



NATIONAL KIDNEY
FOUNDATION®

of Michigan

WHAT PROVIDERS SHOULD KNOW ABOUT: **CHRONIC DISEASE PATH**

Personal Action Toward Health (PATH)



What it is:

A 6-week workshop that meets once a week for 2 to 2½ hours. The program may be provided virtually or in-person. PATH helps participants better self-manage their chronic conditions through a variety of skills and tools.

Who should participate:

People living with a chronic condition (e.g. diabetes, hypertension, kidney disease, heart disease, arthritis, emphysema, asthma, depression, etc.) or disability and their caregivers.

PATH participants learn how to:

- Manage everyday activities
- Manage symptoms and decrease stress
- Improve communication skills
- Avoid complications
- Improve their overall health and increase their energy

Impact of the program:

- 91% of participants stated that they felt more confident about handling their health condition(s) after taking this workshop.
- Original research studies found the program reduced symptoms of depression and decreased utilization of emergency, inpatient, and outpatient services¹⁻³
- Estimated cost savings of \$714 to \$944 per person^{4,5}

"It made aware of ways to live a healthy life and function at our best regardless of the physical or emotional challenges we're facing. This includes: diet, exercise, stress, relaxation techniques, sleep, problem solving, goal setting, and more. Feeling very appreciative and I look forward to continuing to make a positive impact on my health." - Participant



1169 Oak Valley Drive | Ann Arbor, MI 48108
734.222.9800 | 800.482.1455
Fax: 734.222.9801



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How to discuss it with your patients:

You should emphasize that the program will provide education and support to help your patient manage their life with chronic conditions. PATH is offered at no cost to participants.

How to refer your patients:

You can use our fillable referral form or provider portal, accessible at www.nkfm.org/healthcare-professionals. Your patients can register online at <http://www.nkfm.org/chronicpath> or call 1-800-482-1455, Ext 2590.

For more information about upcoming workshops: Visit www.nkfm.org/chronicpath or www.nkfm.org/PATH.

¹Lorig KR, Ritter P, Stewart AL, Sobel DS, Brown Jr BW, Bandura A, Gonzalez VM, Laurent DD, Holman HR. Chronic disease self-management program: 2-year health status and health care utilization outcomes. *Medical care*. 2001 Nov 1;1217-23.

²Lorig KR, Sobel DS, Ritter PL, Laurent D, Hobbs M. Effect of a self-management program on patients with chronic disease. *Effective clinical practice: ECP*. 2001 Nov 1;4(6):256-62.

³Lorig KR, Sobel DS, Stewart AL, Brown Jr BW, Bandura A, Ritter P, Gonzalez VM, Laurent DD, Holman HR. Evidence suggesting that a chronic disease self-management program can improve health status while reducing hospitalization: a randomized trial. *Medical care*. 1999 Jan 1;5-14.

⁴University of Memphis School of Public Health, 2014. <http://www.ebp-savings.info/>.

⁵Centers for Medicare & Medicaid Services. Report to Congress: The Centers for Medicare & Medicaid Services evaluation of community-based wellness and prevention programs under section 4202 (b) of the Affordable Care Act. Washington: Government Printing Office. 2013.



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