

Lake Erie College of Osteopathic Medicine

Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

The overall purposes of this 3-year Sustainable Systems grant are to:

- **Goal 1:** Significantly increase the number of older adults and adults with disabilities who participate in and complete evidence-based chronic disease self-management education and support programs to improve their confidence in managing their chronic condition(s).
- **Goal 2:** Implement new and innovative funding arrangements, including contracts and collaborations with multiple sustainability partners, to support evidence-based self-management education and support programs during and beyond the grant period. Additionally, embed programs into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes.

Lake Erie College of Osteopathic Medicine (LECOM) and its partners will:

- Implement evidence-based programs focused on chronic disease and medication management in rural and urban areas, with a specific focus on low-income and underserved older adults;

- Develop innovative referral systems and scheduling practices with primary care providers;
- Embed HomeMeds into the existing delivery infrastructure of the Visiting Nurse Association of Erie County; and
- Partner with health care organizations to develop funding arrangements to incentivize program participation.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- HomeMeds

Partnerships

To achieve the goals of the grant, LECOM will collaborate with the following key partners:

- Area agencies on aging
- Highmark Blue Cross Blue Shield
- LECOM health system facilities focused on geriatrics across the continuum of care
- Pennsylvania Department of Aging
- Visiting Nurse Association of Erie County

Prevention and Public Health Fund 2019, effective May 1, 2019



Anticipated Results

LECOM and its partners propose to achieve the following results:

- Engage 1,545 participants in CDSMP, 1,438 participants in DSMP, and 5,184 participants in HomeMeds;
- Achieve a 72% completion rate for CDSMP and 73% completion rate for DSMP;
- Train 2 additional master trainers and 45 lay leaders to expand capacity to implement CDSMP and DSMP; and
- Train home health nurses, pharmacists, and students to implement HomeMeds.

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