

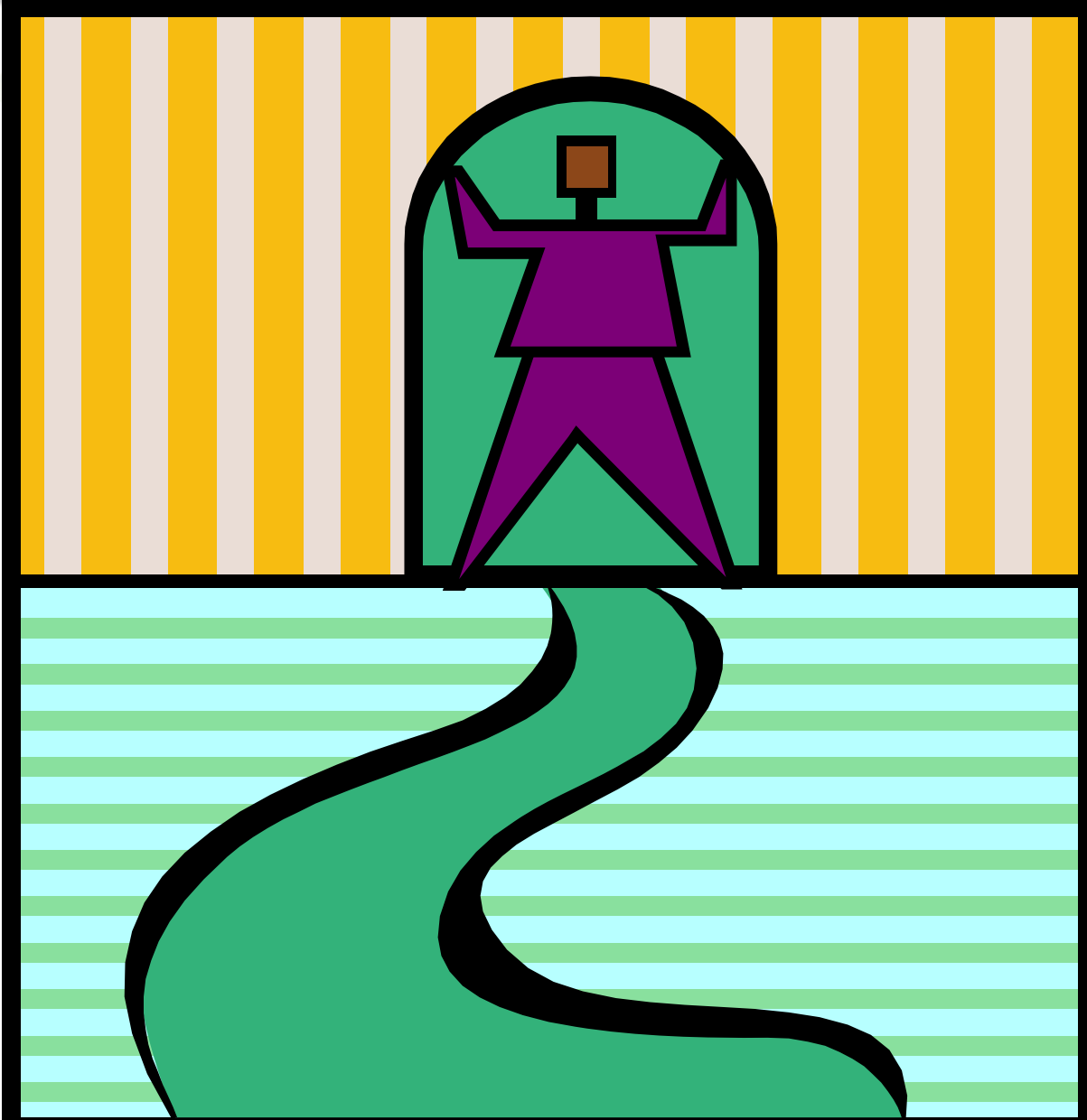


# **PATH : Seeing “It” Your Way**

Dawn Crane, MS, RN, ACNS-BC, CDE



# Start from the beginning: PATH



# PATH= Personal Action Toward Health

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- PATH = Stanford Chronic Disease Self-Management Education Program
- 6 sessions each 2 1/2 hours = 15 hours of contact
- Scripted = Fidelity= Evidence-Based
- Tool Box = Varied Approaches= Options

# Key Assumptions by Stanford group\*\*

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- Chronic Disease means similar problems and concerns
- Must deal with disease AND it's impact on life
- Lay people can teach program effectively
- Process is as, or more, important than subject matter

\*\*Lorig, K, Gonzalez,V, Laurent, D. CDSMP Leader's Manual, Stanford University, 2006.

# Key Elements: Multiple Topics 2012

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Action plans

Decision-making

Difficult emotions

Physical Activity and exercise

Problem-solving

Medication use

Preventing falls

Using your mind to manage sx

Pain and fatigue management

Informed treatment decisions

Working with the care team

Healthy eating

Communication skills

Better breathing

Weight management

Sleep

Dealing with depression

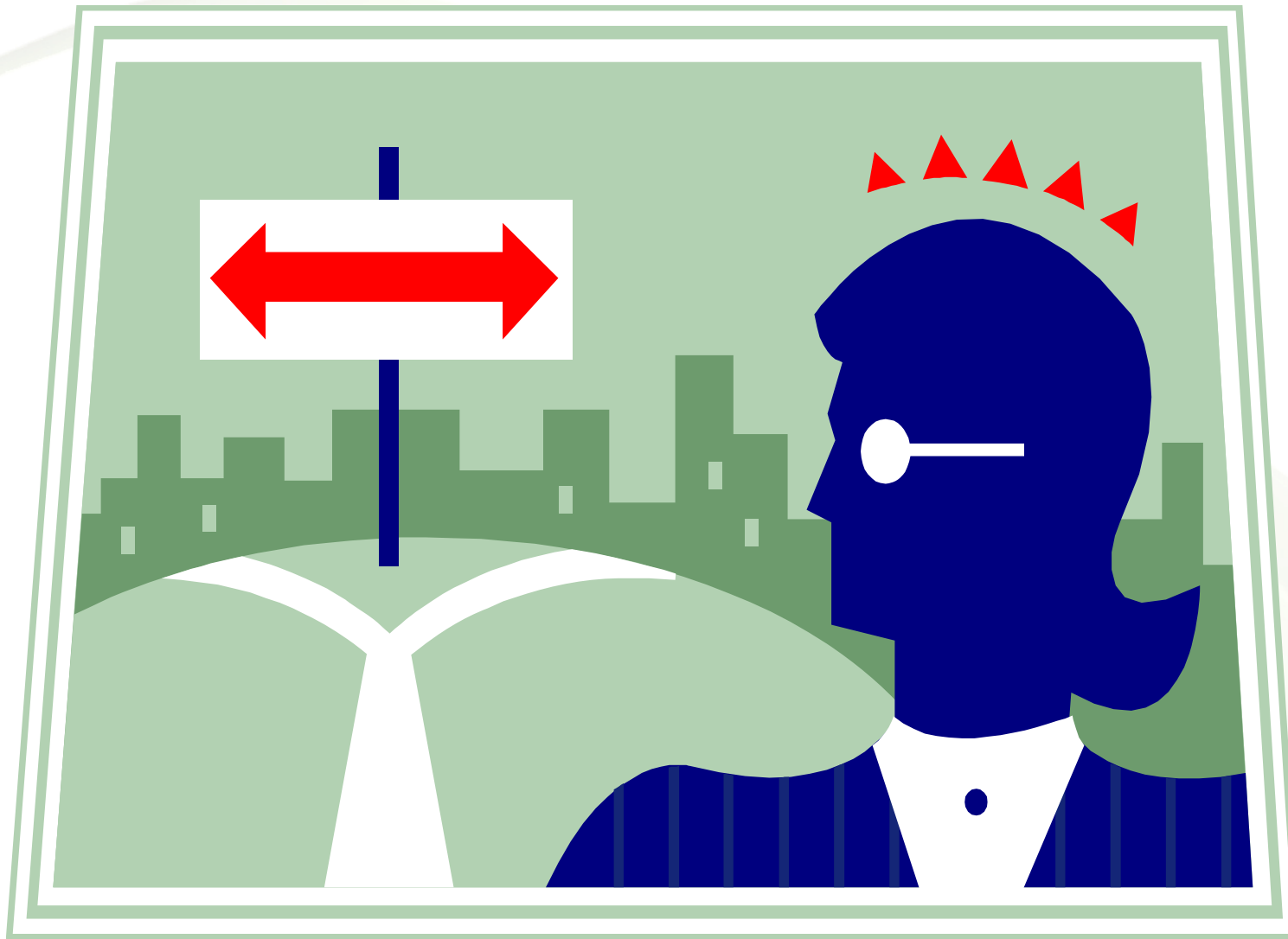
Future plans

# Who's Paying?

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- Medicare (Detroit Area Agency on Aging)
- Grant monies and funding (CDC, Agency on Aging)
- Outreach programs (hospitals)
- Third party insurers

# The Proverbial Fork in the Road: Diabetes-PATH





# PATH vs. Diabetes-PATH

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- Total of 4 hours (4/15) diabetes specific information
- Participants individualize -not *given* an “individualized” plan
- Same general guidelines
- Problem-solve and brainstorm with a diabetes focus

# Minutes of “Diabetes”

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- What is Diabetes (15)
- Sick Days (25)
- Foot Care (15)
- Stress management (20)
- Planning Meals/Meals/Labels (100)
- Complications prevention (15)
- Hypoglycemia prevention (30)
- Taking Medications (20)\*\*
- Monitoring (25)
- Physical Activity (40)\*\*

# Similarities: Diabetes PATH & DSME

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- Person with diabetes has to do the work:

## *SELF-MANAGEMENT*

- Physical activity and healthy eating are *emphasized*
- Facilitate the “how-to” — support is a key element
- People participate/take from it what they want — no tests, no expectations
- Goal setting = Action planning

# Similarities: Approach and Personnel

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- Trained lay leaders (one with diabetes)--MODELING
- Group work and “homework”
- NO “expert” directions or corrections
- Scripted and predictable “product” --process, process, process—reiteration of topics and practice
- People will do exactly what and how much *they* want

# Accreditation for Medicare

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- Accredited through AADE
- Curriculum and educational method (Standard 6)
- MUST refer disease or medical management questions to health care professionals
- PATH is licensed, leaders must be trained

# The best PATH in Michigan?

Whatever works for the person living with diabetes!

Enjoy the ride!!

# Thank you

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# **PATH in Michigan**

Karen McCloskey





**MICHIGAN**  
Partners on the  

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**PATH**

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# Benefits of PATH

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- Consistent , persistent small-to-moderate improvements in:
  - Selected health behaviors
    - Aerobic exercise
    - Cognitive symptom management
  - Psychological health status
    - Depression
    - Health Distress
    - Self-efficacy

Brady TJ, Murphy L, O'Colmain BJ, Beauchesne D, Daniels B, Greenberg M, et al. A Meta-Analysis of Health Status, Health Behaviors, and Health Care Utilization Outcomes of the Chronic Disease Self-Management Program. *Prev Chronic Dis* 2013;10:120112.

[http://www.cdc.gov/pcd/issues/2013/12\\_0112.htm](http://www.cdc.gov/pcd/issues/2013/12_0112.htm)

# Reach & Workforce 2012

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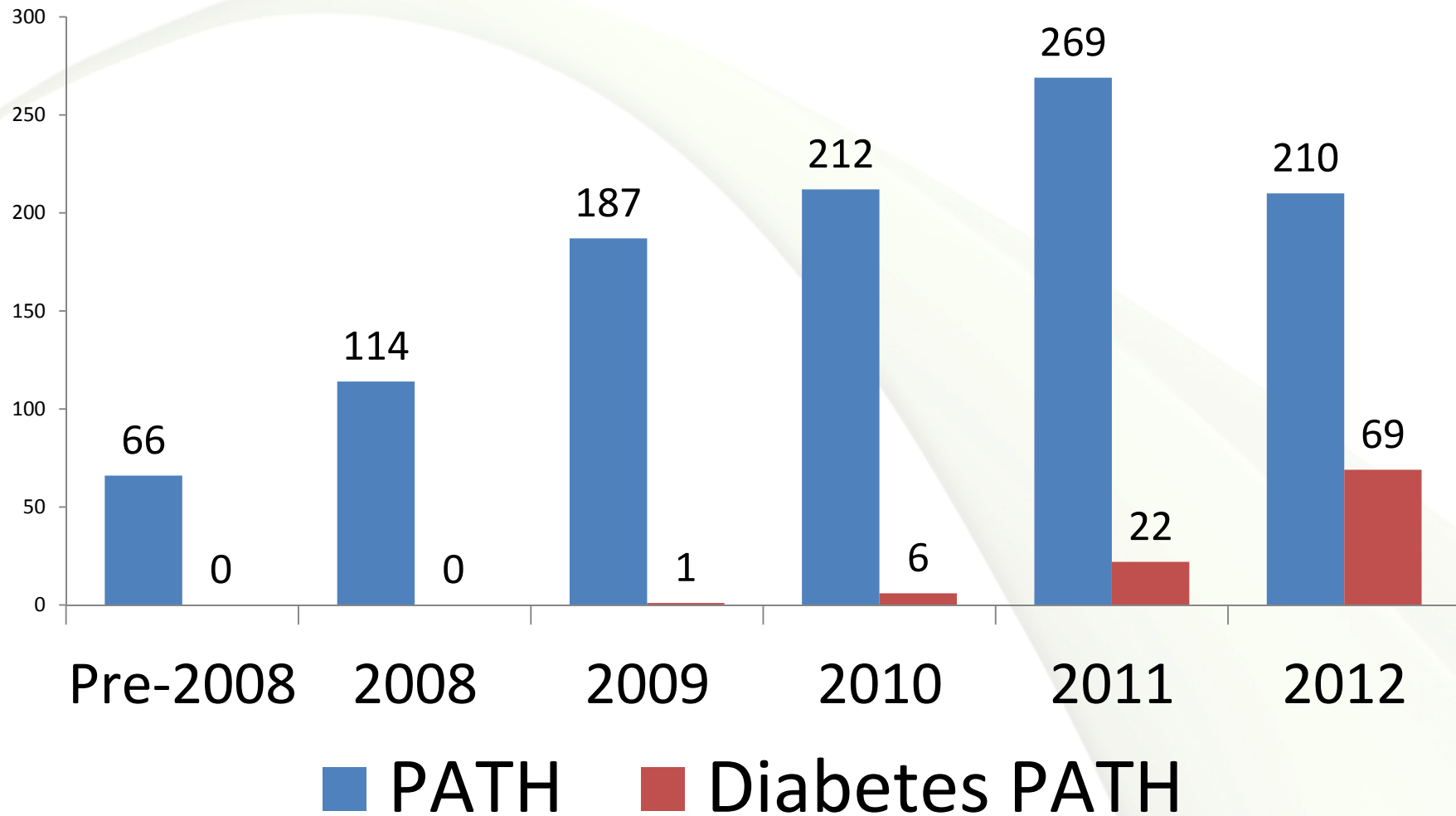
- 2,357 PATH Participants
- 871 Diabetes PATH Participants
  
- 211 Active PATH Leaders
- 109 Active Diabetes PATH Leaders

# Statewide (Almost)

County	PATH Workshops 2012
Wayne	33
Jackson	32
Oakland	19
Macomb	11
Ingham	10
Other Counties	< 10
Total # of Counties	50

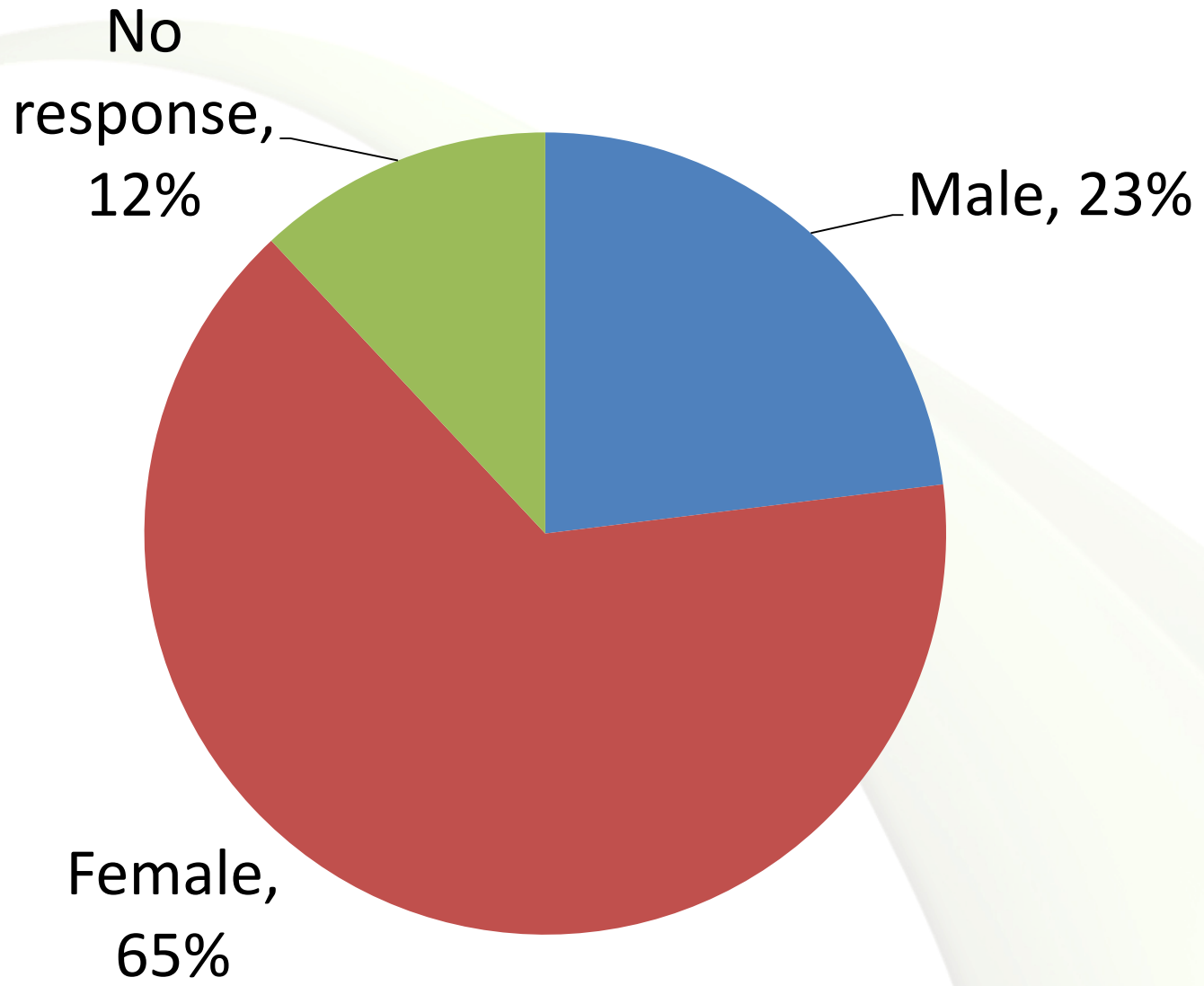
County	Diabetes PATH Workshops 2012
Wayne	17
Genesee	6
Washtenaw	4
Calhoun	4
Other Counties	< 4
Total # of Counties	26

# PATH & Diabetes PATH Workshops

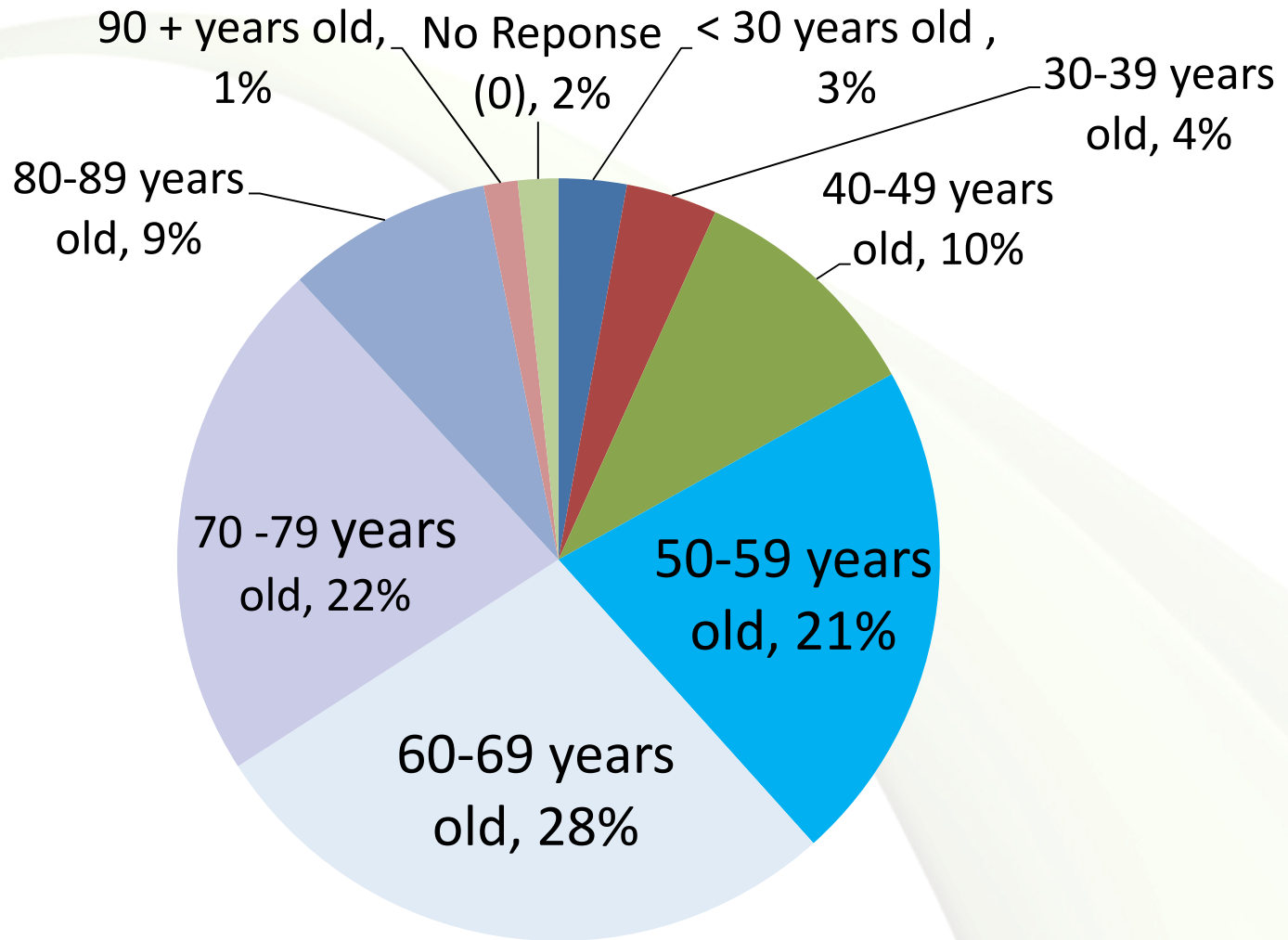


# Gender

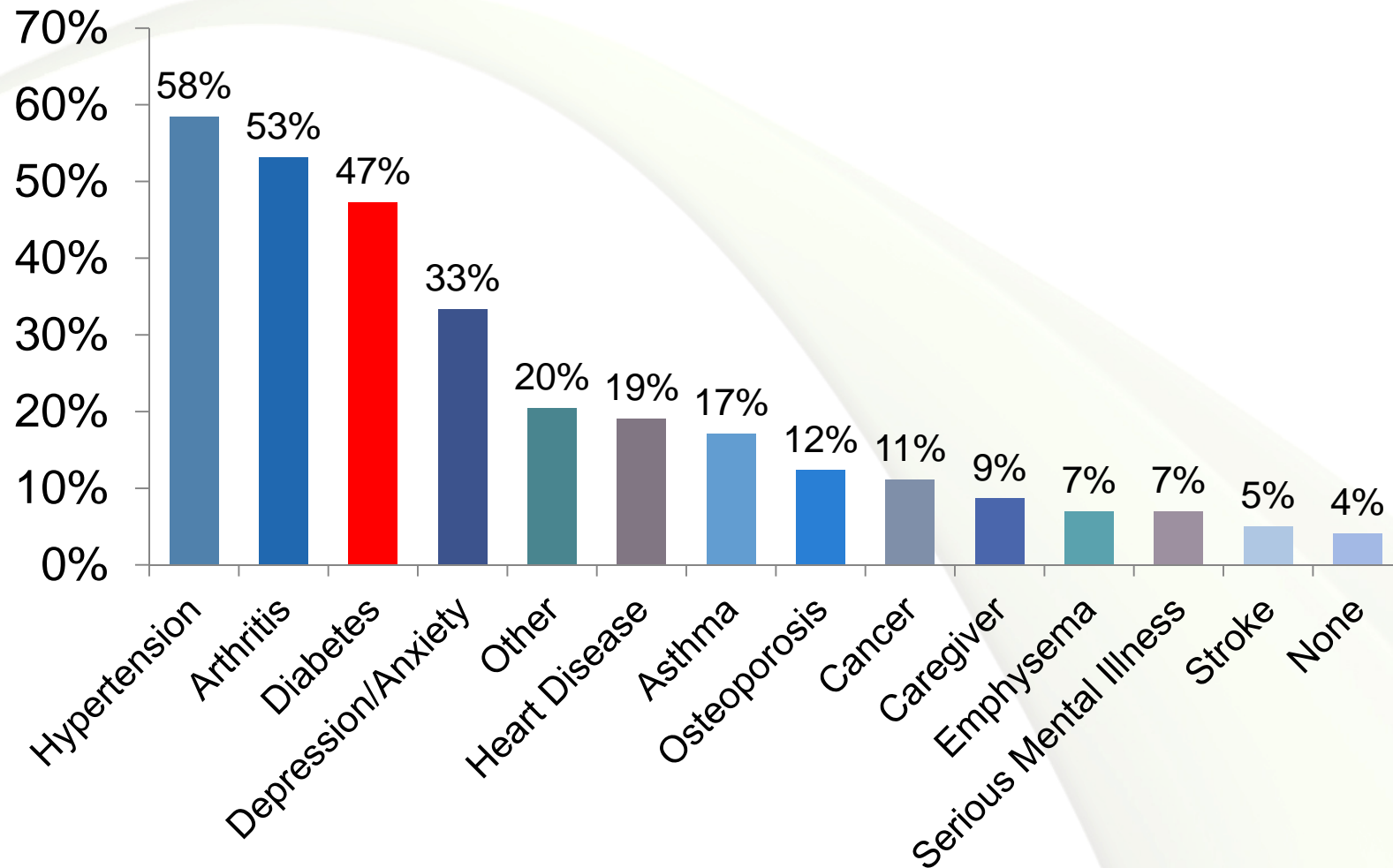
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# Age Range of PATH Participants



# Chronic Conditions of PATH Participants





# Finding Workshops

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[www.mihealthyprograms.org](http://www.mihealthyprograms.org)

[craned@michigan.gov](mailto:craned@michigan.gov)

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