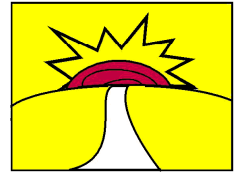


# Michigan Partners on the PATH



## **The Stanford Chronic Disease Self-Management Program in Michigan**

**What is it:** The Stanford Chronic Disease Self-Management Program (CDSMP) is a six-week workshop conducted in two and a half hour sessions in community settings. The program was developed and tested by Stanford University to help people build the skills they need for the day-to-day management of chronic disease. In Michigan, CDSMP is known as PATH, which stands for **P**ersonal **A**ction **T**oward **H**ealth.

**Benefits:** Program participants reported improved symptom management, communication with physicians, self-efficacy, physical activity, and general health compared to those who had not participated in the workshop. Additional studies showed that program participants spent fewer nights in the hospital and used fewer health services over a two-year period compared to their status prior to the program, which yielded a cost-to-savings ratio of approximately 1:10. Many of these results persisted for as long as three years.

**Who should participate:** PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Family members, friends, and caregivers are also encouraged to attend the workshop.

### **Program Feature's:**

- Led by trained leaders or master trainers who may themselves have a chronic condition.
- Workshops consist of people with many different chronic conditions.
- Workshop content is not disease specific, rather it focuses on symptoms that are common to people with a variety of health conditions.
- Workshop focuses on the process of becoming a better self-manager.
- Emphasis on creating personal action plans and setting practical, achievable goals.
- Participants will learn tools to help them deal with problems such as frustration, fatigue, pain and isolation.
- Managing symptoms
- Understanding medications
- Working with a health care team
- Problem-solving
- Communicating better with family and friends
- Relaxing
- Eating well
- Exercising safely and easily

**The History of PATH in Michigan:** In 2005, the Michigan Department of Community Health (MDCH) and the Office of Services to the Aging (OSA) partnered to build a system for coordinating, implementing, and expanding the Stanford CDSMP in Michigan. Michigan Partners on the PATH (*MI PATH*) was first convened with core representatives from the Michigan State University Extension (MSUE), OSA, and MDCH. More than 50 agencies currently participate with MI PATH, including Health Alliance Plan, Arthritis Foundation Michigan Chapter, the National Kidney Foundation of MI, Diabetes Outreach Networks, Healthy Asian American Project, and Area Agencies on Aging.

## Path Workshop Topics:

Six Session Course	
<b>Session 1</b>	<b>Session 4</b>
Identifying common problems	Future plans for health care
Acute vs. Chronic disease	Health eating
Using your mind to manage symptoms	Communication skills
Action Plans	Problem solving
<b>Session 2</b>	<b>Session 5</b>
Problem solving	Medication usage
Dealing with difficult emotions	Making informed treatment decisions
Physical activity and exercise	Depression management
<b>Session 3</b>	Positive thinking
Better Breathing	Guided imagery
Muscle Relaxation	<b>Session 6</b>
Pain and Fatigue Management	Working with your health care professional
Endurance activities	Planning for future

### Benefits of participating in *MI PATH*:

- 1) Build partnerships with agencies in your region to leverage resources and expand outreach into communities served;
- 2) Access to evaluation reports that can be generated for agencies, regions, or state wide;
- 3) Opportunities to participate in coordinated *MI PATH*-sponsored leader and master training programs and statewide meetings.

Each *MI PATH* regional group meets on a regular basis to coordinate *PATH* workshops and trainings and to build referral systems in their areas. A steering committee composed of representatives from each region meets quarterly to work on state wide issues: e.g., training and educational conferences for leaders, master trainers, and agencies to promote program fidelity. Both OSA and MDCH will continue to dedicate technical resources: OSA supports the website and implementation in Area Agencies on Aging; MDCH supports structure, centralized data collection, database, and evaluation.

### Get Involved:

#### Implementation:

- 1) Obtain a license and become an implementation agency;
- 2) Host a workshop or leader training at your site;
- 3) Work with licensed agencies to identify and refer potential leaders to be trained to conduct *PATH* in your area;
- 4) Organize *PATH* workshops to be conducted in the communities you serve, particularly high risk areas;
- 5) Join *Michigan Partners on the PATH!*

#### Promotion:

- 1) Identify *PATH* programs offered in your region;
- 2) Promote *PATH* workshops to people who are participating in other chronic disease education (e.g., diabetes self-management, asthma education);
- 3) Refer clients to attend a *PATH* workshop;
- 4) Inform health professionals about *PATH* and the benefits of referring clients to *PATH*.

### For More Information:

Please visit the Michigan Partners on the *PATH* website to find workshops or leader trainings in your area. [www.MiPATH.org](http://www.MiPATH.org) or contact UPCAP at 1-800-338-7227 or UPDON at 906-228-9203.