Minnesota Academy of Family Physicians Foundation

Mini-Grants for Patient Self-Management Program

Overview

The Minnesota Academy of Family Physicians Foundation offers mini-grants and technical assistance to family medicine clinics and practices that pilot Stanford University's *Chronic Disease Self-Management Program* for patients with ongoing health conditions. Clinics seeking to engage patients in the health care team through self-management programs are encouraged to apply for a $1,000 mini-grant to implement one session of the *Chronic Disease Self-Management Program* so their patients can learn self-management techniques, skills, and goal setting strategies to improve their health status and live more satisfying lives. (Grants are available on a first come first served based through December 2012).

Who Should Apply for a $1,000 Mini-Grant

Minnesota's family medicine clinics, practices, and family medicine residency programs seeking to engage patients in the health care team and those clinics working toward health care home certification.

For More Information

Contact Lynn Balfour at the Minnesota Academy of Family Physicians Foundation, 952-542-0130 or foundation@mafp.org. Request an information kit or schedule a meeting (or call) to learn more.

About the *Chronic Disease Self-Management Program*

The *Chronic Disease Self-Management Program* (CDSMP) is a peer led education program for adults experiencing chronic health conditions such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes. Developed 20 years ago by the Stanford Patient Education Research Center, the program focuses on issues common to individuals suffering from chronic diseases.

Participants meet for two hours over six consecutive weeks. Led by two trained peer leaders, the evidence based curriculum covers: control of symptoms through relaxation techniques, healthy eating, managing sleep and fatigue, managing medications, exercise, and communication with health care providers.

The program may be held at the clinic or in the community with community partners. Peer leader training is available from the Minnesota Department of Health and other license holders.

There is strong evidence from published clinical trials that participation in CDSMP can improve physical and psychosocial outcomes and quality of life for people with chronic health conditions. Benefits include:

- Decreased pain and health distress
- More energy and less fatigue
- Better communication with physicians
- Increased confidence in managing their chronic conditions
- More physical activity
- Decreased anxiety and depression
- Fewer social role limitations

In 2009, the U.S. Surgeon General recognized the importance of community-based self-management education programs in managing chronic health conditions, citing CDSMP as a key example.