

# CDSMP

Chronic Disease Self-  
Management Program



## Chronic Disease Self Management Program (CDSMP)

- Evidence-based, small group cohort-style, educational vehicle that imparts strategies and improves outcomes for people dealing with any chronic condition, as well as those giving care for someone with a chronic condition.
- We started this through Methodist in March of 2024. We have enrolled over 800 total participants across 54 cohorts. We will continue to enroll new cohorts every 7 weeks until at least the summer of 2026. We also will train new facilitators to meet and surpass those goals. We have 5 certified Master Trainers.
- We are engaging hospital, clinic, and program leaders system wide. We are engaging community partners of all kinds, and we are particularly hoping to build relationships with providers.
- Cohorts are taking place at libraries, community centers, churches, wellness centers, and hospitals. We also offer virtual sessions, and those are going very well so far. We have two fully bilingual instructors, both of whom are also Master Trainers.

# Why CDSMP? Extend & Empower



Based on the CHNA and on the documented health needs of our community



Directly aligns with the MLH Mission and Strategic Plan, including the goals of Healthier 901



Extends care and planning beyond the walls and surrounds with holistic resources, partners, and peers

# The MLH Approach



Co-facilitated by trained educators, including lay community members



Peer support and feedback



Healthy snacks



SDOH screenings and referrals



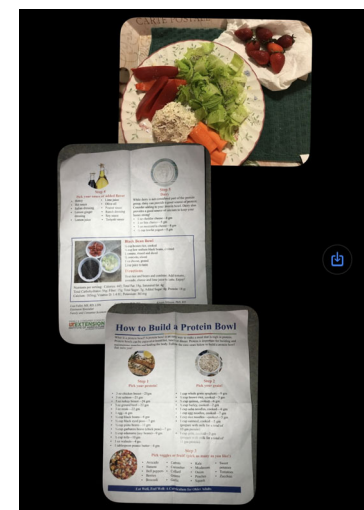
Living Well Network referrals

- **And graduation incentives too!**

## Early Feedback

- Cohorts have given very positive feedback, including one participant who sent text messages to facilitators with her healthy plate and how she is using her action plan to make positive changes!
- An email from our friends at Middle Baptist in south Memphis after the first cohort:

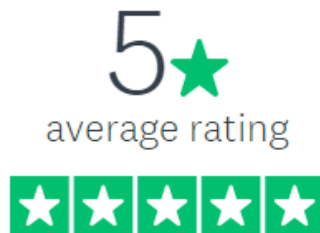
Hello, just a follow up to inform you that our first workshop was a HUGE success!! I received only positive feedback as to the quality of the information received and the helpfulness of the practical goal setting exercises done in class to help manage chronic diseases. We are looking forward to our next workshop starting July 30th. If possible, I would like to schedule another class after the July 30th workshop.



## Early Feedback

- Another participant wrote:

I just wanted to extend my sincerest thanks for the fantastic workshop. The insights shared have truly been invaluable to me. The class's meticulously planned structure and seamless flow made the learning experience truly delightful. I have downloaded the Healthier 901 app. I'm eagerly looking forward to our next group gatherings. Once again, outstanding job!



Out of 349 respondents, 327 (94%) rated the CDSMP workshops with a 5 out of 5 stars and considered the content 'Very Helpful'.

Our graduation rate of participating community members is:

**87%**

# Pre and Post Surveys

On a scale of 1-10, how would you rate your management of your overall health?

Pre Survey: 6      Post Survey: 7

On a scale of 1-10, how would you rate your management of stress?

Pre Survey: 6      Post Survey: 7

On a scale of 1-10, how would you rate your management of pain?

Pre Survey: 6      Post Survey: 7

On a scale of 1-10, how would you rate your management of your diet?

Pre Survey: 5      Post Survey: 6

On a scale of 1-10, how would you rate your level of physical activity?

Pre Survey: 5      Post Survey: 6

On a scale of 1 - 10, how confident do you feel when communicating with your healthcare provider?

Pre Survey: 8      Post Survey: 9

On a scale of 1-10, how would you rate your knowledge of community resources that can help manage your health?

Pre Survey: 5      Post Survey: 7

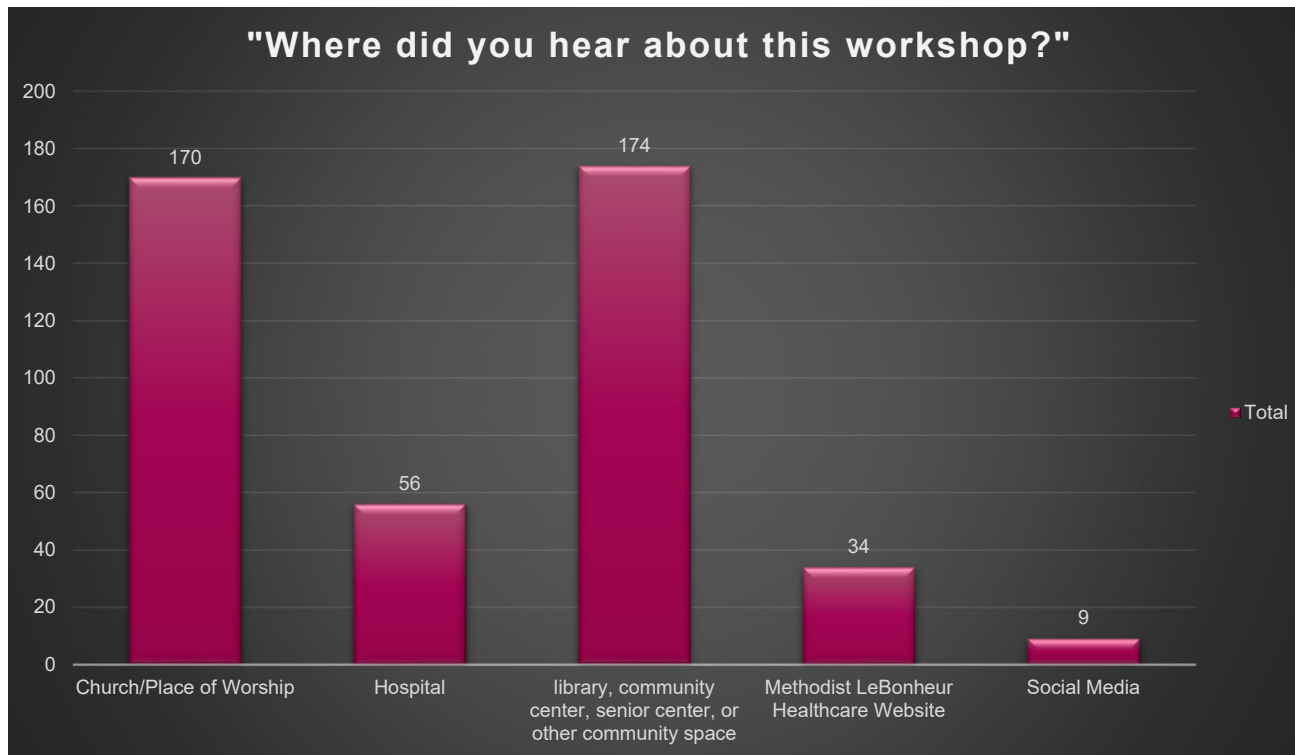
On a scale of 1 - 10, rate the quality of sleep you get each night.

Pre Survey: 5      Post Survey: 6

In responses to a post class survey, compared with responses taken before the class began, class participants reported improvements in their management of health, stress, diet, physical activity, healthcare communication, pain, sleep, and knowledge of community resources after only 6 weeks of learning and practice.

# Reaching the Public

People are hearing about us... everywhere!



Not only are the classes connecting with our trusted partners in the Congregational Health Network, we are also reaching the larger public. The most effective reach to broader audiences has been through touchpoint interactions in our hospitals and community locations.



# Join our Chronic Disease Self Management Program (CDSMP)!

Workshops meet once a week/6 weeks

- For TN Residents
- Adults 18 years or older
- In-Person and Virtual Meetings
- Free Healthy snacks provided

Scan the QR Code to register—follow these steps to scan the code:

1. Open your smartphone camera.
2. Align your camera with the QR code.
3. Click the QR Code.
4. Wait for the camera to recognize the code.
5. Tap on the notification to access the sign-up link.
6. Complete the registration process.

**Get started by scanning the QR Code now!**



(901)482-9356



To learn more visit:

[www.methodisthealth.org/chronicdisease](http://www.methodisthealth.org/chronicdisease)

***Classes available in  
English & Spanish!***

"This project is funded under a Grant Contract with the State of Tennessee."

# Training to Expand

- Our certified Master Trainers will be able to train other professionals and community members to facilitate cohorts.
- We can pay stipends to community facilitators for the cohorts they lead.
- This invests community members in the success of the program and allows us to build capacity to reach more people.
- Looking forward to increased provider referral, especially using Epic.