



Arthritis Council Meeting Tuesday, June 12, 2018 2:00 PM ET

Arthritis Council Records can be found [HERE](http://www.chronicdisease.org/?page=ArthritisCouncilReco) - <http://www.chronicdisease.org/?page=ArthritisCouncilReco>

Call Summary

1. Attendees
Kansas, Missouri, Montana, New York, Oregon, Pennsylvania, South Carolina, Utah, NACDD
2. The Worksite Chronic Disease Self Management Program (wCDSMP) in Montana and working with the State of Montana Benefit Administrator - Melissa VanderVos, Program Manager with the Montana Arthritis Program

Melissa provided an overview of the structure of the program; how to get CDSMP leaders trained in wCDSMP; how Montana implemented and the work they have done with their State Administrator.

- wCDSMP was released in April 2018.
- Structure: 6 weeks, two times a week for 12 sessions (50-60 minutes); the Montana pilot found that it was ideal to offer this program during lunch or just after work, with Tuesdays and Thursdays being the best days to offer.
- CDSMP Master Trainers or T-Trainers who want to conduct the wCDSMP must attend a 1-hour webinar; \$50 training fee; go to SMRC website, click on Training, calendar, cross training.
- Montana hopes to add the 1-hour training for the wCDSMP to the regular leader training in the near future, so that when new leaders are trained they are automatically trained in wCDSMP.
- There is a new leader manual for wCDSMP, though very similar to CDSMP manual; newly trained wCDSMP leaders will receive the additional materials (2 new charts, new agenda, three handouts).
- wCDSMP content is very similar to CDSMP, though there is an overview focus for work/home balance and dealing with chronic conditions; there are a few other new sections – managing back pain, time management, extra lessons on making health food choices and guided imagery; the Prevent Falls section was removed

in the wCDSMP; the Action Planning and Reporting was split into two sections (action planning is done on the last class of the week with reporting during the first class).

- The recent journal article (*Impact of a Translated Disease Self-Management Program on Employee Health and Productivity: Six-Month Findings from a Randomized Controlled Trial* - [HERE](#)) reports some really good outcomes which include an increase in communications and PA; and a decrease in physically unhealthy days, fatigue, sugar beverage consumption and fast food intake, and mental work limitation. In the Journal article it does state the course is 8 weeks, which is what the original pilot test did, but as they went along, the course was condensed into 6 weeks.
- Montana piloted the wCDSMP in January 2018 in one of their CHDs; the CHD wants to continue the wCDSMP rather than the CDSMP because of the positive response; positives were that the CHD was able to get buy in from upper management, recruiting participants was easier, participants were more engaged, participants were very empathetic and interacted more; the CHD recruited 12 participants with 8-10 participants in each class; sessions went up to an hour each time.

Work with the State Benefits Administrator

- Montana offers a discount to employees on insurance for participation in certain activities; staff from the Arthritis Program have been working for four years to try and get arthritis self-management into this program; they have been successful with WWE, but the State Benefits Administrator's Office has been hesitant to adopt CDSMP because of the long class time, after work requirements, etc.
- Decided to try again with wCDSMP, and so far, the State Benefits Administrator's Office has been more receptive to the program.
- Next steps are to get all leaders trained in wCDSMP and offer the wCDSMP in state buildings during the lunch hour.
- The plan is to focus on areas with high concentrations of state employees first, and then continue "the ask" for approval from the State Benefits Administrator.
- Support from the CDC Project Officer has been positive for wCDSMP.

Questions

- After the Master Trainer receives the wCDSMP training from the SRMC, do they get the resources to train leaders in wCDSMP? ANSWER: The SRMC did offer to provide slides to the Master Trainers, but Montana adapted these slides for their state. SRMC did not need to review the slides that Montana developed as long as the slides stayed similar.
- What is the completer rate for wCDSMP? ANSWER: It's 75% but unsure of the number at this time. Participants need to complete 9 of the sessions to be included as a completer.

- Is CDC letting you count the reach from wCDSMP towards your reach goal?
ANSWER: Not sure at this point. Montana is implementing this program without use of CDC Arthritis Program funds.
- Utah did a recent wCDSMP pilot with an organization and was not able to include the reach numbers. In addition, they found that there is a lower completion rate with wCDSMP (as compared to CDSMP) because of other work priorities among participants.
- It was pointed out that in the new grant, the wCDSMP might be one of the “optional” programs that could be done.
- If ordering materials in the near future, please note that 2019-2020 CDSMP materials will be revised (leader manuals, master trainer manuals, etc.). Dr. Kate Lorig will be sending out surveys to solicit feedback, which will be taken into consideration when updating materials.

3. Announcements/Other

- An overview of the Arthritis Council and Steering Committee will be provided on the July call in preparation for the 2018 election process.
- Nominations for the Steering Committee will begin in July.

4. Adjourn

**Next call is scheduled for July 10, 2018 at 2:00 PM ET
*(this is one week later than usual, due to the holiday)***