

# Pathways to Sustainability: Results of a Chronic Disease Self-Management Program in a Homeless Population

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# Objectives

- By the end of this presentation the participant will be able to:
  - Describe the implementation and evaluation of the Chronic Disease Self-Management Program (CDSMP) with a homeless population
  - Discuss steps in the framework of Sustainability in Healthcare by Allocating Resources Effectively (SHARE) framework
  - Identify Doctor of Nursing (DNP) Essentials and Sub objectives that can be linked to this innovative community-based intervention.



# *Sustainability in Healthcare by Allocating Resources Effectively (SHARE Framework)*

**Step 1: Identify need for the change**

**Step 2: Develop proposal for change**

**SHARE**

**Step 3: Implement Change Proposal**

**Step 4: Evaluate Outcomes of Change**

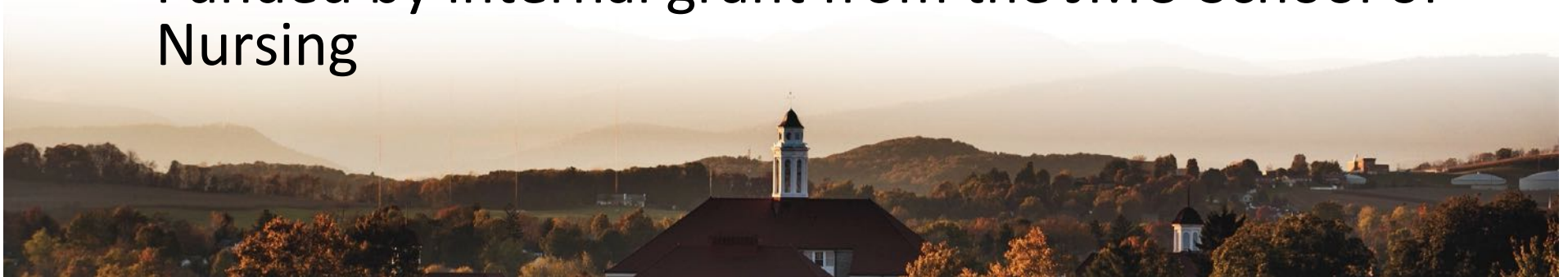
Evidence-based Approach

Address System Issues

Use CBPR

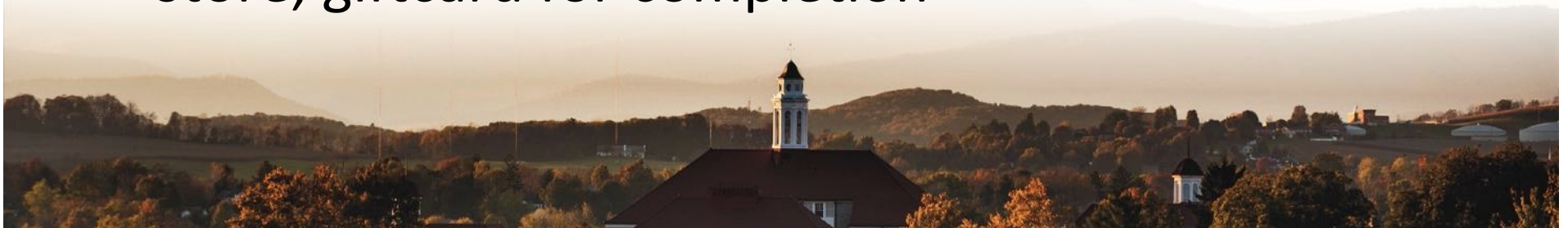
# Pilot Project Design

- Needs assessment and Literature review of Chronic Disease Self-Management Program (CDSMP) and homelessness
- IRB approval
- Non-experimental one group pretest/posttest design
- Homeless clients (n = 10) who were diagnosed with a chronic illness and resided at a faith-based shelter in a mid-Atlantic state.
- Funded by internal grant from the JMU School of Nursing



# Implementation of CDSMP

- 6 weeks evidence based small group workshops developed at Stanford by licensed leaders with additional health coaching and case management
- Based on Social Learning Theory
- Outcomes Measured: self-rated health, health distress, self-efficacy, exercise behaviors, and communication with Health Care Providers
- Additional incentives: transportation, case management, refrigerator at shelter for snacks, “MyPlate”, health coaching, field trip to grocery store, giftcard for completion



# Results

**Changes in Outcome Variables between Pretest/Posttest for Homeless**

<u>Construct</u>	<u>Pretest Mean</u>	<u>Posttest Mean</u>	<u>Other Populations with Chronic Illness*</u>
Self-rated Health (1-5) ↓	3.6	3.3	3.29 (N = 51)
Health Distress (1-5) ↓	3.2	2.0	2.04 (N = 51)
Fatigue (0-10) ↓	6.1	7.1	4.89 (N = 122)
Shortness of Breath (0-10) ↓	5.0	5.3	2.43 (N = 122)
Pain (0-10) ↓	7.0	8.0	4.36 (N = 122)
Exercise Behaviors (minutes/week) ↑			
Stretching (Range 0 -180)	62.5	65	40.1 (N = 1,127)
Aerobic Exercise (Range 0 – 540)	135	192	90.6 (N = 1,130)
Self-efficacy (1-10) ↑	3.6	7.0	5.17 (N = 605)
Communication with Healthcare Provider (0-5) ↑	1.6	2.6	3.08 (N =1,130)
Healthcare Utilization in past 6 months			
Healthcare Profession visit for physical health	8.6	8.0	5.33 (N = 1,130)
Emergency Department visits	1.2	.80	.40 (N = 1, 130)
Times Hospitalized	.83	.83	.23 (N = 1, 130)

↑ indicates a higher score is better  
 ↓ indicates a lower score is better  
 Parentheses after each variable gives the possible ranges of the scale



## Barriers

- \*Uniqueness of homelessness: transportation issues, nutrition, hygiene
- \*Health Literacy

- \*Comfort levels of providers and volunteers
- \*Physical space at shelter site
- \*Funding issues

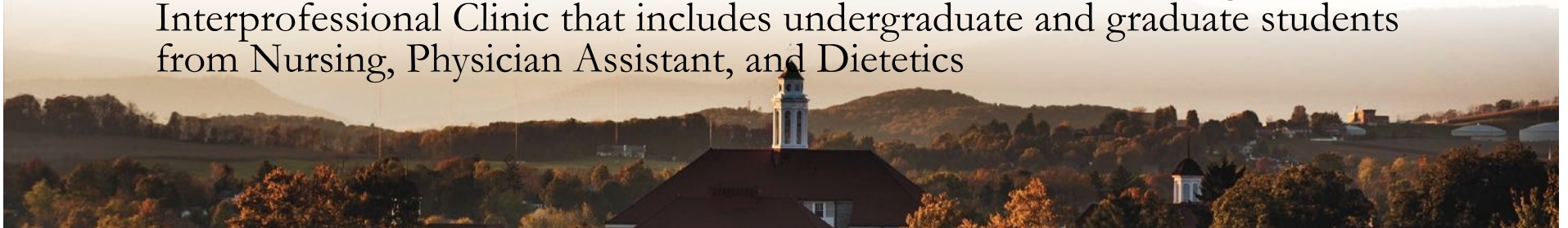
## Lessons Learned

- \*Importance of Cost Analysis
- \*Attrition rates with homeless
- \*Need for case management services

- \*Interprofessional communication
- \*Expect the unexpected
- \*Additional incentives are needed for this population (health coach, giftcards, field trips)

# Implications for DNP Education

- DNP Essentials/Subobjectives:
  - Essential VI: Interprofessional Collaboration for Improving Patient and Population Outcomes
  - Essential VII: Clinical Prevention and Population Health for Improving Nation's Health
- DNP students have become certified CDSMP trainers as DNP practicum time
- Past and present DNP Projects are testing the CDSMP in Veteran's and Kurdish populations.
- 4 DNP students have completed a Health Policy Institutes with National Homeless Alliance non-profit agency in Washington DC.
- The project gave access to a growing high need population in a healthcare system and expanded community partnerships.
- Working with the homeless population takes advanced levels of problem-solving required for advanced nursing practice.
- Sustainability outcome: The faith-based shelter is now the setting for a new Interprofessional Clinic that includes undergraduate and graduate students from Nursing, Physician Assistant, and Dietetics





# References

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