



## Effective Health Care Chronic Disease Self-Management Programs Nomination Summary Document

### Results of Topic Selection Process & Next Steps

- Ongoing research or activities are underway that impact the timing for developing this topic. Therefore, *Chronic Disease Self-Management Programs* will be revisited in the future when more data becomes available.

### Topic Description

**Nominator:** Anonymous individual

**Nomination Summary:** The nominator would like to see a comparison of the evidence for chronic disease-specific and non-disease-specific self-management programs. They mention several programs specifically – Stanford University's Living Well with Chronic Illnesses and Tomando Control de Salud; Senior Services of Seattle Enhance Fitness; the American Diabetes Association's National Standards for Diabetes Self-Management Education; the IHS Balancing Your Life and Diabetes Curriculum; and the Division of Diabetes community-sponsored programs. However, some of the nominator's key questions indicate an interest in a comparison of more general programs (such as community-sponsored versus health system-sponsored programs) or potentially all existing programs for all chronic conditions to determine which program is most effective for which disease.

**Staff-Generated PICO:**

**Population(s):** Patients with chronic conditions, including diabetes, obesity, cardiovascular disease, arthritis, asthma, and chronic pain; subgroups include minority groups, Medicare and Medicaid recipients, and uninsured patients

**Intervention(s):** Chronic disease-specific self-management programs

**Comparator(s):** Non-disease-specific self-management; comparisons between settings (e.g., community, specific health care setting) and sponsor (e.g., health plan/insurer, employee, community, primary care/hospital)

**Outcome(s):** Effectiveness, improved patient disease management, continued disease progression, patient satisfaction, reduced ED visits, reduced number of prescription medications, weight loss for obesity, increased adherence, reduced burden on primary care, provider productivity, number of 'no show' appointments, health disparities, access to care, cost, and improved quality of life

**Key Questions from Nominator:**

1. What is the comparative effectiveness of disease-specific chronic disease self-management programs vs. non-disease-specific programs, in particular Stanford University's Living Well with Chronic Illnesses and Tomando Control de Salud?

2. Are there particular conditions or diseases that show greater effectiveness over time for improving patient behavior at managing their condition and reducing use of the health care system and pharmaceuticals?
3. What self-management programs show greater effectiveness for patients who complete the programs and who sustain behavior modifications emphasized in the program?
4. What difference, if any, is the impact of the sponsor organizations' locations or settings (healthcare-specific settings vs. community settings) on improved patient health outcomes over time?

## Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- This nomination may have overlap with an in-process Institute of Medicine (IOM) report titled *Living Well with Chronic Disease: Public Health Action Plan to Reduce Disability and Improve Functioning and Quality of Life.*, which will be released in early 2012. Therefore, this topic will be reconsidered after the IOM report has been released and overlap with the nomination can be determined.