

**BE YOUR OWN BOSS: A CHRONIC DISEASE SELF-MANAGEMENT PROGRAM**  
**Erin B. Gladstone** and Aakriti Bhargava (Mary R. Ciccarelli), Center for Youth and Adults with Conditions of Childhood (CYACC), Department of Pediatrics, Indiana University School of Medicine, Indianapolis, Indiana 46202

*Objective:* Describe the pilot of a peer-led chronic disease self-management workshop for youth aged 13-24 years old.

*Background:* Fifteen to eighteen percent of children in the United States live with a chronic health condition (Perrin et al., *Journal of the American Medical Association* 2007, 297:2755). The Stanford chronic disease self-management program (CDSMP) has demonstrated improved self-care and health outcomes in older adults. Alberta Health Services has adapted this program from Stanford University for youth and young adults. CYACC is collaborating with Alberta to evaluate the effectiveness of the adapted version in adolescents and young adults.

*Methods:* Train the trainer sessions were completed to develop an initial cadre of lay leaders to implement the workshop sessions. Participants with any chronic condition attend 2 hour peer-led sessions once per week for six weeks. During the sessions, individuals with a variety of chronic diseases learn the skills needed in self-management of their condition and maintenance of general well-being and life's activities. Data is collected on self-efficacy, pain, adherence, and other outcomes through pre- and post- assessment surveys.

*Results:* Fourteen individuals participated in the pilot phase of the program; 5 in Lafayette, IN and 8 in Indianapolis, IN. A total of 14 pre-surveys were collected, while 10 post-surveys were collected. Analyses of the surveys show beneficial topics, while also indicating which topics should receive additional focus. Areas of the program identified as needing attention include recruitment, risk management, transportation issues, participant dropout rates, logistics of workshops, continued training of lay leaders, and standardization of survey responses.

*Conclusion:* The pilot study identified the importance and need for a self-management program for youth and young adults with chronic conditions. This program has the potential to improve health and self-management in the study population. Limitations of the program were addressed and will be improved for the next round of workshops.

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