



Posters Presentation

CADENZA Community Project: Chronic Disease Self-Management Programme

Author: Wong S³, Chan L S W¹, Chan C¹, Cheung D K C¹, Wong R³, Hui E² & Li S F³

Institution: Department of Medicine and Therapeutics, The Chinese University of Hong Kong¹,
Shatin Hospital²
The Salvation Army³

Introduction:

- To cope with the growing concerns of the excessive reliance on medical service, a two-year practice research project, CADENZA Community Project: Chronic Disease Self-Management Programme (CDSMP) to promote self-management among the aging population is initiated by The Salvation Army and Shatin Hospital.
- CDSMP is one of the Community Projects under “CADENZA: A Jockey Club Initiative for Seniors”, funded by The Hong Kong Jockey Club Charities Trust to explore innovative and sustainable service models to cope with changing needs of seniors. An evidence-based model developed by Dr. Kate Lorig of Stanford University and self-efficacy theory is adopted.

Purpose of the Project:

- To establish elder lay-leaders as the major force of the Self-management Mobilization Movement and develop a sustainable locally based CDSMP delivery model to empower elders in managing their own health;
- To help elders manage the symptoms brought by chronic disease and thus to minimize the use of health service and prevent early institutionalization.

Material & Methods:

- 40 elder lay-leaders have received training and implemented the CDSMP to more than 200 elders since December 2007.
- A non-randomized controlled trial to be carried out at Tai Po and Shatin districts. The analysis will cover two aspects:
 - Compare the effectiveness of staff and elder-lay leaders;
 - Compare the differences on elders receiving CDSMP training and those with no training.

Results:

- The enthusiastic involvement of elder lay-leaders has provided elders with good demonstration of taking more initiative in pursuing healthy lifestyle other than solely reliance on the medical model.
- Our preliminary results show that participants have significant improvement in psycho-social outcome measures such as cognitive symptom management, communication with physician, self-efficacy, self-rated health and psychological well-being. The final result will be released in October, 2009.

Conclusions:

A territory-wide movement among aging population is expected to enhance their self-efficacy in managing symptoms brought by chronic disease and thus minimize overusing health service.

Service Content & Service Flow:

