



Benefits of Education

- Provides Group Support
- Improves Self-Confidence
- Addresses Family Concerns
- Provides Disease Specific Information
- Improves Risk Factor Awareness
- Helps with Lifestyle Changes



Benefits of Exercise

- Lowers Blood Pressure
- Improves Cholesterol Profile
- Assists with Weight Control
- Helps with Diabetes Prevention and Management
- Improves Quality of Life
- Decreases Stress Level
- Increases Energy Level
- Strengthens Bones



Benefits of Self-management

- Builds confidence
- Promotes ability to take control
- Provides practise on action planning
- Develops problem solving abilities
- Improves symptom management



CDM Program Goals

To develop and implement coordinated, effective and efficient care for people with chronic conditions

To optimize care of people by promoting a team approach and enhanced self-management of disease

To promote inter-professional collaboration and education



For more information about the CDM Program, please contact:

Chronic Disease Management Program

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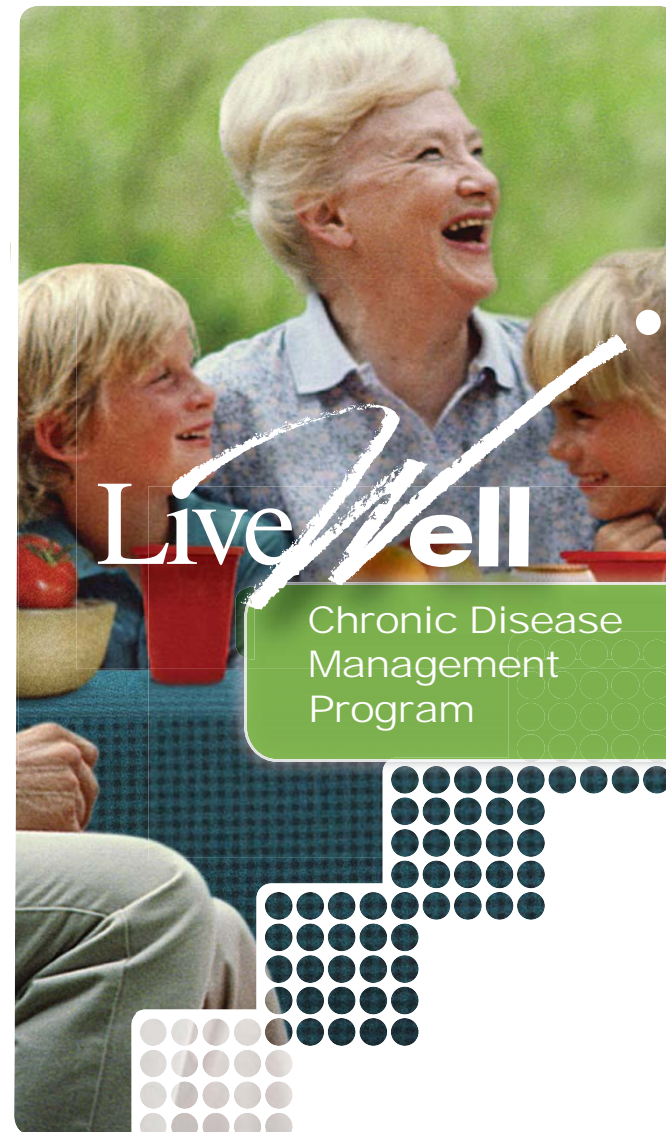
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April, 2011



LiveWell

Chronic Disease Management Program



Optimizing Chronic Disease Management





About the Chronic Disease Management (CDM) Program

The Saskatoon Health Region's LiveWell Chronic Disease Management (CDM) Program is offered to individuals and their families who have chronic conditions such as diabetes, chronic obstructive pulmonary disease (COPD), heart disease, sleep apnea, arthritis, and other chronic conditions.

Health care professionals will provide positive steps toward making healthy lifestyle choices to better manage chronic conditions. The team includes:

- Nurse Clinicians
- Exercise Therapists
- Physical Therapists
- Allied Health Professionals
- Peer Supports
- Social Workers
- Pharmacists
- Dietitians
- Physicians
- Researchers
- Psychologists

Different program options are available to assist with emotional adjustments, identifying risk factors, activity guidelines and making positive lifestyle choices.

- Education Sessions
- Supervised Exercise Programs
- Individual Counseling
- Follow Up Sessions
- Support Groups
- Self-Management Workshops
- Stress Management Sessions

Topics Related to Disease Management

- Self-Management
- Physical and Emotional Adjustments
- Family Concerns
- Disease Specific Information
- Managing Risk Factors
- Stress Management
- Exercise Guidelines
- Healthy Food Choices
- Medications
- Alternative Health Choices

Programs and Services Tailored for Chronic Conditions

LiveWell Chronic Disease Management Programs

- LiveWell Asthma Program
- LiveWell Cardiac Program
- LiveWell Chronic Kidney Disease Program
- LiveWell COPD Program
- LiveWell Cystic Fibrosis Program
- LiveWell Diabetes Program
- LiveWell Heart Function Program
- LiveWell Inflammatory Bowel Disease Program
- LiveWell with Chronic Conditions
- Partnering for Stroke Prevention
- LiveWell Positive Living Program
- LiveWell Pulmonary Rehabilitation Program
- LiveWell Rheumatology Education Program
- LiveWell Saskatchewan Bleeding Disorders Program
- LiveWell Sleep Disorders Program
- LiveWell Sleep Well Program
- LiveWell Stroke Exercise Program

Saskatoon Health Region Chronic Disease Programs

- First Step Program
- Chronic Pain Centre
- InMotion
- Road to Well-Being
- Tobacco Cessation Program

Exercise

Activity options include walking, cycling, rowing, stretching, and muscle strengthening activities in a safe and social environment. Sessions are supervised by Exercise Therapists, Physical Therapists, and are tailored to individual needs, interests, and abilities.

Education

A variety of education sessions are held to address topics related to disease-specific management. Group classes, individual education, counselling, and follow up sessions are offered.

Pillars of Chronic Disease Management Program Design

Exercise

- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

Disease-Specific Management

- Inter-professional team working closely with individuals, their family, Family Physicians and Specialists.
- Evidence-based optimal care delivery.

Self-Management

- Individualized plan of action for patients
- Peer-led support classes through the LiveWell with Chronic Conditions Program
- Enhance self-management skills

Saskatoon and area locations

- Royal University Hospital
- Saskatoon City Hospital
- St. Paul's Hospital
- Saskatoon Field House
- White Buffalo Youth Lodge
- West Winds Primary Health Centre
- Cosmo Civic Centre
- Confederation Mall
- Saskatoon Shaw Centre
- Humboldt