

Chronic Disease Self-Management Program Leader Refresher Workshop

CDSMP Fidelity and Quality Assurance Tips

What does “Fidelity” mean in the context of CDSMP?

The Chronic Disease Self-Management Program from Stanford University is an evidence-based program. This means research has been conducted to determine the effectiveness of the program. As such, there is an established curriculum or script for leading the program. Maintaining the fidelity, or quality, of CDSMP program delivery by leaders is essential to its sustainability. Stanford tells us that “program fidelity refers to how closely staff and others (e.g., Leaders, Trainers, and evaluators) follow the program that the developers provide”. Modification of CDSMP, adding to or deleting from, can disrupt the efficacy or participant outcomes of the program.

Site Visits/Ensuring Fidelity:

Master Trainers will be conducting site visits to support their leaders. You should announce this at your first session (a Master Trainer may come any time between sessions 2-6, announced or unannounced). Site visits are a great opportunity for you as leaders to receive feedback on your implementation of the CDSMP program and to discuss with a Master Trainer any questions regarding leading workshops. Here are some ways you can personally make sure you are maintaining the fidelity of the program:

- Follow the format of the program
 - Lead all six sessions
 - Each session should be 2-2 ½ hours once a week
- Stick to the script!
 - Adding to or deleting from materials doesn’t allow the program to remain evidence-based
 - Outside individuals/“experts” should not come and speak at a class
- All workshops must be led by two trained, actively certified leaders
- Ensure the location of the training is appropriate for your population
 - Location needs to be safe, handicap accessible, and available by public transportation

Other Fidelity Tips:

- Review the “Checklist for Leaders” on page iv of your *CDSMP Leader’s Manual*, Stanford University © 2006
- Keep a weekly attendance record and fill out all reporting documents
- Maintain your active certification by leading at least one CDSMP course per 12 months
- Workshops will ideally have 8-15 participants as the class size