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

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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

- All Participants: n = 1,627
- Eligible Participants: n = 1,356
- Participants missing data on age or < 55: n = 271
- Attended < 4 of 6 Sessions: n = 283
- Attended ≥ 4 of 6 Sessions: n = 1,073
- Attrition rate = 20.9%
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

- All Participants: n = 1,186
- Eligible Participants: n = 1,026
- Participants missing data on age or < 55: n = 160
- Attended < 4 of 6 Sessions: n = 220
- Attended ≥ 4 of 6 Sessions: n = 806

Attrition rate = 21.4%

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

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- http://www.healthyagingsf.org/