

Self-management programs focus on preparing people with chronic conditions for the **99%** of the time they live **outside** of the health care system. Kate Lorig, RN, DrPH, Stanford Patient Education Center

## **Self-Management Education (SME)**

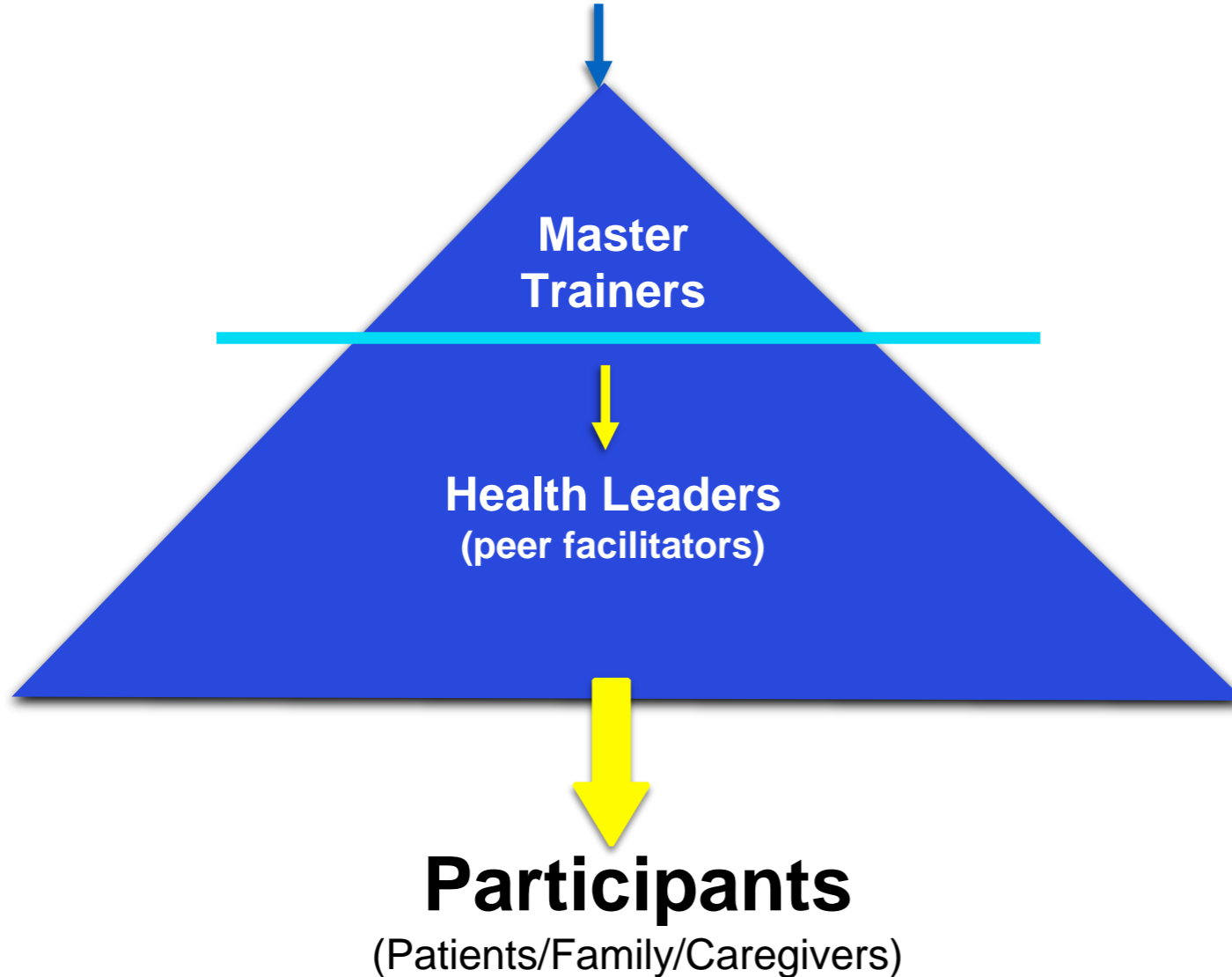
refers to “interactive educational interventions specifically designed to enhance patient self-management. Self-management education is patient driven and focuses on building generalizable skills such as **goal setting, decision making, problem solving, and self-monitoring.**”

“**Self-Management** incorporates concepts of **self-care, adherence, compliance, health behavior change, patient education, and collaborative care.**”



- Reduces stress, pain and fatigue
- People self report better overall health - “you just feel better”
- More meaningful doctors visits
- Keeps people out of the Emergency room
- Helps people feel more confident in managing chronic health diseases

## T-Trainers (2)



## Sites

Comfortable locations in the community:  
FBOs, CBOs, Community Clinics





Evi-Base

## Sample Participant Letter

DEAR WHOM IT MAY CONCERN,

This Letter is Being WRITTEN TO EXPRESS OUR HEARTFELT THANK-YOU. WE ARE GRADUATES, THIS DAY FROM THE PROGRAM ON "LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS." THE BOOK AND CD "RELAXATION FOR MIND AND BODY PATHWAYS TO HEALING," THIS WORKSHOP GROUP SESSIONS PROVIDED AN EXCELLENT SOURCE OF KNOWLEDGE, COMMON SENSE SOLUTIONS, AND BUILT FRIENDSHIPS, ON A BUDDY SYSTEM.

THIS WORKSHOP ALONG WITH TWO PROFESSIONALLY, HIGHLY MOTIVATED INSTRUCTORS, STACEY ROKOFF AND MARY JAYNE REEDY ENABLING, AND CAPTIVATED EACH AND EVERY SESSION. THE CLOSE ATTENTION TO ALL NEEDS AND QUESTIONS PROVIDED A POSITIVE REFLECTION TO OUR HEALTH PROBLEMS. WE ALL CAME AWAY WITH SOMETHING SPECIAL. QUALITY TIME SPENT AND KNOWLEDGE GAINED. CHEERS TO ALL!

IN OURS EVERYDAY WORLD, WE ALL GET LOST WITH PROBLEMS. THIS PROGRAM MADE IT EASIER TO UNDERSTAND AND RELATE TO ONE ANOTHER. COMMON GOALS FOR COMMON FOLKS. WE WOULD NOT HESITATE TO PROMOTE THIS PROGRAM, MORE PEOPLE NEED THIS WORKSHOP! POSITIVE THERAPY FOR MIND AND BODY! A BREATHE OF FRESH AIR!

2012  
GRADUATES  
Respectfully  
[REDACTED]