

# National Kidney Foundation of Michigan

*Chronic Disease Self-Management Education Program Grantee Profile, Fiscal Year 2022*

## Goals

This 3-year grant aims to:

- Develop or expand capacity to significantly increase the number of older adults and adults with disabilities who participate in evidence-based chronic disease self-management education (CDSME) and self-management support programs to empower them to better manage their chronic conditions.
- Enhance the sustainability of evidence-based CDSME and self-management support programs through the implementation of robust sustainability strategies.

## Activities

The grantee and its partners will:

- Integrate CDSME and support programs into strategies for managing kidney health.
- Develop and strengthen referral pathways for CDSME and support programs.
- Build on current infrastructure and expand delivery of remote and in-person programming.
- Develop value propositions to secure contracts with payers.

## Interventions

- Better Choices Better Health (BCBH)
- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Health Coaches for Hypertension Control (HCHC)
- Walk with Ease (WWE)

## Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- Area Agencies on Aging
- Ascension

- Beaumont Health
- Canary Health
- Health Alliance Plan
- Hypertension Nephrology Associates
- Michigan Association of Health Plans
- Michigan Department of Health and Human Services
- Michigan State University Extension
- National Kidney Foundation
- Thumb Community Health Partnership
- UnitedHealthcare Community Plan
- University of Michigan Health System
- Upper Peninsula Health Plan
- Western Wayne Family Health Centers

## Outcomes

The grantee anticipates the following results from this project.

- Engage 868 participants in CDSME and support programs at 70% average completion rate across programs.
- Enhance collaboration and infrastructure for promotion, delivery, and availability of CDSME and support programs.
- Establish referral pathways with health systems, healthcare providers, and community-based organizations
- Secure contracts with payers for self-management programs, especially for preventing and managing chronic kidney disease.

# National Kidney Foundation of Michigan

## *Chronic Disease Self-Management Education Program Grant Impact Summary Fiscal Year 2022*

### Most Significant Accomplishments

- Engaged 2,147 people in CDSME - CDSMP, DSMP, CPSMP, HCHC, BCBH, or WWE, and 1,722 participants completed the programs (80% completion rate).
- Delivered CDSME remotely, in-person, and by utilizing Tool Kits, and WWE self-directed to residents in Michigan.
- Trained 33 new leaders in CDSMP; 58 in HC for HTN Control; 13 in DSMP; 2 in CPSMP, and 18 in WWE.
- Partnered with agencies including senior centers, community centers, and organizations serving multiple populations and adults with disabilities. Collaborated with health systems/clinics, providers, and plans.
- Integrated CDSME and WWE into a comprehensive solution for the prevention and management of chronic kidney disease (CKD). Developed value proposition statements for use with potential payers.
- Developed a sustainable referral system for CDSME with 9 healthcare partners by creating workflows to efficiently manage inquiries and promote internal referrals across evidence-based programs.
- Identified practices to improve curriculum accessibility and program inclusion-integrating disability support and cultural and linguistic adaptations-while maintaining program fidelity.
- Maintained frequent communication with program developers about CDSME adaptations within fidelity to enhance in-person learning support, translation, cultural examples, and shorter weekly sessions.

### Lessons Learned

- The incorporation of visual aids is an effective tool to bring the curriculum to life. For example, we created salt tubes to display the recommended daily salt intake and used a 9-inch plate divided into sections for each food group. Given its success in a few CDSME workshops, we added these tools to all workshops.
- Constant communication, training, and feedback on the number of healthcare referrals received and the outcome of those referrals is necessary. An intentional plan for provider engagement must be created and monitored to ensure follow-up is consistent and is not an afterthought.
- Provider education on the importance of self-management and integrating CDSME/WWE to manage a chronic condition is an effective way for providers to help patients actualize mutual goals in the plan of care.

---

## What's Next

We are committed to working with health systems and health plans to improve the management of chronic kidney diseases. Healthcare provider education about the importance of self-management and CDSME will remain a key component of the solution.

The NKFM knows the value of referral pathways to CDSME from health plans and health systems. Our HIPAA-secure referral platform will improve NKFM's ability to deliver programs collaboratively and holistically, ensuring that participants are guided to the programs and services that best fit their needs.

The NKFM will continue to deliver CDSME across multiple modalities, providing options and reducing barriers to participation. Adaptations ensuring our programs are accessible and culturally responsive will continue.

## Grantee Contact

Ann Andrews, Senior Program Manager, National Kidney Foundation of Michigan [aandrews@nkfm.org](mailto:aandrews@nkfm.org)