

Implementing the Chronic Disease Self-Management Program in Rural and Remote Areas

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1. INTRODUCTION

- Self-management programs are widely used to manage chronic symptoms.
- The Chronic Disease Self-Management Program (CDSMP) has been implemented with success for a variety of chronic conditions across demographic groups.
- CDSMPs have been shown to improve empowerment and confidence, as well as teach self-management skills.
- Outcomes for CDSMPs in rural and remote regions are not well understood.

2. OBJECTIVES

- To understand the benefits and limitations of delivering a CDSMP to adults and older adults living in rural and remote regions of the Rocky Mountain West.

3. METHODS

Recruitment

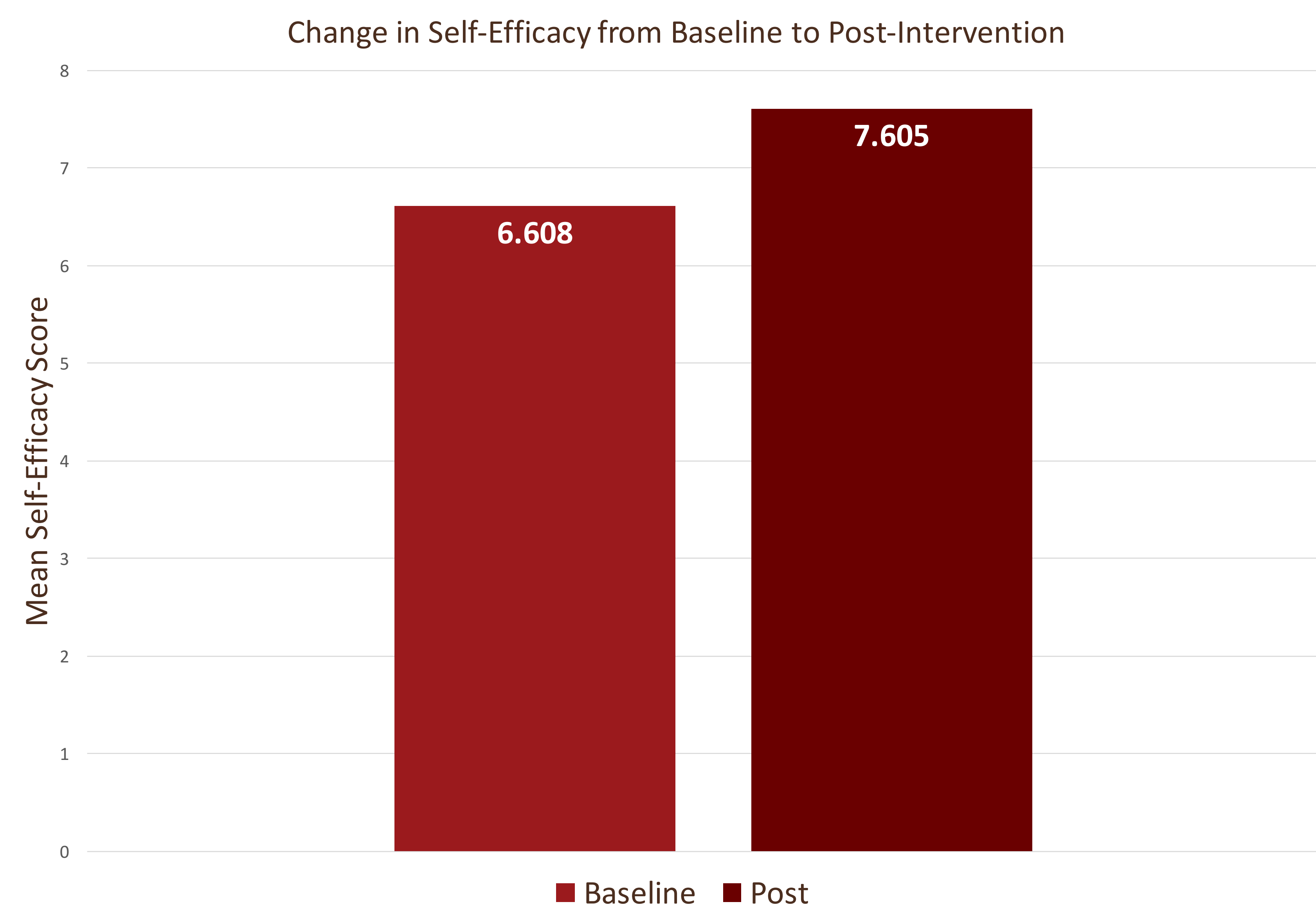
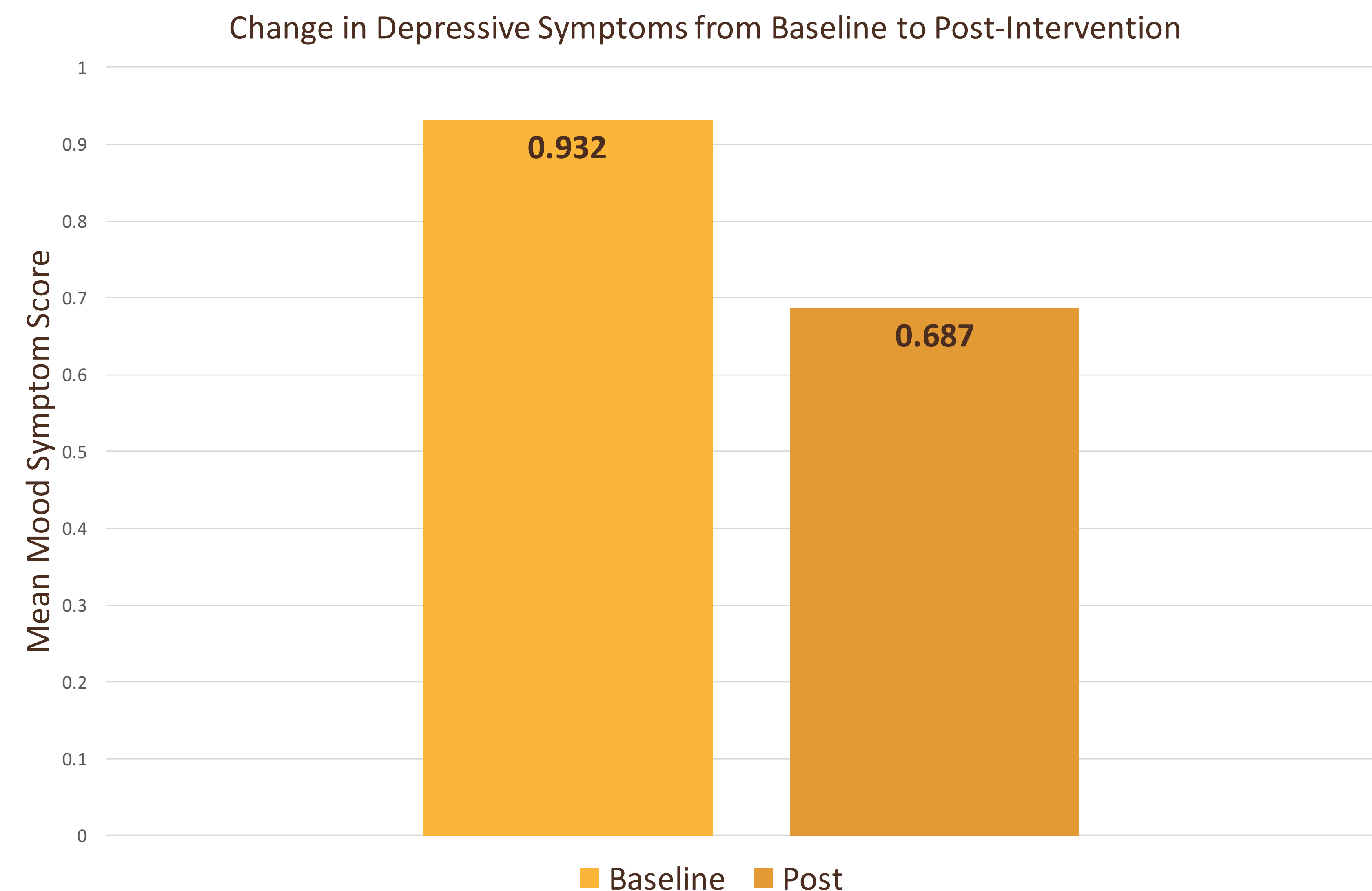
- Participants were enrolled in and completed a chronic disease self-management program.

Instruments

- Demographics were assessed using a participant profile form designed for this study.

Analysis

- SPSS version 24 was utilized for analysis.
- Paired-samples t-tests were used to compare pre- and post-evaluation responses.
- Alpha set to $p < .05$.



4. RESULTS

Participant Characteristics

- Wyoming residents ($n = 50$)

Statistical Findings

- Results of paired-samples t-tests revealed participation in CDSMP:
 - Significantly reduced depressive symptoms, $t(49) = 2.397, p = .020$.
 - Significantly improved self-efficacy, $t(48) = -2.887, p = .006$.
- Significant outcomes were not found for changes in activities of daily living, medical care and associated behaviors, quality of life, or other psychological measures.

5. CONCLUSIONS

- The CDSMP appears to be useful in improving confidence in ability to self-manage chronic symptoms, as well as improving symptoms of depression, in rural and remote regions.
- Significant findings were not found for other assessed variables such as utilization of health care, social support, or physical symptoms like fatigue, pain, and sleep quality.
- Future directions include inclusion of a larger sample with a longer follow-up period, as well as qualitative review of barriers and facilitators of changes within CDSMPs.