“It can give you a positive outlook towards the future”
Delivering Chronic Disease Self-Management Education to Virginia’s Prison Populations

April Holmes,
Virginia Department for Aging and Rehabilitative Services

Debbie Spencer
District Three Senior Services
Prevalence of Chronic Disease

Older Adults Are More Likely to Have Multiple Chronic Conditions

- The prevalence of multiple chronic conditions increases with age.
- One in 15 children has multiple chronic conditions.
- Almost three out of four people ages 65 and older have multiple chronic conditions.

Source: Medical Expenditure Panel Survey, 2006

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Prevalence of Chronic Disease

Adults with Disabilities

♦ Experience an average 9 out 30 days restricted activity due to chronic illness

♦ Over 4 times the rate of counterparts without disability
Chronic Disease Self-Management: Who Really Manages Your Health?

People spend 99 percent of their time outside the health care system — and what they do outside largely determines their quality of life. This prepares them for the 99 percent.

Kate Lorig
Stanford University Patient Education Research Center
What is Chronic Disease Self-Management?
Chronic Disease Self-Management

★ 6 week workshop, 2.5 hour sessions
★ Developed and researched by Stanford University
★ Organizations that offer are licensed by Stanford
★ Provides participants with tools and skills to:
  ♦ Deal with symptoms
  ♦ Manage common problems
  ♦ Participate more fully in life

You Can! Live Well, Virginia!
<table>
<thead>
<tr>
<th>Workshop Overview</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
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<td>Overview of self-management and chronic</td>
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<td>Using your mind to manage symptoms</td>
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<td>Getting a good night’s sleep</td>
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<td>Making an action plan</td>
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<td>Feedback and problem-solving</td>
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<td>Dealing with difficult emotions</td>
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<td>Physical activity and exercise</td>
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<td>Preventing falls</td>
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<td>Making decisions</td>
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<td>Pain and fatigue management</td>
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<td>Better breathing</td>
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<td>Healthy eating</td>
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<td>Communication skills</td>
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<td>Medication usage</td>
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<td>Making Informed treatment decisions</td>
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<td>Dealing with depression</td>
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<td>Working with your health care professional and system</td>
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<td>Weight management</td>
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<td>Future plans</td>
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Programs Offered in Virginia

★ Chronic Disease Self-Management Program (CDSMP)
★ Diabetes Self-Management Program (DSMP)
★ Tomando Control de su Salud (Spanish CDSMP)
★ Programa de Manejo Personal de la Diabetes (Spanish DSMP)
“Train-the-Trainer” Model

Master Trainers

Lay Leaders

Program Participants – Completers (4 of 6 sessions)

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Sample Activity: Action Planning
### Impact on Participants

<table>
<thead>
<tr>
<th>Improved/Enhanced</th>
<th>Reduced</th>
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<tbody>
<tr>
<td>✦ Energy</td>
<td>✦ Fatigue</td>
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<tr>
<td>✦ Physical activity</td>
<td>✦ Social role activity limitations</td>
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<tr>
<td>✦ Psychological well-being</td>
<td>✦ Pain symptoms</td>
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<tr>
<td>✦ Partnerships with physicians</td>
<td>✦ Emergency room visits</td>
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<tr>
<td>✦ Health status</td>
<td>✦ Hospital admissions</td>
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<tr>
<td>✦ Self-efficacy</td>
<td>✦ Hospital length of stay</td>
</tr>
</tbody>
</table>

*You Can! Live Well, Virginia!*
National Study March 2013

Whitelaw, N., Lorig, K., Smith, M. L., & Ory, M. G.  
(March 19, 2013).

*National Study of Chronic Disease Self-Management Programs (CDSMP).*

Retrieved 5/13/13 from www.ncoa.org/cha

http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/findings-from-the-cdsmp.html
# National Study Results

## CDSMP: Better Outcomes

<table>
<thead>
<tr>
<th></th>
<th>Baseline Mean</th>
<th>12-month Mean</th>
<th>% Improvement†</th>
</tr>
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<tbody>
<tr>
<td>Self-assessed health (1~5)</td>
<td>3.2</td>
<td>3.0</td>
<td>5%**</td>
</tr>
<tr>
<td>PHQ depression (0~3)</td>
<td>6.6</td>
<td>5.1</td>
<td>21%**</td>
</tr>
<tr>
<td>Quality of life (0~10)</td>
<td>6.5</td>
<td>7.0</td>
<td>6%**</td>
</tr>
<tr>
<td>Unhealthy physical days (0~30)</td>
<td>8.7</td>
<td>7.2</td>
<td>15%**</td>
</tr>
<tr>
<td>Unhealthy mental days (0~30)</td>
<td>6.7</td>
<td>5.6</td>
<td>12%**</td>
</tr>
</tbody>
</table>

*Notes. † These statistics control for covariates gender, age, race/ethnicity, education, number of chronic conditions.

↑ Indicates that larger scores are better for this measure
↓ Indicates that smaller scores are better for this measure.

**p<0.01, *p<.05
# National Study Results

## CDSMP: Lower Health Care Costs

<table>
<thead>
<tr>
<th></th>
<th>Baseline</th>
<th>12-month</th>
<th>Adjusted Ratios†</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage with Emergency Room (ER) Visits in the Past 6 Months↓*</td>
<td>18%</td>
<td>13%</td>
<td>0.68**</td>
</tr>
<tr>
<td>Number of ER visits among those with any ER visit</td>
<td>1.5</td>
<td>1.4</td>
<td>1.00</td>
</tr>
<tr>
<td>Percentage Hospitalized in the Past 6 Months↓</td>
<td>14%</td>
<td>14%</td>
<td>1.01</td>
</tr>
<tr>
<td>Number of hospitalizations among those with any hospitalization</td>
<td>1.4</td>
<td>1.4</td>
<td>1.00</td>
</tr>
</tbody>
</table>

*Notes. † Odds Ratio or Mean Ratio after controlling for covariates gender, age, race/ethnicity, education, number of chronic conditions.

*↑ Indicates that larger scores are better for this measure

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**p<0.01, *p<.05
National Study Results

Estimated Cost Savings Related to Reduced ER Visits & Hospitalization

- **Preliminary Results:**
  - ~$740 per person savings in ER and hospital utilization
  - ~$390 per person net savings after considering program costs at $350 per participant

- Reaching even 10% of Americans with one or more chronic conditions would save ~$4.2 billion!
History of CDSME in Virginia

★ 2005: Introduced by Virginia Dept. of Health

★ March 2010: VDA receives 2 year CDSMP Grant from AoA targeting older adults
  • Delivered to 3112 participants with 2375 completing

★ September, 2012: VDA awarded competitive 3-year grant under Prevention and Public Health Funds (PPHF) of the Affordable Care Act
With PPHF Grant, Virginia Expands the Program:

✦ To new regions
✦ To include more program offerings, including DSMP and Cancer SMP
✦ To targeted populations
  ♦ Adults with disabilities
  ♦ Veterans
  ♦ Tribal groups
  ♦ Community Re-entry prison populations
Local Coordination: 10 Area Agencies on Aging

◆ Local Coordinator at each AAA manages program:
  ♦ Recruits participants
  ♦ Arranges workshop sites
  ♦ Connects with local partners
  ♦ Recruits, trains and oversees workshop leaders
  ♦ Responsible for program fidelity
  ♦ Arranges marketing and publicity
  ♦ Responsible for data entry and reporting
Chronic Disease in Prison Populations

Brainstorming

*What factors would make prison populations at higher risk for chronic disease?*
Chronic Disease in Prison Populations

Jail and prison inmates have a disproportionate burden of many chronic medical conditions compared to the general population, including hypertension, asthma, arthritis, cervical cancer and hepatitis.

Chronic Medical Diseases Among Jail and Prison Inmates
By Ingrid A. Bingswanger, MD, MPH, 10/25/2010
Chronic Disease in Prison Populations
Leading conditions: 34 to 49 year old men and women in US prisons:

1. Overweight (47%)
2. Hypertension (24.7%)
3. Obesity (24.7%)
4. Arthritis (23.1%)
5. Asthma (13.9%)
6. Hepatitis (12.9%)

You Can! Live Well, Virginia!
Chronic Disease in Virginia’s Prison Populations

An Examination of Inmate Health Care Costs
Virginia Office of Health Services, 9/30/11

♦ Today’s offenders: Older, sicker and stay longer behind bars than ever before

♦ Older offenders: Fastest growing segment of prison population

♦ Offenders are entering prison with more acute medical needs

♦ Offsite healthcare costs:
  Increased by 19% from FY 2010 to FY 2011 ($8.7 million increase), excluding pharmacy costs

You Can! Live Well, Virginia!
Chronic Disease in Virginia’s Prison Populations

- About 1/3 have a chronic care condition (asthma, diabetes, hypertension, HIV)
- Some have multiple chronic diseases
- Genes account for approximately 30% of wellness
- Inmate self-responsibility and discipline (diet, exercise, rest, and medication) are keys to health

You Can! Live Well, Virginia!
Working with Virginia Department of Corrections

- Inspiration: National Grantee Meeting: Oklahoma prison program
- Contacts with Virginia Department of Corrections
- Conference call with Bland Correctional Center
- Meeting with offenders in the Bland CC re-entry program

You Can! Live Well, Virginia!
Entering Bland Correctional Center
Is CDSME Making a Difference for Offenders?
Thank you for the time you have devoted to me. You have created an environment conducive to learning and it has been a great pleasure of mine to have been mentored by you all. The lessons you all have taught me will last a lifetime. No matter my mood, I always left your class in great spirits. And if you never considered what it means to a man in prison to be able to smile, I hope you’ll take a moment to think about it, and then smile yourself. Keep up the good work and don’t change a thing.

Participant, Bland Correctional Center
What I’ve learned from this class is to have an open mind and to think positive when dealing with my chronic disease. Life isn’t over when you have a disease you have to learn how to manage your chronic condition and move on in life. This book helps you learn how to deal with just about all health problems.

I hope you continue to come back so other inmates can have the same knowledge I have received. Thank you so very much for dealing with me these last 6 weeks. I am truly grateful and will always have you in my prayers.

Participant, Bland Correctional Center
It is nice to be treated as a human being and not as an animal or monster. Not a lot to look forward to, but taking the class is the best part of my week. I don’t feel so stressed out after our meeting. The laughter and sharing really makes me feel better. There at the start of my bid (starting my time) I felt alone, but the class made me feel like someone cared about what I was going through, thank you for that. I hope every day finds you joy.

Participant, Bland Correctional Center
Impact of CDSME on Offenders at Bland Correctional Center: Videos
CDSME in Virginia Correctional Centers:
AAAs and Target Facilities

2 Appalachian Agency for Senior Citizens
3 District Three Senior Services
5 LOA Area Agency on Aging
6 Valley Program for Aging Services
8C Fairfax AAA
9 Rappahannock-Rapidan Community Services
12 Southern AAA
15 Senior Connections, The Capital AAA
20 Senior Services of Southeastern Virginia
21 Peninsula Agency on Aging

- Bland Correctional Center
- Pocahontas Correctional Center
- Powhatan Correctional Center
- Deerfield Correctional Center
Other Comments and Observations

Their health may be more easily managed in a controlled environment but what happens when they return to the community?

Often people feel helpless and hopeless. If you can manage this aspect of your life, what other aspects can you manage?

It provides small successes for people who haven’t had successes.

It significantly reduces the burden to the taxpayer when offenders learn to manage their health.

Looking at it from the macro level, this impacts the individual offenders, their families, and their communities. This makes sense for us. This makes sense for the citizens of Virginia!

Liz Thornton
Operation Manager, Support
Virginia Department of Corrections

You Can! Live Well, Virginia!
This class is important because it teaches people how to deal with their medical problems and gives them positive ideas and suggestions on how to deal with them. It can give you a very positive outlook toward the future.

Participant, Bland Correctional Center
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Debbie Spencer
dhs@smyth.net  276-783-8157

You Can! Live Well, Virginia!