

CHRONIC DISEASES SELF-MANAGEMENT PRACTICE IN CANADA: PATTERNS, TRENDS AND PROGRAMS

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Purpose

- to conduct an environmental scan of programs/ services across Canada intended to foster and/or support self-management of chronic disease, and to identify best-practice evidence-based models of self-management practice



Method

- 139 interviews with 91 service providers and 36 people with chronic disease
- an extensive review of the relevant literature and other documents
- consultations with government officials, disease-related organizations in Canada, and experts in self-management of chronic disease in Canada and elsewhere



The Models

- CDSMP or adaptations of CDSMP
- Other group-based models
- Individual education/support
- Use of technology



The Issues

- Attraction & retention of participants
- Leadership
- Lack of coordination & integration
- Sustainability
- Lack of credible evidence to support self-management programs
- Inequities in access and relevance
- What is not covered/addressed



Discussion

- About leaders
- About access
- About coordination
- About evaluation
- About the future



In Conclusion

- Courage, my friends; 'tis not too late to build a better world.

Tommy Douglas

Thank you!

