

Chronic Disease Self-Management Leader Training Agenda

Day One

- 9:00 am: Introductions and Project Overview
- 9:30 am: Workshop Introductions
- 10:00 am: Workshop Overview and Responsibilities
- 10:10 am: Differences Between Acute and Chronic Conditions
- 10:25 am: BREAK
- 10:40 am: Using Your Mind to Manage Symptoms and Distraction
- 11:00 am: Introduction to Action Plans
- 11:50 am: Session One Review
- 12:10 pm: LUNCH
- 12:40 pm: Dealing with Difficult Emotions
- 1:10 pm: Introduction to Physical Activity and Exercise
- 1:40 pm: Session Two Review
- 2:00 pm: BREAK
- 2:15 pm: Review of Training Techniques
- 2:45 pm: Practicing Teaching Assignments, Questions and Day One Closing
- 4:00 pm: Adjourn for the day

Day Two

- 9:00 am: Questions & Answers
- 9:15 am: Feedback, Problem-Solving and Making An Action Plan
- 10:15 am: Better Breathing
- 10:30 am: Muscle Relaxation
- 10:45 am: BREAK
- 11:00 am: Pain and Fatigue Management
- 11:20 am: Endurance Activities: How Much is Enough?
- 11:45 am: LUNCH
- 12:15 pm: Session Three Review
- 12:50 pm: Future Plans for Health Care
- 1:05 pm: BREAK
- 1:20 pm: First Practice Teaching
- 3:05 pm: Practice Teaching Assignments, Questions and Day Two Closing
- 4:00 pm: Adjourn for the day

Agenda (continued)

Day Three

- 9:00 am: Questions & Answers
- 9:15 am: Discussion, Iowa Healthy Links
- 9:55 am: Healthy Eating
- 10:20 am: Communication Skills
- 10:45 am: BREAK
- 11:00 am: Problem-Solving
- 11:25 am: Session Four Review
- 11:45 am: Medication Usage
- 12:05 am: Making Informed Treatment Decisions
- 12:15 am: Depression Management
- 12:30 am: LUNCH
- 1:00 pm: Positive Thinking
- 1:25 pm: Guided Imagery
- 1:45 pm: Session Five Review
- 2:05 pm: BREAK
- 2:20 pm: Working with Your Health Care Professional and the Health Care System
- 2:55 pm: Looking Back and Planning for the Future (Discuss)
- 3:10 pm: Session Six Review
- 3:20 pm: Day 3 Closing
- 4:00 pm: Adjourn for the day

Day Four

- 9:00 am: Questions & Answers
- 9:15 am: Feedback/Problem-Solving
- 10:15 am: Handling Situations in Groups
- 11:00 am: BREAK
- 11:15 am: Practice Teaching
- 12:00 pm: LUNCH
- 12:30 pm: Practice Teaching, continued
- 1:45 pm: What Are You Afraid Might Happen?
- 2:15 pm: BREAK
- 2:30 pm: Looking Back and Planning for the Future
- 3:15 pm: Questions about Logistics and Closing
- 4:00 pm: Adjourn