

Quick Start Guide to Facilitating a Health Management Session

Use these steps to conduct a health management session on one of the topics below. Sessions may be conducted with groups or individual clients. Each session can be delivered in approximately 50 minutes.

Chronic Disease Topics:

Chapter 1: **High Blood Pressure (Hypertension)**

Chapter 2: **Heart and Blood Vessel Disease (Cardiovascular Disease)**

Chapter 3: **Overweight and Obesity**

Chapter 4: **Smoking and Tobacco Use Disorder**

Chapter 5: **Diabetes (Diabetes Mellitus)**

Chapter 6: **Chronic Lung Diseases (Asthma and COPD)**

Chapter 7: **Sexual Health, Family Planning, and Sexually Transmitted Diseases**

Chapter 8: **Common Chronic Pain Conditions**

Chapter 9: **Cancer**

Chapter 10: **Thyroid Disease (Hypothyroidism and Hyperthyroidism)**

Chapter 11: **Digestive Disorders (Gastrointestinal Disorders)**

Chapter 12: **Wellness and Self-Management**

We recommend that you cover Chapter 12: Wellness and Self-Management with all clients before moving on to the specific chronic disease topics.

Facilitator Preparation:

- Choose one of the chronic disease topics (listed above) to present to the client(s).
- Read the background information, as well as the Fact Sheet, to become familiar with the chosen topic.
- Photocopy or print the Fact Sheet and Action Plan for the client(s).
- Gather pens or pencils for the client(s) to use to fill out the Action Plan.

Step 1: Overview

Welcome the clients and explain the purpose of the health management session and what they will learn.

***SAY:* This health management session will teach you about a chronic disease common among Americans, and even more common in people with mental health or substance use problems. A chronic disease is a long-term condition that can't be cured, but can be managed to help people have the best quality of life possible. For example, diabetes is a common chronic disease that requires ongoing management. People with diabetes live better when they monitor their blood sugar, take medications to lower their blood sugar, adjust their diet, and increase their exercise.**

If you do *not* have the disease covered in this session, you will learn about the disease and how to reduce your chance of getting it. If you *do* have the disease, you will learn how to manage the disease, and you will be encouraged to create an action plan to guide your efforts.

Taking an active role to improve your health and wellness is an important part of daily living. No matter what your current health status, you can take steps every day to manage hunger, fatigue, discomfort, and emotions and improve your health and well-being.

Step 2: Facilitate the Session

1. Hand out a copy of the Fact Sheet on the chosen topic to each client.
2. Invite the client to take turns reading paragraphs with you. For clients who have trouble reading, you can read aloud the entire Fact Sheet. In a group, you may ask clients to take turns reading aloud. Make sure they know they can pass if they are not comfortable reading.
3. Pause to invite questions and provide clarification after each paragraph. Taking time to process the information will improve people's comprehension and help them stay engaged with the session.
4. Hand out a copy of the Action Plan for the chosen topic to each client. Clients who are ready may fill out the Action Plan in group. Or, they may fill it out in a later, private session.
5. Encourage clients to take the Fact Sheet with them and use the web resources section to learn more about the chronic disease.

Step 3: Summarize the Session

Encourage clients to talk about what they learned in the session and share any concerns they have about managing their health.