

CORRELATES OF PROGRAM COMPLETION FOR THE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM AND TOMANDO CONTROL DE SU SALUD

Michael Melchior, Ph.D., Anamika Batra, BDS, MPH,
Laura R. Seff, MBA, Richard C. Palmer, DrPH

Older Adults and Chronic Disease

- 39 million older adults (65+) in the US (US Census 2010)
- 80% of older adults have at least one chronic disease
- 75% of older adults have more than one chronic disease (multiple morbidity)

Hispanics

- Suffer disproportionately from diabetes and cardiovascular diseases
- More likely to experience greater disease severity
- Experience disparities in quality of health care
- Rate general health worse than white, non-Hispanics

Chronic Disease Self-Management Program (CDSMP)

- First developed in 1999
- Designed to be appropriate for all chronic diseases
- Six, 2.5-hour classes, once per week
- Instructional techniques include: didactic lecturing, modeling, role-playing, discussion, and action planning

CDSMP Topics

- Managing thoughts/emotions
- Managing pain/fatigue
- Diet choices
- Physician communication/interaction
- Relaxation techniques
- Managing medication
- Problem solving
- Future health care planning
- Communication skills
- Physical activity/exercise

Tomando Control de su Salud (TCDS)

- Developed because differential effectiveness among Hispanic CDSMP participants
- Same delivery as CDSMP
- Additional Topics
 - ▣ Reading nutrition labels
 - ▣ Menu planning
 - ▣ Low-fat food options
 - ▣ Healthier cooking options

Correlates of Program Completion

- Attrition from health promotion programs is a significant problem
- Factors known to affect likelihood of program completion
 - Self-efficacy
 - Gender
 - Age
 - Socioeconomic status
 - Education level
 - Marital status
 - Health

Healthy Aging Regional Collaborative

- Five-year initiative by the Health Foundation of South Florida targeting older adults
- Offers 4 evidence based programs
- 21 area agencies offer one or more programs
- Collaborate on best methods and share resources to reduce implementation barriers

Research Question

- What variables predict program completion?

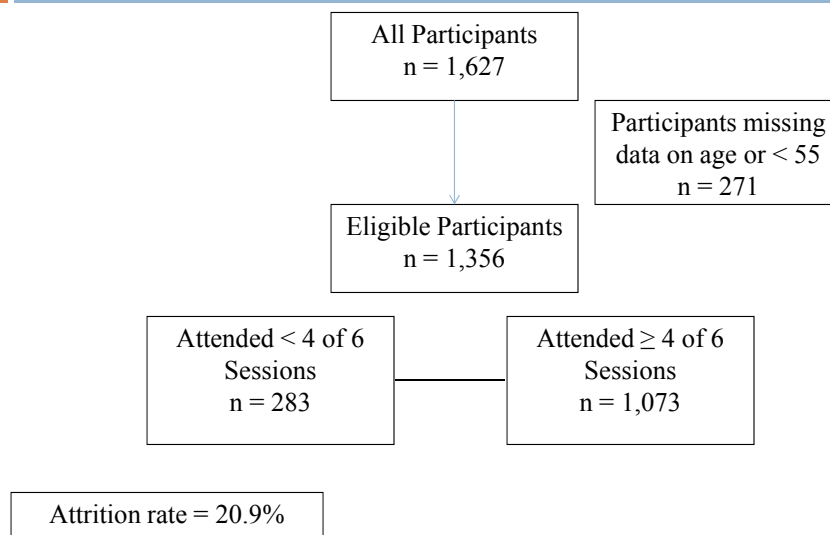
Methods:

- CDSMP and TCDS analyzed separately
- Participants in each program from 10/1/2008 – 12/31/2010
- Exclusion Criteria
- Definition of completer

Methods

- Analysis
 - Multivariate logistic regression
 - Enter-method
 - Model significance
 - Likelihood ratio test
 - Goodness of fit
 - Hosmer-Lemeshow
 - Classification tables

CDSMP Sample



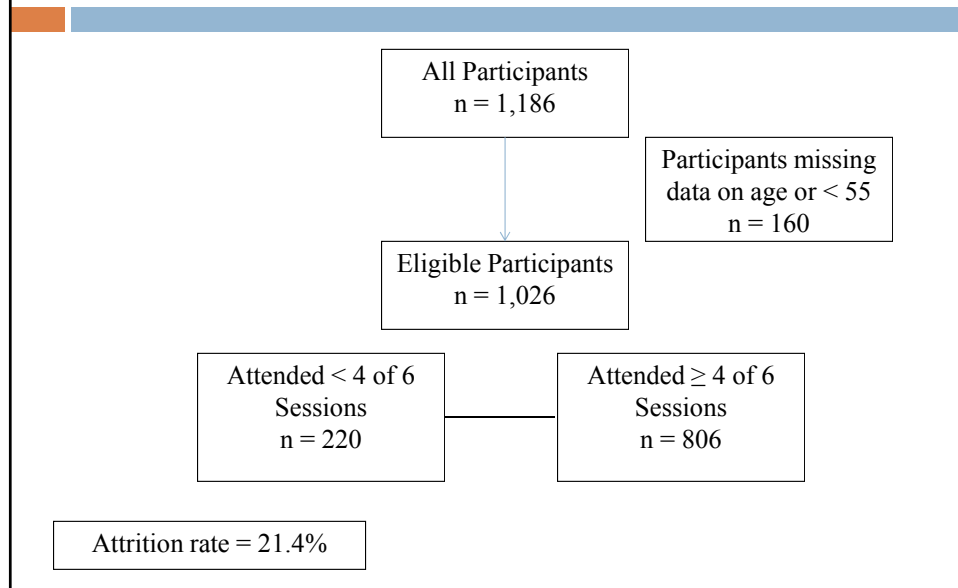
CDSMP: Model Covariates

- Five factors identified in bivariate analysis as having $p < 0.300$
 - County of residence ($p = 0.134$)
 - Disability status ($p = 0.120$)
 - Education level ($p = 0.174$)
 - Number of chronic diseases ($p = 0.290$)
 - Self-efficacy to manage symptoms ($p = 0.182$)

CDSMP Results

- No covariate was a significant predictor of program completion

TCDS Sample



TCDS: Model Covariates

- Five factors identified in bivariate analysis as having $p < 0.300$
 - ▣ County of residence ($p = 0.001$)
 - ▣ Income ($p = 0.085$)
 - ▣ Number in household ($p = 0.045$)
 - ▣ Self-efficacy to manage symptoms ($p = 0.288$)
 - ▣ Social/role activity limitations ($p = 0.234$)

TCDS Results

- Three covariates found to be significant predictors of program completion
 - Gender
 - Male: OR=2.31, 95% CI: 1.15-4.66, $p=.018$
 - County of residence
 - Broward: OR=2.32, 95% CI: 1.27-4.25, $p = .006$
 - Number in household
 - Living alone: OR=1.99, 95% CI: 1.29-3.08, $p = .002$

Discussion:

- Lack of significant correlates in CDSMP model likely due to groups being too homogenous
- Significant findings for gender and number in household in TCDS model supported by published literature
- Non-significant variables supported by published literature

Limitations

- Self-selection
- Self-report bias
- Recall bias
- Missing data

Conclusion

- Knowledge of correlates of completion can help delivering agencies target participants for retention strategies
- In South Florida, TCDS participants who are male, reside in Broward County, and live alone are twice as likely to complete the program
- Study findings should be
 - Considered for monitoring and piloting retention strategies by agencies currently offering programs
 - Seen as a starting point to guide future research using other populations

Future Research

- Definition of a completer
- Evaluate a dose-response relationship for number of program workshops attended
- Identify which of the six workshops have the greatest impact on program outcomes
- Further investigate identified covariates to help direct retention strategies

Acknowledgements

- This work was supported by a grant from the Health Foundation of South Florida as part of the Healthy Aging Regional Collaborative
- Member agencies of the Healthy Aging Regional Collaborative
- <http://www.healthyagingsf.org/>