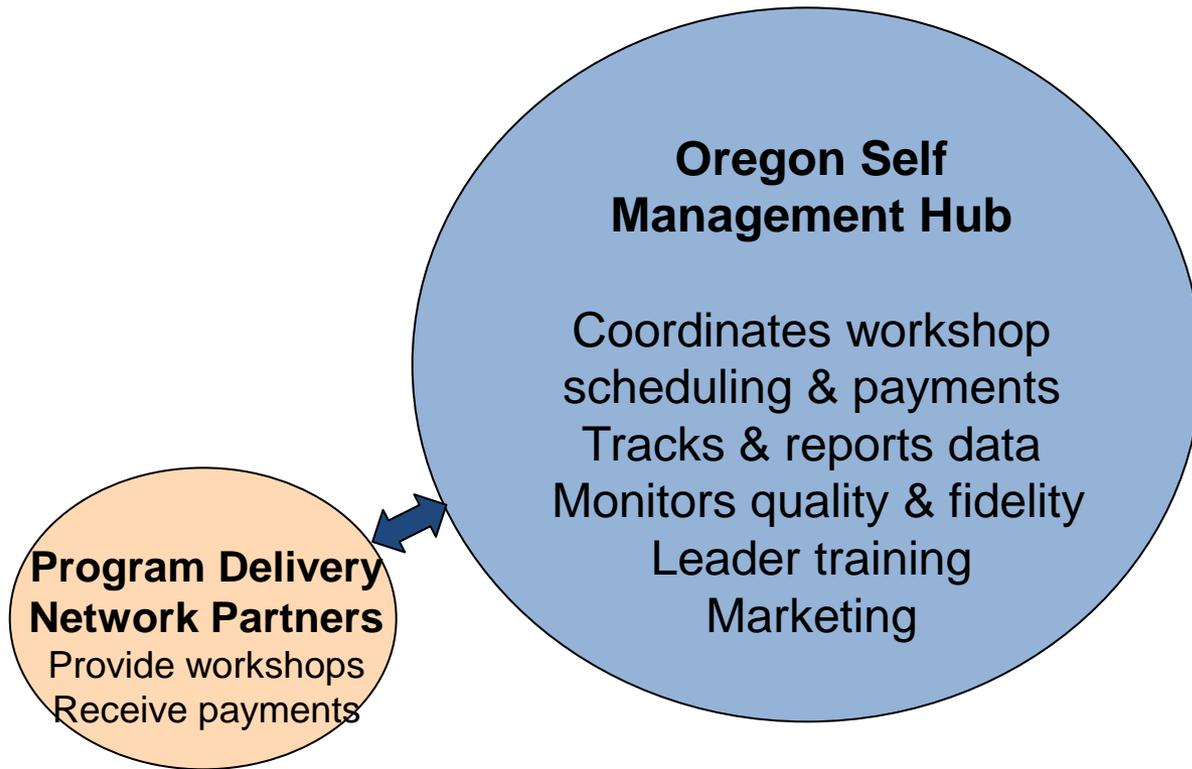


Oregon's Proposed Self-Management Delivery & Financing Structure





Centralized coordination



Program Delivery Network

Oregon Self Management Hub

Coordinates workshop scheduling & payments
Tracks & reports data
Monitors quality & fidelity
Leader training
Marketing

Stand-Alones

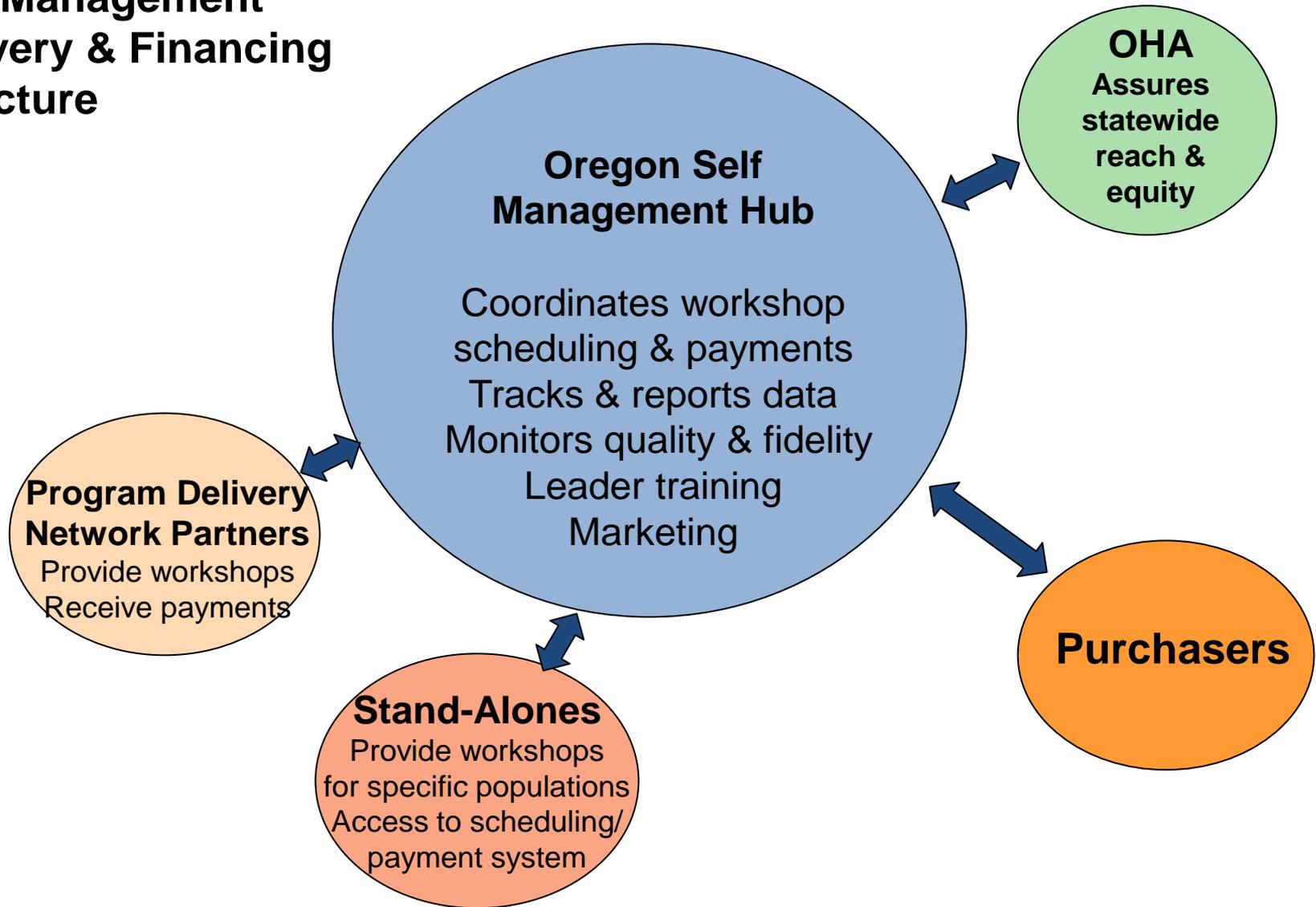
Provide workshops for specific populations
Access to scheduling/payment system

Support for Self-Contained Programs



**Statewide resource for
purchasers**

Oregon's Proposed Self-Management Delivery & Financing Structure





In the coming months we'll...

- **Get implementation contractor on board**
- **Conduct a state contracting process to identify Hub partner organization**
 - Develop scope of work
 - Release a competitive request for proposals
 - Score proposals against criteria & select the Hub contractor
 - Develop the Hub contract & begin implementation





After that we'll...

- **Develop contracting networks**
 - Program delivery contractors
 - Stand-alones
- **Secure purchasers**
 - PEBB/OEBB, CCOs, Medicare Advantage
 - Develop marketing package & develop contracts
- **Implement information technology infrastructure**
(data collection/registration/payment platform)





After that, we'll...

➤ Transition key functions from OHA to Hub

- Data collection & reporting
- Training coordination & support
- Technical assistance to licensed organizations
- Quality assurance & fidelity monitoring
- Marketing & recruitment support
- Program licensing





Benefits we hope to achieve

- **Access to programs statewide**
 - Single point of contact for purchasers
 - Centralized licensing, billing and contracting
 - Sustainable funding source

- **Increased efficiency through coordination**
 - Statewide marketing of programs
 - Online systems to streamline registration

- **Increased program reach, especially in rural areas**





For more information

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