

Case study 8

Denmark: Implementation of Chronic Disease Self-Management Programme (CDSMP) – the Danish version

In 2003, the Danish National Board of Health (NBH) was approached by the Danish Arthritis association (Gigtforeningen). They wanted to test the programme CDSMP from Stanford University. At the same time a need had been identified for exploring the implications and possibilities of patient education, as one of the strategies in the national recommendations. The National Board of Health decided to test CDSMP, with the focus of suitability for implementation, recommendations for cultural changes and the response from Danish patients.

A pilot study was conducted in 2004-5 and the conclusion was, that the programme was suitable for a national dissemination in Denmark. From 2006-2009 the Danish Committee for Health Education in cooperation with the National Board of Health introduced the Danish version of CDSMP (Lær at leve med kronisk sygdom) to 78 out of 98 municipalities.

The central tasks of KFS was:

- Education, supervision and certification of peer educators.
- Support of operation in the municipalities.
- National publicity.
- National research studies of outcomes using randomized control trial and longitudinal studies.
- Implementation of programmes to specific groups.

National quality assurance and support of local quality assurance, e.g.: Providing and operating web based evaluation tools that makes it simple to work with QA on a local basis within the municipalities as well as a on a national basis.

KFS has also adapted the Chronic Pain Self-management Program for people with chronic pain conditions and New Beginnings, a program for people with mental health problems. The pain program is implemented in 45 of 98 municipalities and the outcomes are evaluated by Aarhus University Hospital, Denmark. New Beginnings is being tested during 2012.

KFS has participated in creating a patient education programme targeting Heart disease, Lung disease and Diabetes type 2. the first preliminary results have been positive. KFS teaches health care professionals about patient empowerment strategies and chronic disease as well as supporting national and international partners in implementation.