

What is the Chronic Disease Self-Management Programme (CDSMP)?

CDSMP is a Self-Management Resource Centre (SMRC) programme originally developed at Stanford University to help people manage their chronic conditions.

You receive peer support, learn self-management and problem-solving strategies, set your own goals and make personalised step-by-step plans.

If you have one or more chronic conditions, or are caring for someone with these conditions, this programme is for you.

Take charge of your health and sign up for CDSMP today.

For registration and enquiries, please contact

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Operating Hours

Monday to Friday

9:00am to 5:30pm

Closed on Saturdays, Sundays and Public Holidays

An initiative by:
Ng Teng Fong General Hospital

For more information, visit www.ntfgh.com.sg

Information is correct at time of printing (Sep 2021) and subject to revision without prior notice

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Pte Ltd B E 006-21 September 2021

Chronic Disease Self-Management Programme



What is a chronic condition?

Chronic diseases are broadly defined as conditions which are long term and require on-going medical care and lifestyle changes to manage and control.

Examples include diabetes, high cholesterol, lung disease, heart disease, arthritis, stroke, backache, hypertension and obesity.

These conditions can lead to serious health complications if they are not managed properly.

What can you expect from CDSMP?

The programme is run in small-group workshops (in person / virtual) spanning across six weeks for about 2.5 hours per weekly session.

Sessions are interactive and focus on building skills, sharing experiences and providing support for both patients and care-givers.

In this six-week programme, you will learn about:



Self-management techniques to mitigate symptoms such as difficult emotions, fatigue and pain



Making healthier food choices



The principles of exercising and how it improves health



Communicating effectively with family, friends and healthcare professionals



How to evaluate new treatments and understand medication choices



Problem solving skills and decision making strategies



Making an action plan

Empowering Yourself

Self-management skills empower you to control the symptoms of your chronic condition(s) which may include feeling a loss of energy or sleep, pain, fatigue and low moods. These are similar in most chronic conditions.

Research has demonstrated that with good support from health service providers, those empowered to take the lead in managing their chronic conditions have improved health outcomes.¹



¹ *Self-management interventions for chronic illness, Newman S., Steed L. and Mulligan K. Lancet. 364, 1523 - 37*