



# Effective Health Care

## Chronic Disease Self-Management Programs

### Nomination Summary Document

#### Results of Topic Selection Process & Next Steps

- Chronic disease self-management programs is not feasible for a full systematic review due to the limited data available at this time; however, it will be considered for a potential technical brief by the Effective Health Care (EHC) Program.
- To see a description of a technical brief, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/research-for-policymakers-researchers-and-others/>.
- If this topic is developed into a technical brief, key questions will be drafted and posted on the AHRQ Web site. To sign up for notification when this and other EHC Program topics are posted, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list1/>.

#### 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.

**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):** 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/>.)
- Chronic diseases are a leading cause of death and disability in the US. There is growing interest in disease self-management programs, particularly for chronic conditions, as these conditions have significant impact on patient quality of life and health care resource utilization.
- Limited comparative evidence exists for a new systematic review on the topic; therefore, a full systematic review is not feasible at this time. However, a technical brief on this topic could provide an overview of the different types of self-management programs, program components, and the level of existing evidence and include a framework for evaluating programs or identifying research needs.