Living Well and the Self-Management Hub

Oregon Public Health Association
October 14, 2013

Laura Chisholm, MPH, MCHES
Danna Drum, MDiv
Health Promotion and Chronic Disease Prevention
Oregon Health Authority/ Public Health Division
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-analysis\(^1\) and original three-year, randomized controlled trial\(^2\) 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


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

Participants by program and year, 2006-2012

- Living Well
- Tomando Control
- PSMP
- DSMP

Number of Participants

- 2006
- 2007
- 2008
- 2009
- 2010
- 2011
- 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

**Oregon Self Management Hub**
- Coordinates workshop scheduling & payments
- Tracks & reports data
- Monitors quality & fidelity
- Leader training
- Marketing

**Program Delivery Network Partners**
- Provide workshops
- Receive payments

**Stand-Alones**
- Provide workshops for specific populations
- Access to scheduling/payment system

**Purchasers**

**OHA**
- Assures statewide reach & equity
Oregon Self Management Hub
Coordinates workshop scheduling & payments
Tracks & reports data
Monitors quality & fidelity
Leader training
Marketing

OHA Assures statewide reach & equity

Centralized coordination
Oregon Self Management Hub

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

Program Delivery Network Partners
Provide workshops
Receive payments

Program Delivery Network
Oregon Self Management Hub

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

Support for Self-Contained Programs

Stand-Alones
Provide workshops for specific populations
Access to scheduling/payment system
Oregon Self Management Hub

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

Purchasers

Statewide resource for purchasers
Oregon’s Proposed Self-Management Delivery & Financing Structure

Oregon Self Management Hub

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

Program Delivery Partners
- Provide workshops
- Receive payments

Stand-Alones
- Provide workshops for specific populations
- Access to scheduling/payment system

OHA
- Assures statewide reach & equity

Purchasers
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

Laura Chisholm, MPH, MCHES
Self-Management Technical Lead
Oregon Health Authority – Public Health Division

laura.f.chisholm@state.or.us
(971) 673-0987

www.healthoregon.org/livingwell