



Stanford University Chronic Disease Self-Management Education Programs Massachusetts *My Life, My Health* Leader Qualifications & Requirements

Program description:

*The Stanford University Chronic Disease Self-Management Education Programs (CDSME) consist of a 6-week workshop, facilitated by **two** trained co-leaders. Each session meets once a week for 2½ hours. Workshop participants learn the skills needed to manage successfully the day-to-day challenges of living with one or more chronic health conditions.*

All the CDSME workshops cover following topics:

- Decision-making, action planning and problem solving
- Physical activity to maintain and improve strength, flexibility and endurance
- Appropriate use of medications
- Effective communication with family, friends and health professionals
- Nutrition and healthy eating

Desirable Leader Characteristics

- Non-judgmental and respectful of different opinions
- Comfortable with the sharing of personal information in small groups
- Open to new ways of dealing with problems
- Optimistic, enthusiastic and encouraging
- Collaborative and cooperative
- Able to listen actively and communicate clearly
- Supportive of self-management and a positive role model
- Dependable with reliable transportation
- Able to provide constructive feedback in a respectful manner
- Able to self-reflect, receive and use constructive feedback
- Prior participation in a CDSMP workshop and experience living with a chronic condition are desirable
- Professionals cannot provide professional advice during the workshops.

Leader Requirements:

- Attend all 4 full days of training and satisfactorily perform facilitation exercises during the training
- Maintain confidentiality of training and workshop participants
- English fluency and fluency in other languages if facilitating Tomando or CDSMP in Chinese, Portuguese, etc.
- Adhere strictly to the CDSME curriculum
- Complete the Data Requirements Webinar and follow all Privacy Act Requirements
- Collect all required data forms and send to the Healthy Living Center of Excellence.
- Participate in fidelity monitoring/quality assurance checks and Massachusetts continuing education requirements
- Provide notice to the program coordinator if unable to attend a session due to illness, and find a replacement Leader
- Notify CDSME programming coordinator of all concerns regarding facilities, class participants and co-leaders
- Keep CDSME program coordinator apprised of availability to co-lead workshops

Leader Certification and Authorization to Lead CDSME Participant Workshops:

- Must be able to attend all 4 days of training (24 hours) and successfully complete two practice teachings during training.
- Facilitate one six-week workshop within 12 months from Training Date (better if happens within 3 months).
- To remain active as Leader, must commit to facilitating at least one 6-week workshop (all six sessions) every 12 months from the Certification Date
- If Leaders become inactive, they may (if available locally) attend a refresher course (should not be more than once every 2 years). If no refresher course is available, must attend a full 4-day of training.