

Skills for Chronic Disease Management

Session Five Materials

Newsprints (flip charts) or Overhead Transparencies (2)

We typically refer to materials on flip charts as “newsprints,” but feel free to use overhead transparencies instead. Examples of most newsprints for this session are included in the session booklet.

To be prepared ahead	To be completed during the session
<ul style="list-style-type: none">• Head, Heart, Hands, & Feet Diagram	<ul style="list-style-type: none">• Identify Barriers and Supports

Handouts (5)

Make copies of the following handouts before the session begins.

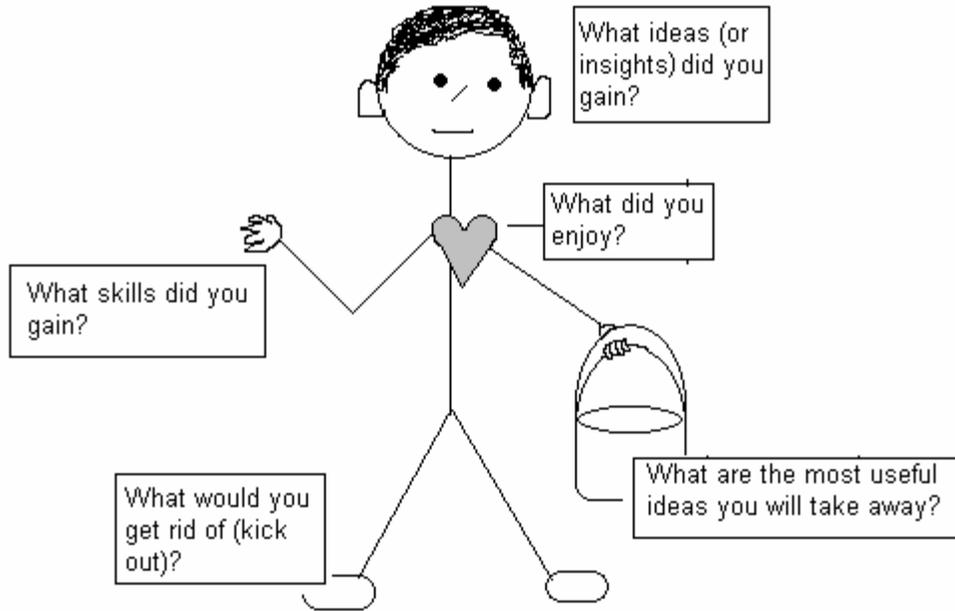
1. Session Five Objectives and Agenda
2. Skills for Chronic Disease Management – Goals and Objectives
3. Study Circle+ Group Discussion Methods
4. Head, Heart, Hands & Feet
5. List of Participants (from Session One)

Optional

Copies of health literacy lessons written by participants (one complete packet for each participant)

Head, Heart, Hands, & Feet

~ Draw this diagram on newsprint ~



Skills for Chronic Disease Management

Session Five

Objectives

During Session Five, participants will:

- Share and critique unit and evaluation plans
- Identify supports and barriers to the integration of health literacy skill development into instruction
- Develop strategies for staying in touch and supporting one another's work in health literacy

Session Five Agenda

Introductory Activities (10 minutes)

- Welcome, Session Objectives and Agenda

Discussion & Analysis Activities (2 hours)

- Share Plans and Strategies (Peer Review)
- ~Take a 10-Minute Break ~
- Identify Barriers and Supports
- Develop a Strategy for Action

Planning Activities (10 minutes)

- Discuss How to Stay in Touch

Closure Activities (40 minutes)

- Study Circle Summary
- Final Evaluation

Skills for Chronic Disease Management Goals and Objectives

Study Circle+ Goals

The overall goal of the Health Literacy Study Circle+ is to build the capacity of adult education instructors to incorporate health literacy skills into their curricula and instruction.

The goal for the Chronic Disease Management Study Circle+ is to prepare participants to help their students develop basic skills needed for managing a chronic disease. These skills include filling out forms, managing medicines, following verbal and written directions, talking with the doctor, and maybe using tools to monitor their conditions.

Study Circle+ Objectives

Participants in the Chronic Disease Management (CDM) Study Circle+ will:

1. Develop a shared definition of “health literacy.”
2. Identify the activities people engage in when they are trying to manage a chronic disease.
3. Identify literacy related barriers and issues faced by people who are managing a chronic disease.
4. Identify literacy skills needed to accomplish the many tasks involved in managing a chronic disease.
5. Teach, modify, and critique sample lessons designed to build students’ literacy and numeracy skills related to chronic disease management.
6. Create and teach a lesson based on students’ needs.
7. Outline a sequence of lessons for a health literacy unit, and draft an evaluation plan
8. Develop strategies for incorporating health literacy skills into classroom activities

Study Circle+ Group Discussion Methods

This handout summarizes the different discussion methods used during this Health Literacy Study Circle+. You may want to keep this list as a reference, and use or adapt any methods that are appropriate for your own teaching.

Session One Discussion Methods	Activity Examples
Presentation	Introductions and overview of the Health Literacy Study Circle+
Small Group (Pairs) Discussion	Review readings and health literacy definitions
Report Out	Share ideas from the small group discussions on readings and health literacy definitions
Trigger and Facilitated Large Group Discussion	View and discuss DVD or photographs
Expanding Discussion (from small to larger groups)	Discuss experiences and observations about managing chronic diseases
The Dance and the Balcony	Reflect on the discussion methods used during this session

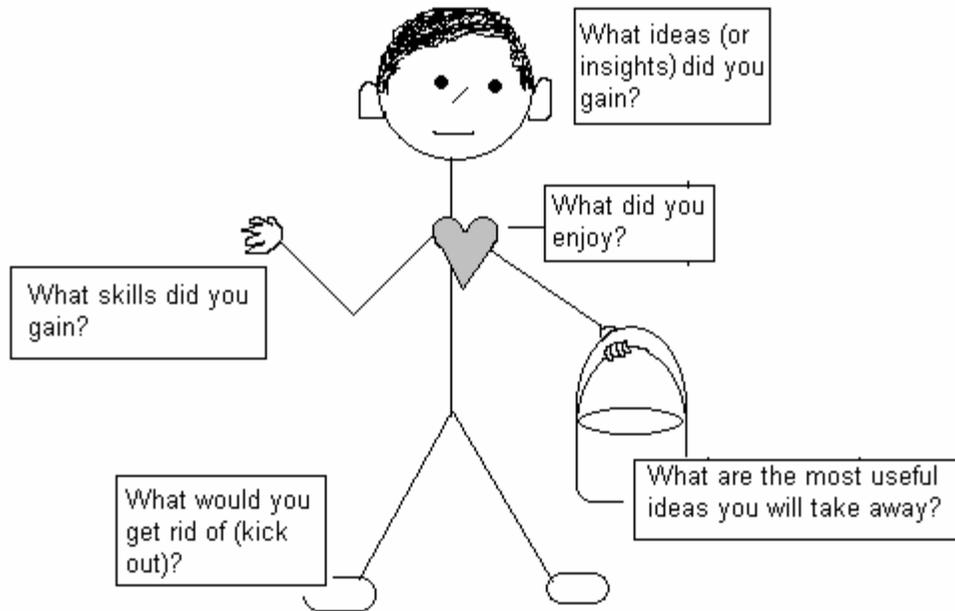
Session Two Discussion Methods	Activity Examples
Large Group Facilitated Discussion	Review results of the in-class needs assessments
Brainstorm	Identify chronic disease management activities and tasks
Small Group Project	Identify skills needed to manage chronic diseases
Walk About	Review small group work
Small Group (Pairs) Discussion	Review sample lessons
The Dance and the Balcony	Reflect on the discussion methods used during this session

Session Three Discussion Methods	Activity Examples
Pair Work	Review and discuss sample lessons taught; plan to teach your own lessons
Private Reflection	Consider ideas for health literacy units
Small and Large Group Work	Outline health literacy units
Walk About	Review small group work on health literacy units
Private Reflection and Posting	Consider and then share ideas for health literacy lessons
The Dance and the Balcony	Reflect on the discussion methods used during this session

Session Four Discussion Methods	Activity Examples
Small and Large Group Work	Share teaching experiences; share ideas for health literacy units and measurement options
Brainstorming	Consider ways to measure success of health literacy lessons and units
The Dance and the Balcony	Reflect on the discussion methods used during this session

Session Five Discussion Methods	Activity Examples
Peer Review	Share teaching plans
“Corners” Discussion	Identify barriers and supports to implementing chronic disease management skill development
Brainstorming	Identify strategies for implementing chronic disease management skill development
Walk About	Review ideas from small group work
Head, Heart, Hands & Feet	Evaluate the study circle experience

Head, Heart, Hands, & Feet



Posting Place	Questions
Head	What information did you learn or insights did you gain during this Study Circle+? (e.g., new knowledge, ideas, concepts)
Heart	What about the Study Circle+ made you feel good? What did you enjoy?
Hands	What skills did you gain?
Feet	What activities or materials would you like to “kick out” (leave out) or change? Note that suggestions here may be related to discussion methods and/or content (e.g., readings, hand-outs, topics)
Basket	What is the most useful idea or concept that you will take away from this Study Circle+?

