

# EMPOWERING COMMUNITY MEMBERS ON THEIR SELF-MANAGEMENT JOURNEY

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1

## SANFORD HEALTH

Headquartered in Sioux Falls, South Dakota with locations in 26 states and 10 countries, including:

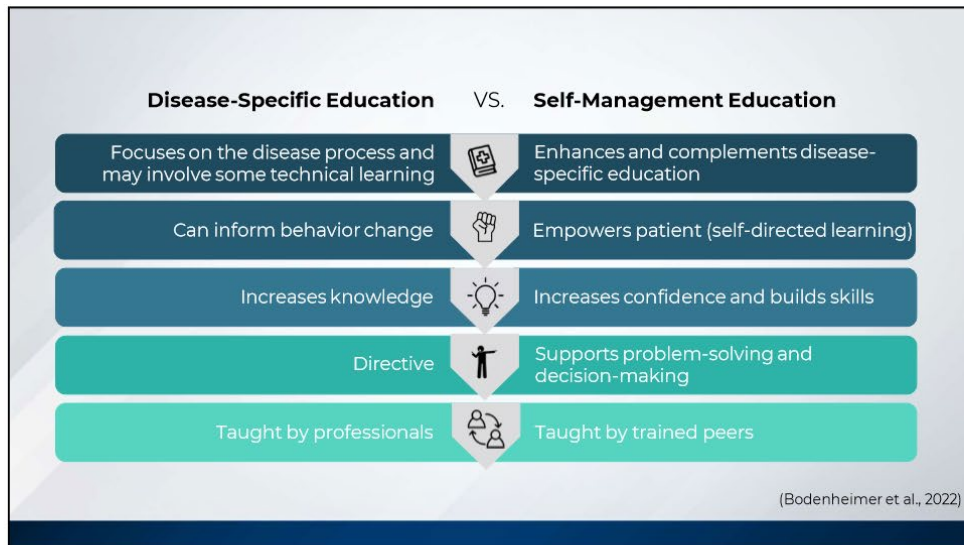
- 46 medical centers
- 224 clinic locations
- 233 senior living communities
- 158 skilled nursing and rehab facilities
- Including over 200 Good Samaritan Society senior care locations



2



3



4

## GROUP BASED SELF-MANAGEMENT

**Self-efficacy** is the confidence that one can carry out a behavior or skill necessary to reach a desired goal.

Group based self-management helps to increase self-efficacy through:


<b>Performance Mastery:</b> <ul style="list-style-type: none"><li>• Action Plans</li><li>• Problem-Solving</li><li>• Relaxation Skills</li></ul>	<b>Modeling:</b> <ul style="list-style-type: none"><li>• Lay Leaders</li><li>• Group Problem-Solving</li></ul>	<b>Reinterpretation/ Reframing:</b> <ul style="list-style-type: none"><li>• Identifying and changing beliefs about disease</li><li>• Health behaviors</li><li>• Own abilities</li></ul>	<b>Persuasion:</b> <ul style="list-style-type: none"><li>• Social persuasion</li><li>• Verbal persuasion</li></ul>
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(SMRC, 2022)

5

## PEOPLE WITH CHRONIC CONDITIONS

- Have similar concerns and problems
- Must deal not only with their disease but also with the impact on their lives and emotions



6

CHRONIC DISEASE SELF-MANAGEMENT

The infographic features a central blue circle on the left containing the text "Self-Management Tasks". Three lines extend from the right side of this circle to three horizontal bars. Each bar contains an icon and a text label: a pill bottle icon for "Take Care of Health Problems", a smile and frown face icon for "Manage Emotional Changes", and a person with a suitcase icon for "Carry Out Normal Activities".

Self-Management Tasks

- Take Care of Health Problems
- Manage Emotional Changes
- Carry Out Normal Activities

7

A video player interface with a dark blue background. The main text "Better Choices, Better Health" is centered in white. Below it, the "SANFORD" logo is displayed in white. At the bottom, there is a video control bar with a play button, a progress bar showing "00:15", and icons for volume, settings, and full screen.

Better Choices,  
Better Health

SANFORD

8

## BETTER CHOICES, BETTER HEALTH: LIVING WELL

*A CHRONIC DISEASE SELF-MANAGEMENT PROGRAM*

“Self-management provides a platform to allow patients to gain self-efficacy or confidence and problem solving skills to deal with disease-related problems” (Lorig, 2003).

- Evidence-based program developed at Stanford University Patient Education Research Center
- Complements education provided by the health care team
- Designed to increase **self-efficacy**
- Covers core self management skills

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    graph LR
      A((Better Choices, Better Health: Living Well)) --- B((Better Choices, Better Health: Chronic Pain))
      A --- C((Better Choices, Better Health: Diabetes))
    
```


9


## BETTER CHOICES, BETTER HEALTH: LIVING WELL WITH CHRONIC CONDITIONS (CDSMP)

	<p>This workshop is for:</p> <ul style="list-style-type: none"> <li>• Individuals with any chronic physical or mental health condition</li> <li>• Caregivers</li> </ul>
	<p>Research demonstrates:</p> <ul style="list-style-type: none"> <li>• 13% increase in moderate physical activity</li> <li>• 21% improvement in depression scores (PHQ-8)</li> <li>• 6% improvement in health-related quality of life</li> <li>• 5% improvement in self-reported health</li> <li>• 12% improvement in medication compliance</li> </ul> <p style="text-align: right; font-size: small;">(Ory et al., 2013)</p>
	<p>Cost savings from studies have demonstrated a <b>net healthcare utilization savings of \$364</b> per participant per year.</p> <p style="text-align: right; font-size: small;">(Ahn et al., 2013)</p>

10

**BETTER CHOICES, BETTER HEALTH:  
LIVING WELL WITH DIABETES (DSMP)**





**This workshop is for:**

- Individuals with Prediabetes or Type 2 Diabetes
- Those caring for someone with Diabetes

**Research demonstrates:**

- 1.27% decrease in average blood sugar for those with A1C>9
- Decreased symptoms of hypoglycemia
- Decreased symptoms of depression
- Improved medication compliance


(Lorig et al., 2016)

**Recent study suggests an **\$815 cost savings** per participant due to health care utilization changes compared to control group.**

(Turner et al., 2018)

11

**BETTER CHOICES, BETTER HEALTH:  
LIVING WELL WITH CHRONIC PAIN (CPSMP)**



**This workshop is for:**

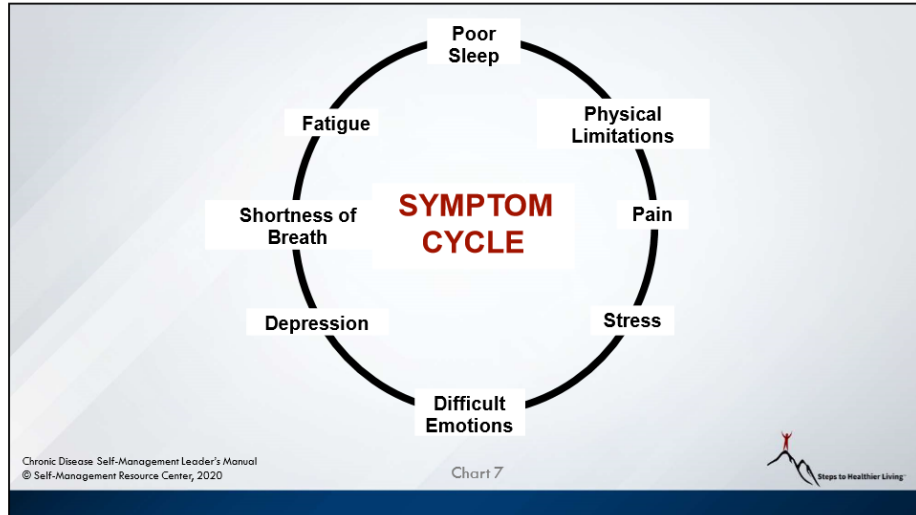
- Individuals living with chronic pain
- Those caring for someone living with chronic pain

**Research demonstrates:**

- Decrease in symptoms of depression
- Decrease in feelings of fear, frustration, and isolation
- Reduced fatigue
- Improved communication skills
- Increase in energy levels
- Increase in physical activity
- More confidence overall in managing chronic health condition

(LeFort et al., 1998)

12



13




14

### Problem-Solving Steps

1. Identify the problem
2. List ideas
3. Select one
4. Assess the results
5. Substitute another idea
6. Utilize other resources
7. Accept that the problem may not be solvable now

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Chart 6




15

### Decision-Making Steps

1. Identify the decision
2. Write down the 'PROs' and 'CONS' for each option
3. Give a score to each statement from 1 being not important to 5 being very important
4. Add each column and compare the results to find the higher score
5. Ask yourself how this option meets the 'gut test'

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Chart 10



16



### Decision to be made: 'Should I take this new medication?'

PROs	Score (1 - 5)	CONs	Score (1 - 5)
My doctor thinks I should do it	5	There may be side effects	3
It could help prevent complications	4	It's yet another pill I have to remember to take	1
I might feel better	5	It costs too much. I may not be able to afford it	3
		It may not work	4
<b>PROs Total</b>	<b>14</b>	<b>CONs Total</b>	<b>11</b>

The PROs total is greater than the CONs  
 Decision result is: To start the new medication  
 Ask the questions: 'Does this meet the gut test?'

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Chart 11

17

### Parts of an Action Plan

1. Something YOU want or decide to do
2. Achievable
3. Action-specific
4. Answer the questions:
  - What? (specific action)
  - How much? (time, distance, amount)
  - When? (time of day or which days of the week)
  - How often? (number of days in the week)
5. Confidence level of 7 or more

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Chart 5

18

## PARTICIPANT EXPERIENCE

*"...I enjoyed the time of discussion and sharing with the group. I think you all are amazing and brave. The group made me smile, laugh, made me feel important, and worthy. Thank you!*

*I am dealing with several chronic illnesses. The class taught me how to deal with challenging physical and mental conditions...These illnesses may cause emotional distress, such as anxiety, frustration, anger, and feeling alone.*

*The class instructed us on the cycle of symptoms and self-management tools. I especially enjoyed the section on understanding food labels to help me know what I should eat and how much I should eat..."*

*Workshop Participant*

19

## PROVIDER FEEDBACK

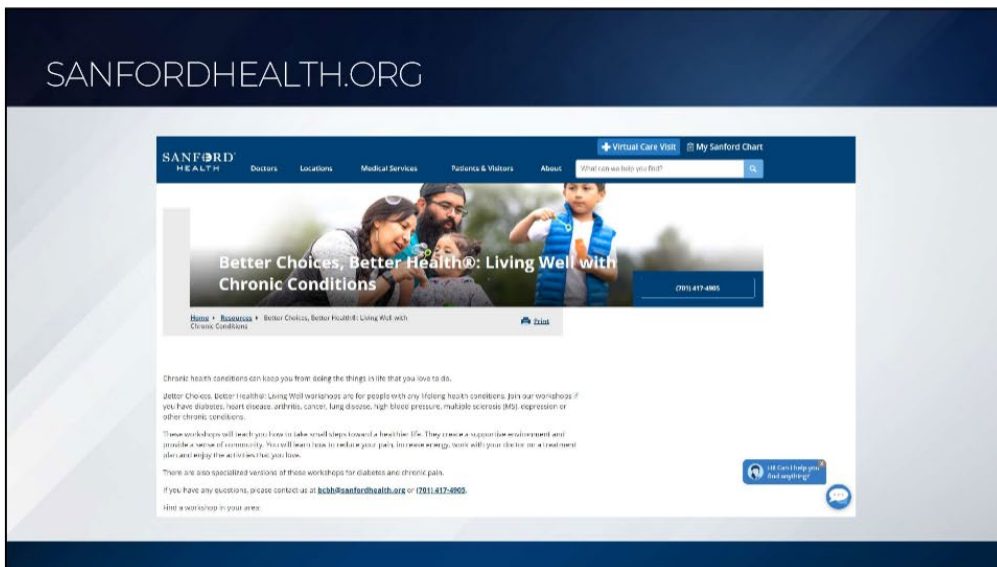
*"I have been referring my patients who suffer from chronic diseases to the Better Choices, Better Health program for some time and they have found it very helpful.*

*My patients found the interactive aspect of the program very helpful. they felt discussing with people suffering from similar issues helps create an environment of compassion and empathy in true sense, during learning. They found the guide book given out be a great reference point. Practical suggestions like reading the labels on food items, exercise goals, relaxation techniques, etc. made a big impact on their symptoms.*

*All in all, Better Choices Better Health has helped my patients and in turn me a lot, and I highly recommend it for people suffering from chronic issues and diseases."*

*Dr. Piyush Poddar  
Bismarck Rheumatologist*

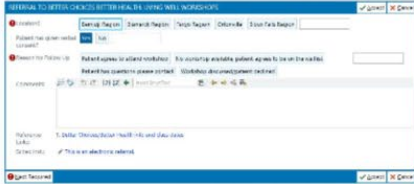

20



21

## REFERRALS TO BETTER CHOICES, BETTER HEALTH

1. Sanford employees can refer patients via Epic. Search and select **Better Choices, Better Health (IPCNO519)**. No cosign is required.
2. Community organizations can refer individuals via [www.NDC3.org](http://www.NDC3.org). Individuals can also view upcoming classes and self-register on NDC3.

22

## RESOURCES

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