

Self-Management AAEBI Cross-Sectional Table



	Better Choices, Better Health (Online CDSMP)	Chronic Disease Self-Management Program	Tomando Control De Su Salud (Spanish Version of Chronic Disease Self Management Program)	Chronic Pain Self-Management	Workplace Chronic Disease Self-Management Program	Enhance Wellness	Program to Encourage Active, Rewarding Lives (PEARLS)
Priority Audience	Anyone living with one or more chronic health conditions or ongoing symptoms	People with any physical or mental chronic condition or multiple chronic conditions	Spanish-speakers with any physical or mental chronic condition or multiple chronic conditions	People with chronic pain conditions such as back pain, arthritis, or headaches	Employees of the hosting workplace with any physical or mental chronic conditions or multiple chronic conditions	Older adults and people aging with disability	Older adults living in poverty with multiple chronic conditions who are reached through social services and underserved by clinical care (e.g. people of color, homebound, limited English proficiency)
Program Content	<ul style="list-style-type: none"> • Goal Setting • Action Planning • Decision Making • Problem Solving • Communications • Symptom Management • Exercise • Healthy Eating • Managing Medications • Stress Management • Managing Emotions • Navigating Resources • Working with Your Healthcare Team • Planning for the Future 	<ul style="list-style-type: none"> • An interactive workshop where participants learn skills to manage their chronic conditions on a day to day including: <ul style="list-style-type: none"> • exercise • healthy eating • symptom management (pain, fatigue, sleep, shortness of breath, stress and depression) • weight loss • communication skills. Core self-management skills taught include: <ul style="list-style-type: none"> • action planning • problem solving • decision making 	<ul style="list-style-type: none"> • An interactive workshop where participants learn techniques to deal with symptoms of chronic conditions such as: <ul style="list-style-type: none"> • fatigue • pain • sleeplessness • shortness of breath • stress • emotional problems such as depression, anger, fear and frustration. Core self-management techniques that are taught include: <ul style="list-style-type: none"> • topics to help with healthy eating • appropriate use of medications • managing depression • decision making • appropriate exercises for maintaining and improving strength, flexibility and endurance 	<ul style="list-style-type: none"> • For those living with chronic pain, participants can learn the skills to manage their pain on a day to day basis including: <ul style="list-style-type: none"> • exercise • healthy eating • cognitive pain management Participants will also learn how to deal with such concerns as: <ul style="list-style-type: none"> • fatigue • sleep problems • difficult emotions • weight loss • communicating with family, friends, and coworkers Core self-management skills taught include: <ul style="list-style-type: none"> • action planning • problem solving • decision making 	<ul style="list-style-type: none"> • An interactive group workshop where participants learn self-management skills to manage their conditions on a day-to-day basis including: <ul style="list-style-type: none"> • balancing work and home life • exercise • healthy eating • pain • fatigue • sleep • shortness of breath • stress • depression • weight loss • communication skills Self-management skills taught include: <ul style="list-style-type: none"> • action planning • problem solving • decision making 	<ul style="list-style-type: none"> • Connects participants with a personal health coach to improve physical, emotional and social well-being. • based on the Chronic Care Model, • EW's participant-centered approach uses motivational interviewing techniques and validated assessment tools in 10+ domains to guide Health Action Plan creation and accountability. • Through the use of problem-solving strategies participants can clarify goals, responsibilities, and activities as they work toward health-related behavioral change. 	<ul style="list-style-type: none"> • Brief behavioral interventions for depression including: <ul style="list-style-type: none"> • problem-solving and • pleasant physical and social activity planning (behavioral activation) • teaching about what depression is and isn't (psychoeducation) • social support • connection to other social and health services

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Program Benefits/ Goals/ Outcomes	<ul style="list-style-type: none"> • Improved Health Status • Increased Health Behaviors • Improved A1-c • Increased Self-Efficacy • Reduced Pain and Fatigue 	<ul style="list-style-type: none"> • Improved Health Behaviors: (exercise, medication adherence, communication with health professionals) • Reduced Symptoms: (pain, fatigue, shortness of breath, depression) • Reduced health care utilization (ED visits, physician visits, hospital days) 	<ul style="list-style-type: none"> • Improved Health Behaviors: (exercise, medication adherence, communication with health professionals) • Reduced Symptoms: (pain, fatigue, shortness of breath, depression) • Reduced health care utilization (ED visits, physician visits, hospital days) 	<ul style="list-style-type: none"> • Less pain: (Improved quality, problem, severity) • Other outcomes: (Less depression, less dependency, increased self-efficacy, improved role behaviors and life satisfaction) 	<ul style="list-style-type: none"> • Improved exercise and eating behaviors • Reduced fatigue 	<ul style="list-style-type: none"> • 72% decrease in hospital days • 35% decrease in psychoactive medication use • 11% decrease in depression • Significant reduction in rehospitalizations and HMO utilization – overall increased health 	<ul style="list-style-type: none"> • Lower depression, social isolation and loneliness • Improved well-being
Program Format	<ul style="list-style-type: none"> • Virtual Self-Directed/Self-Paced for 6 weeks. 	<ul style="list-style-type: none"> • In-person Group Workshop • Virtual Group Workshop • Mailed Toolkit with or without Phone Call Check-in 	<ul style="list-style-type: none"> • In-person Group Workshop • Virtual Group Workshop • Mailed Toolkit with or without Phone Call Check-in 	<ul style="list-style-type: none"> • In-person Group Workshop • Virtual Group Workshop • Mailed Toolkit with or without Phone Call Check-in 	<ul style="list-style-type: none"> • In-person Group Workshop • Mailed Toolkit with or without Phone Call Check-in 	<ul style="list-style-type: none"> • In-person 1-on-1 format 	<ul style="list-style-type: none"> • 1-on-1 In person • Virtual Remote Format • Over-The-Phone Remote Format
Class Size	<ul style="list-style-type: none"> • 20-30 participants 	<ul style="list-style-type: none"> • 12-14 participants for face-to-face workshop • 8-12 for virtual workshop • 3-5 participants per Toolkit with scripted phone call workshop 	<ul style="list-style-type: none"> • 12-14 participants for face-to-face workshop • 8-12 for virtual workshop • 3-5 participants per Toolkit with scripted phone call workshop 	<ul style="list-style-type: none"> • 12-14 participants for face-to-face workshop • 8-12 for virtual workshop • 3-5 participants per Toolkit with scripted phone call workshop 	<ul style="list-style-type: none"> • 12-14 participants for face-to-face workshop • 3-5 participants per Tool Kit with scripted phone call workshop 	<ul style="list-style-type: none"> • N/A, 1-on-1 format 	<ul style="list-style-type: none"> • N/A, 1-on-1 format

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Program Sessions/ Duration	<ul style="list-style-type: none"> • 30 min sessions 3 times a week 	<ul style="list-style-type: none"> • In-Person and Virtual Workshop: 2 and ½ hours per session • Mailed Toolkit <i>with</i> phone calls: 45-60 minute small group phone calls per session • Mailed Toolkit <i>without</i> phone calls: Self-Directed 	<ul style="list-style-type: none"> • In-Person and Virtual Workshop: 2 and ½ hours per session • Mailed Toolkit <i>with</i> phone calls: 45-60 minute small group phone calls per session • Mailed Toolkit <i>without</i> phone calls: Self-Directed 	<ul style="list-style-type: none"> • In-Person and Virtual Workshop: 2 and ½ hours per session • Mailed Toolkit <i>with</i> phone calls: 45-60 minute small group phone calls per session • Mailed Toolkit <i>without</i> phone calls: Self-Directed 	<ul style="list-style-type: none"> • In-Person Workshop: 50-55 minutes per session • Mailed Toolkit <i>with</i> phone calls: 25-30 minute small group phone calls per session • Mailed Toolkit <i>without</i> phone calls: Self-Directed 	<ul style="list-style-type: none"> • Variable, dependent on need. 	<ul style="list-style-type: none"> • 6 to 8 one hour sessions tapered weekly to monthly
Total Program Length	<ul style="list-style-type: none"> • 6 weeks plus ongoing alumni community group 	<ul style="list-style-type: none"> • In-person workshop: 1 session per week for 6 weeks • Virtual workshop: 1 session per week for 6 weeks • Mailed Toolkit <i>with</i> phone calls: 1 session per week for 6 weeks • Mailed Toolkit <i>without</i> weekly phone calls is self-directed. 	<ul style="list-style-type: none"> • In-person workshop: 1 session per week for 6 weeks • Virtual workshop: 1 session per week for 6 weeks • Mailed Toolkit <i>with</i> phone calls: 1 session per week for 6 weeks • Mailed Toolkit <i>without</i> weekly phone calls is self-directed. 	<ul style="list-style-type: none"> • In-person workshop: 1 session per week for 6 weeks • Virtual workshop: 1 session per week for 6 weeks • Mailed Toolkit <i>with</i> phone calls: 1 session per week for 6 weeks • Mailed Toolkit <i>without</i> weekly phone calls is self-directed. 	<ul style="list-style-type: none"> • In-person workshop: 2 sessions per week for 6 weeks • Mailed Toolkit <i>with</i> phone calls: 2 sessions per week for 6 weeks • Mailed Toolkit <i>without</i> weekly phone calls is self-directed 	<ul style="list-style-type: none"> • 6 months 	<ul style="list-style-type: none"> • 6-8 months

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Instructor Qualifications	<ul style="list-style-type: none"> • Canary Peers certified online facilitator (complete 6-week facilitator training) 	<ul style="list-style-type: none"> • Trained by SMRC-certified Master Trainers, 2 trained Leaders, one or both of whom are non-health professionals with a chronic condition themselves, for both in person and virtual workshops <p>For Phone-led workshops, only 1 leader is needed.</p>	<ul style="list-style-type: none"> • Trained by SMRC-certified Master Trainers, 2 trained Leaders, one or both of whom are non-health professionals with a chronic condition themselves, for both in person and virtual workshops <p>For Phone-led workshops, only 1 leader is needed.</p>	<ul style="list-style-type: none"> • Trained by SMRC-certified Master Trainers, 2 trained Leaders, one or both of whom are non-health professionals with a chronic condition themselves, for both in person and virtual workshops <p>For Phone-led workshops, only 1 leader is needed.</p>	<ul style="list-style-type: none"> • Trained by SMRC-certified Master Trainers, 2 trained Leaders, one or both of whom are non-health professionals with a chronic condition themselves, for both in person and virtual workshops <p>For Phone-led workshops, only 1 leader is needed.</p>	<ul style="list-style-type: none"> • Social Workers, Registered Nurses, Community Health Workers, Registered Dietitians, others with Motivational Interviewing Experience • See website for more details. Enhance@Wellness - Become A Coach - Project Enhance 	<ul style="list-style-type: none"> • PEARLS Coach training (distance): <ul style="list-style-type: none"> • an online, self-paced training course and an additional 90-minute, live-over-Zoom practice session.
Program Licensing	Yes	Yes	Yes	Yes	Yes	Yes	No
Language Offerings	English	<ul style="list-style-type: none"> • English • French Canadian • Chinese • French • Italian • Hmong • Hindi • Russian • Vietnamese • Arabic • Creole-Haitian • Finnish • Danish • Samoan • Tongan • For Spanish and Portuguese see Tomando Control de Su Salud 	<ul style="list-style-type: none"> • English, See: Chronic Disease Self-Management Program • Portuguese 	<ul style="list-style-type: none"> • English • Spanish • French • Canadian 	<ul style="list-style-type: none"> • English • Spanish 	<ul style="list-style-type: none"> • 1:1 program, materials are in English but program offered in variety of languages by bilingual coaches 	<ul style="list-style-type: none"> • We have community-translated PEARLS forms available in English, Spanish, Chinese, Somali and Russian. • In addition, organizations have delivered PEARLS in Cantonese, Ilocano, Korean, Khmer, Mandarin, Ukrainian, Vietnamese, Tagalog. <p>The training and toolkit are currently only in English.</p>

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Cost	<ul style="list-style-type: none"> Canary offers a turn key service and provides facilitators, workshop administration, book fulfillment, access to a platform with 6 week workshop and ongoing alumni community. Organizations purchase workshop slots at approximately \$275 per workshop participant that shows up to the program 	<ul style="list-style-type: none"> License Cost \$550: lasts three years and includes 20 workshops. Participants' books cost: 15 to 20 dollars a person depending on volume ordered. 	<ul style="list-style-type: none"> License Cost \$550: lasts three years and includes 20 workshops. Participants' books cost: 15 to 20 dollars a person depending on volume ordered. 	<ul style="list-style-type: none"> License Cost \$550: lasts three years and includes 20 workshops. Participants' books cost: 15 to 20 dollars a person depending on volume ordered. 	<ul style="list-style-type: none"> License Cost \$550: lasts three years and includes 20 workshops. Participants' books cost: 15 to 20 dollars a person depending on volume ordered. 	<ul style="list-style-type: none"> See website for details: Enhance Wellness Program Cost 	<ul style="list-style-type: none"> \$500/person for PEARLS Coach Training. Other costs for in-person delivery include staff outreach, screening, and session time-associated costs, mileage reimbursement, and clinical supervision time-associated costs (~1-2 hrs/mo)
Research/ Journal Article	Better Choices Better Health Research Article 1 Article 2 Article 3	CDSMP Research Articles (Virtual) CDSMP Related Research Articles (Toolkit)	Tomando Control De Su Salud Research Articles	CPSMP Research Articles (Virtual) CPSMP Related Research Articles (Toolkit)	wCDSMP Research Articles	Citations - Project Enhance	Publications Health Promotion Research Center (washington.edu)