



Chronic Disease Self-Management Programme

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

CDSMP is a Self-Management Resource Centre 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.

What is a chronic condition?

Chronic diseases are broadly defined as conditions which are long term and require ongoing 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 to 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:



Symptom management



Nutrition and exercise to improve strength, flexibility and endurance



Communicating effectively with family, friends and health professionals



How to evaluate new treatments and understand medication choices



Self-management skills and decision making



Empowering Yourself

Self-management skills empower you to control the symptoms which may include 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

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

For registration and enquiries, please contact the team:

✉ rhs0@nuhs.edu.sg

Operating Hours

Monday to Friday: 9am – 5.30pm

Saturday, Sunday and Public Holidays: Closed

An initiative by:

National University Health System (NUHS)

NUHS is an integrated Academic Health System and Regional Health System that delivers value-driven, innovative and sustainable healthcare in Singapore.

For more information about us, visit www.nuhs.edu.sg.

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