

# The Manage Your Chronic Disease (MyCD) Program: An Effective and Low Cost Resource for People with Arthritis and other Chronic Health Conditions

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# Presentation Outline...

- Impact of Chronic Disease
- Self-Management
- Role of the Department of Health Arthritis Program
- Stanford University's Model
- Success

# Participant Objectives...

1. Discuss at least two practical skills participants will learn while participating in the MyCD Program.
2. Explain the effectiveness and proven benefits of the MyCD Program.

# Impact of Chronic Disease...





# **Differences between Self-Management and Disease Management**

# **Self-Management and Patient Education**

# New Mexico Department of Health Arthritis Program

## Vision

Improved quality of life for New Mexicans living with arthritis.

## Mission

Dedicated to promoting increased access to physical activity and self-management programs, increasing awareness through education about the prevalence, burden, and management of arthritis, and building collaborative partnerships to promote policies that help people living with arthritis and other chronic conditions.



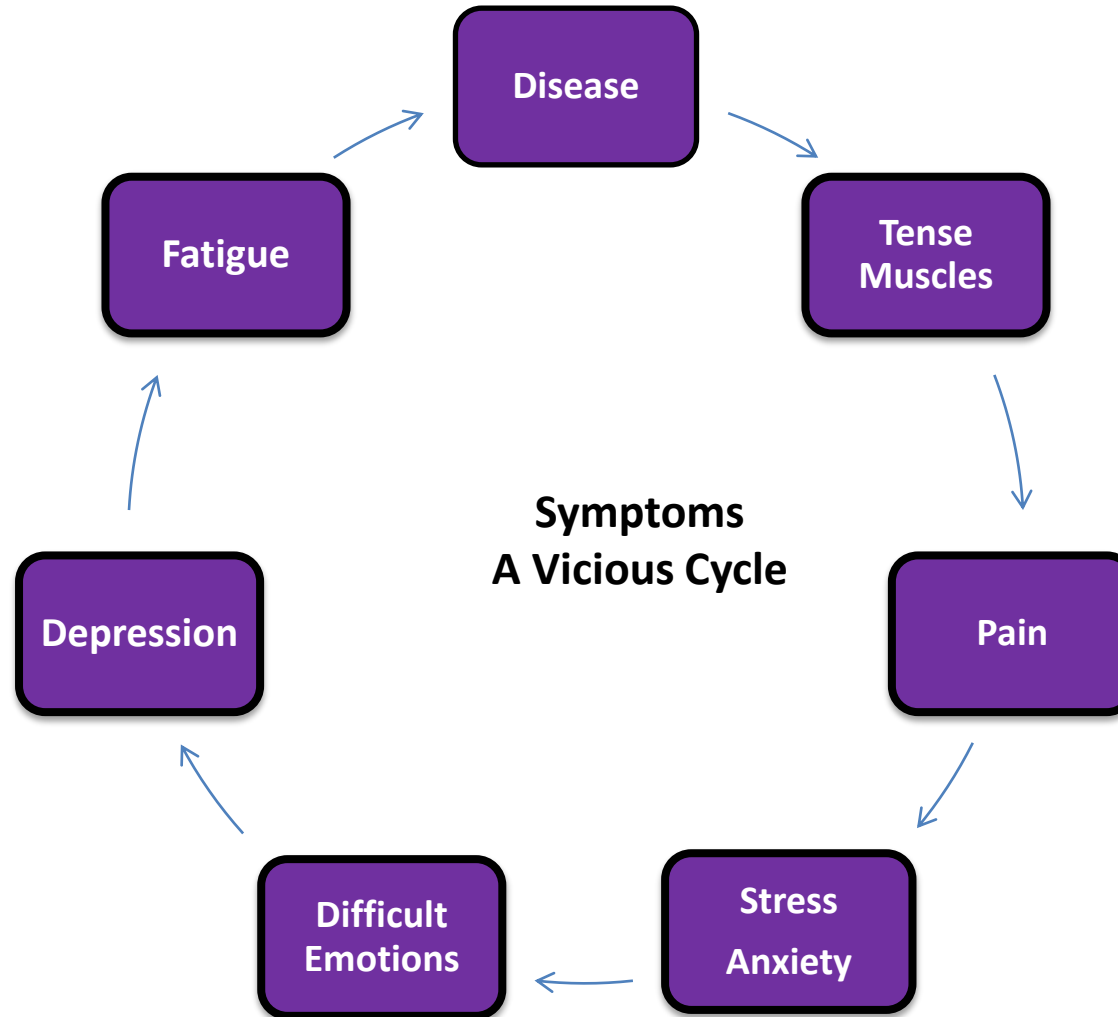
# MyCD and Tomando Control de su Salud Programs



**Put Life  
Back in  
Your Life**



# The Symptom Cycle...



# Self-Management Tools...



# Problem Solving...



# Action Planning...

## ACTION PLAN FORM

In writing your action plan, be sure it includes

1. what you are going to do,
2. how much you are going to do,
3. when you are going to do it, and
4. how many days a week you are going to do it.

For example: This week, I will walk (*what*) around the block (*how much*) before lunch (*when*) three times (*how many*).

This week I will walk around the block (what)  
3 times (how much)  
before lunch (when)  
3 days this week (how many)

How confident are you? (0 = not at all confident; 10 = totally confident) 9

	Check Off	Comments
Monday	—	<i>raining</i>
Tuesday	✓	<i>walked slowly &amp; noticed everything around me</i>
Wednesday	✓	<i>it was cool out, but the walk felt good.</i>
Thursday	—	<i>raining again</i>
Friday	✓	<i>only walked around the block 2 times</i>
Saturday	✓	<i>took a friend along—we had a nice chat</i>
Sunday	—	<i>felt tired</i>

# Workshop Content...

<b>Content/Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Overview of self-management and chronic health conditions</b>	✓					
<b>Making an action plan</b>	✓	✓	✓	✓	✓	✓
<b>Relaxation / Cognitive symptom management</b>	✓		✓	✓	✓	✓
<b>Feedback / Problem solving</b>		✓	✓	✓	✓	✓
<b>Anger / Fear / Frustration</b>		✓				
<b>Fitness / Exercise</b>		✓	✓			
<b>Better breathing</b>			✓			
<b>Fatigue</b>			✓			
<b>Nutrition</b>				✓		
<b>Advance directives</b>				✓		
<b>Communication</b>				✓		
<b>Medications</b>					✓	
<b>Making treatment decisions</b>					✓	
<b>Depression</b>					✓	
<b>Informing the healthcare team</b>						✓
<b>Working with your healthcare professional</b>						✓
<b>Future plans</b>						✓

# Benefits...

THE HEALTH ISSUE

# TIME

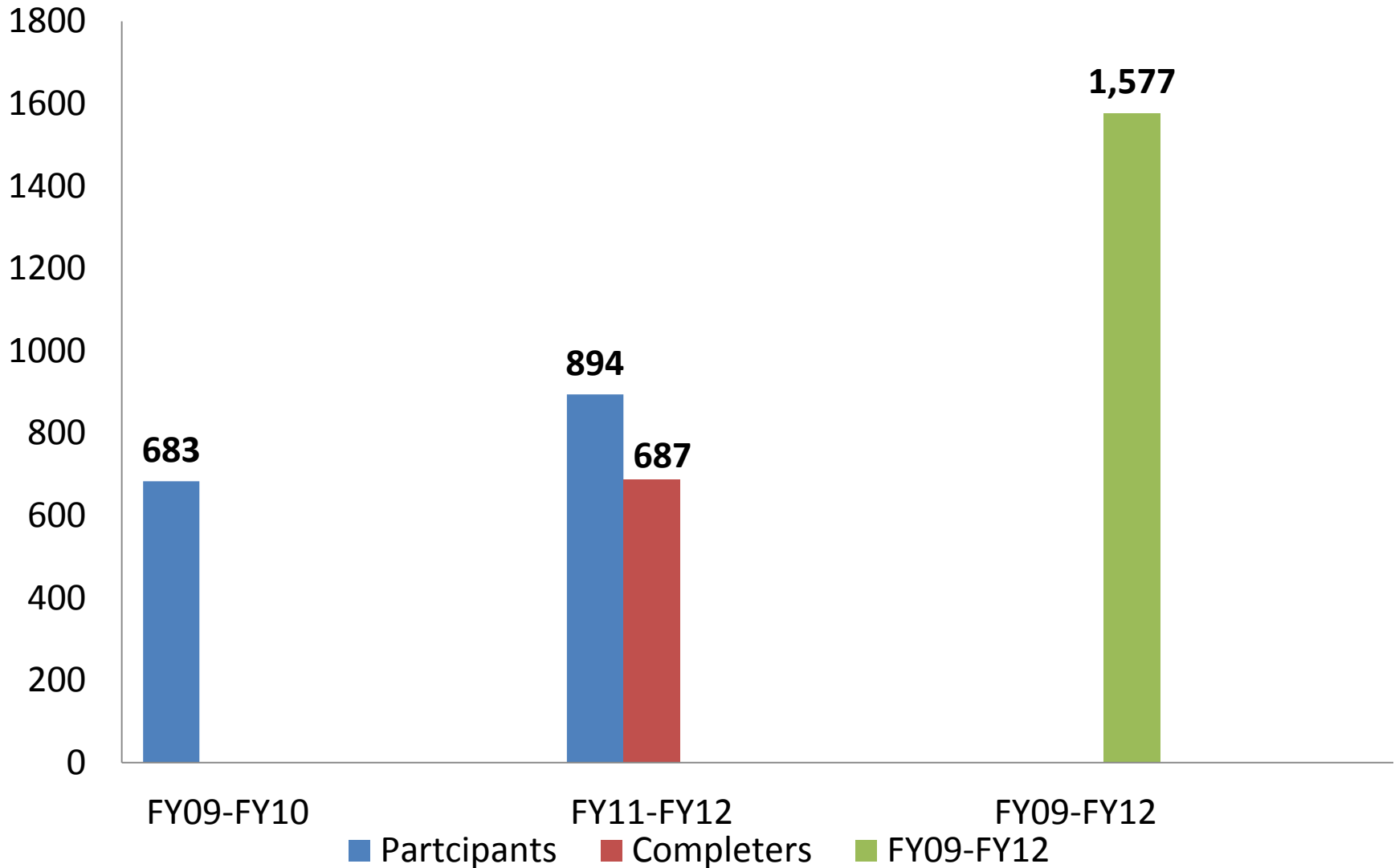
How Not To End Up Here



**It's All About Prevention.**  
The first step toward containing health-care costs is to avoid getting sick. Here's what it takes.

www.time.com

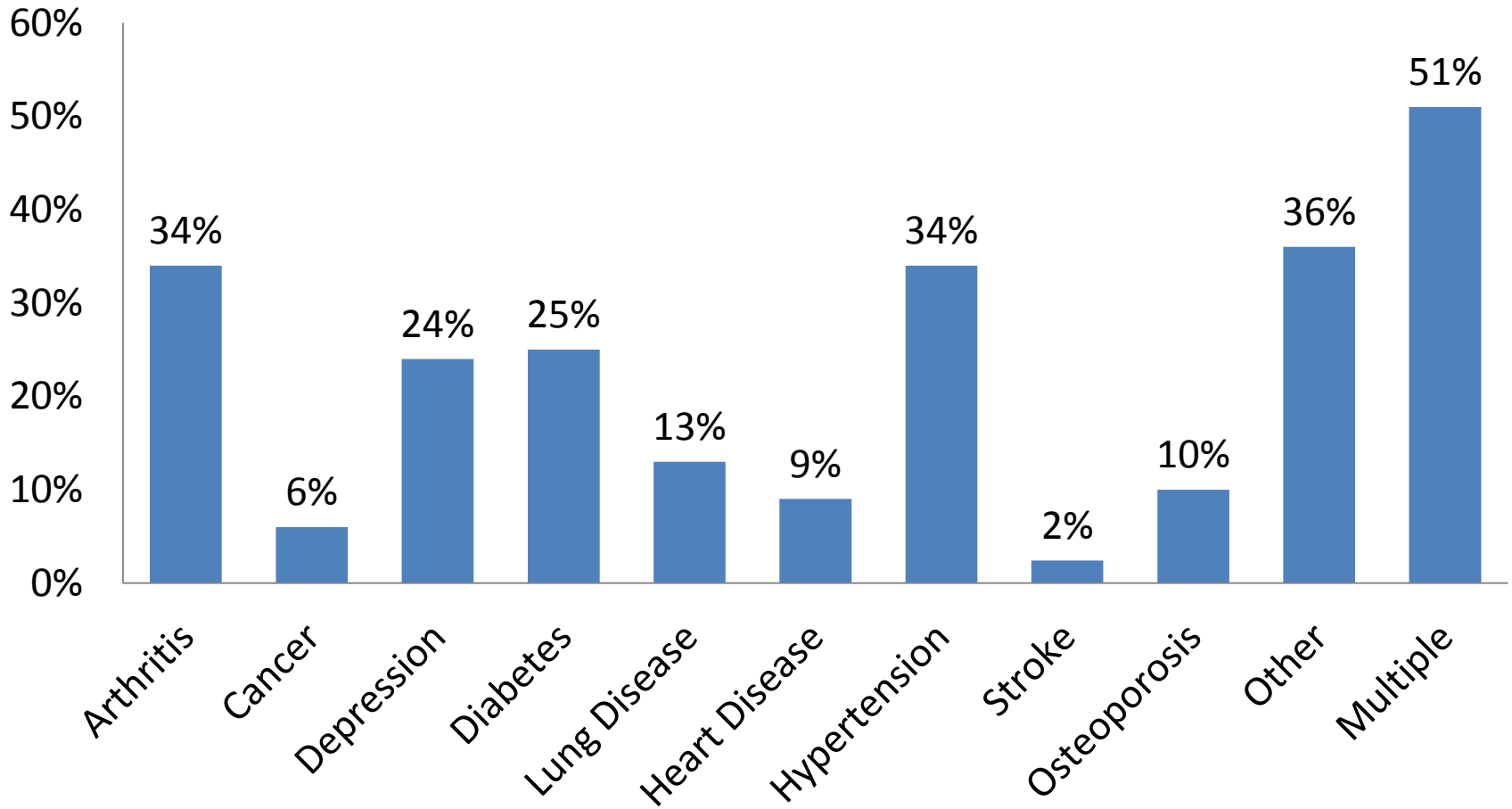
# MyCD and Tomando in NM...



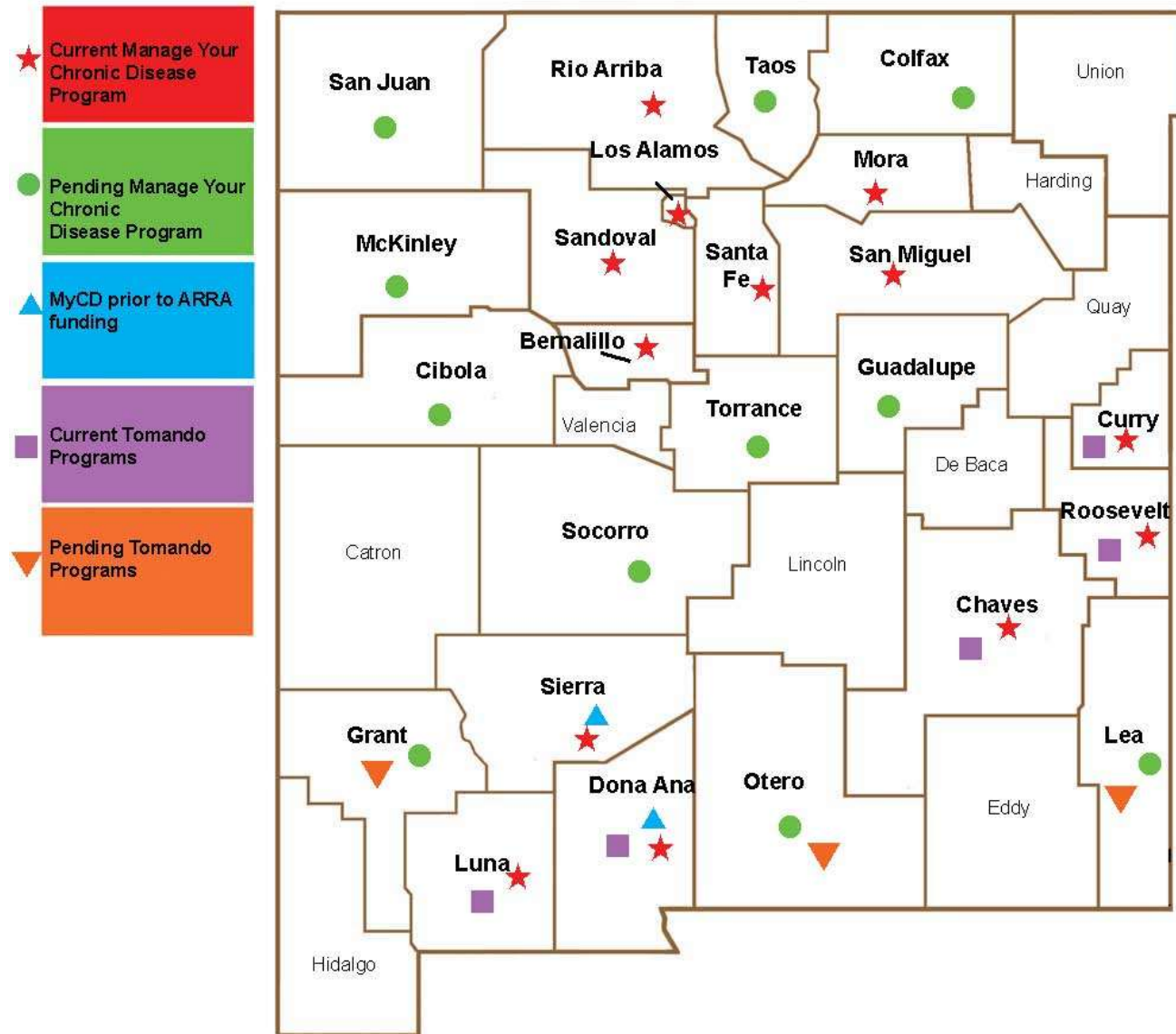


# FY11-FY12

## Conditions Reported by Participants...



# MyCD and Tomando Programs in New Mexico 2012



# What participants are saying...



*“This class also helped me feel better; I am very motivated and feel like another person. I now have a healthier diet that helps with my disease and I also exercise. ”* ~**Lucia Chairez , Vado**

*“The program helped me feel better about myself, I slowly started walking again and now I walk 2 hours, from 5:00 am to 7:00 am, Monday through Friday, unless the weather is bad. ”* ~**Rosa Sánchez, Vado**



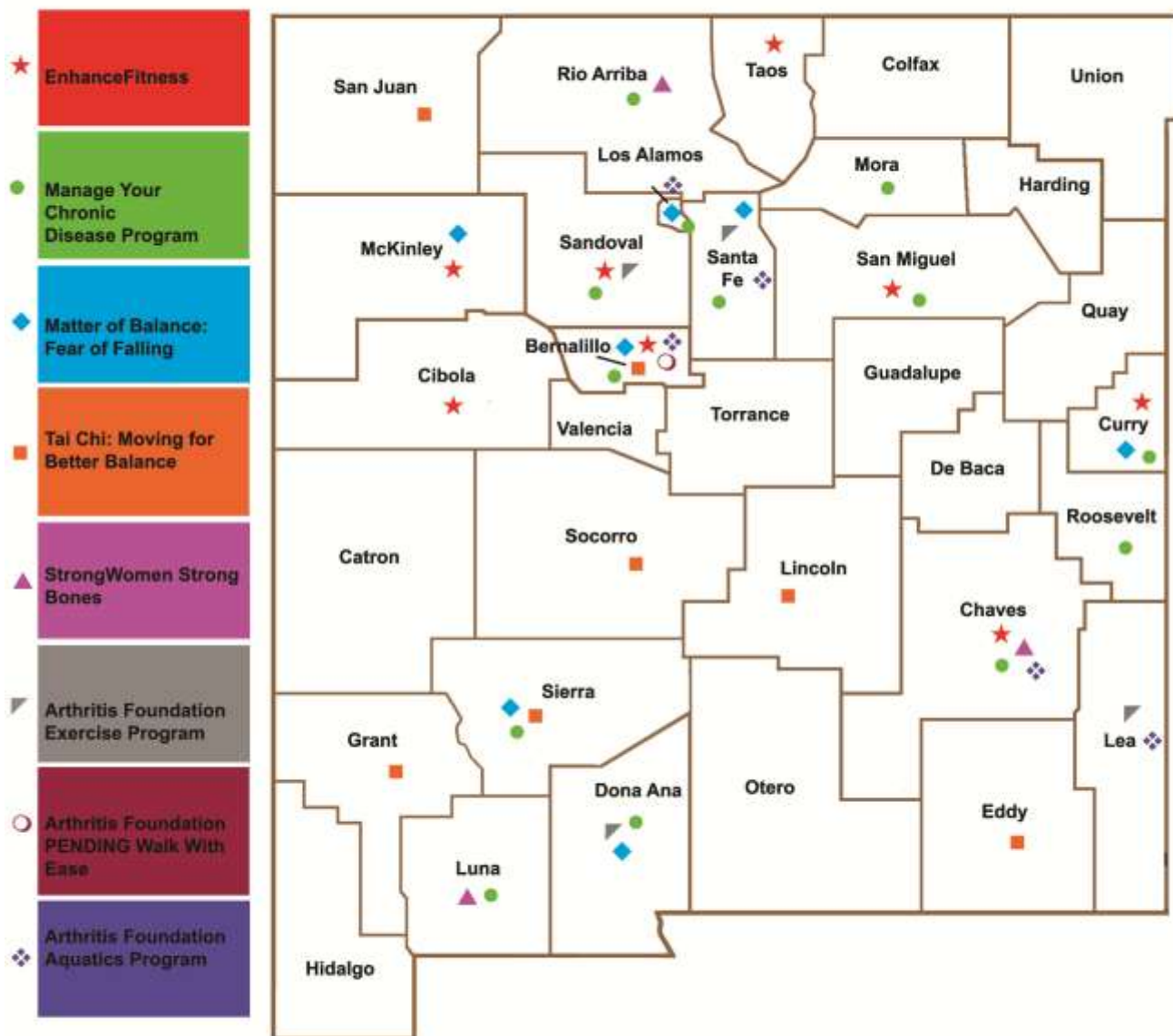
# Continued....

“I personally feel that I have benefited from attending the [*Manage Your Chronic Disease (MyCD)*] class. The real life experiences we each brought to the table and willingly shared, with our fellow students and facilitators, will remain with me long after leaving the classroom. “ ~**Albert R. Cata (66 year old Native American Veteran of the Vietnam War), Albuquerque**



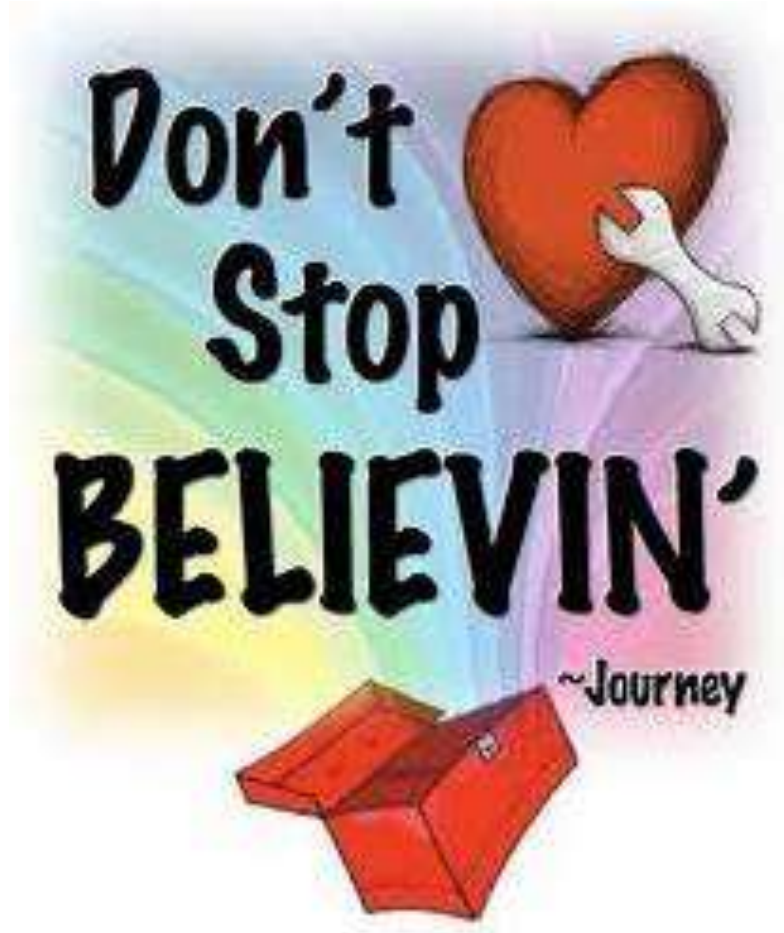
*“I was truly inspired, enlightened, and invigorated after completing the Workshops, with enough residual energy that I immediately volunteered to attend the Leader/Instructor Training for the Self-Management Program Modules.”* ~**Emily Grey, Albuquerque**

# Evidence-Based Interventions in New Mexico 2012





# In Summary...





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