

DEVELOPING A REGIONAL SYSTEM TO DELIVER EVIDENCE-BASED DISEASE MANAGEMENT PROGRAMS

Improvements reduce costly leader turnover and increase access for people with chronic disease

Public Health Problem

- Over thirty percent of Missouri adults have arthritis.
- Evidence-based interventions are important for controlling symptoms, disability and medical costs related to chronic diseases such as arthritis.
- Missouri's delivery of evidence-based interventions was hampered by turnover among volunteer course leaders resulting in the need for frequent leader training that was costly and inefficient. Rural Missouri counties also have been underserved by these interventions.

Program

- The Missouri Arthritis & Osteoporosis Program established a statewide partnership with three key groups to ensure delivery of evidence-based intervention courses - local public health agencies, the University of Missouri and the Bureau of Senior Programs Area Agencies on Aging. A memorandum of agreement between the Arthritis & Osteoporosis Program and the latter two organizations included provision of seed money.
- Existing Regional Arthritis Centers took on a new management role in place of course delivery in order to oversee provision of services by members of the partnership. The Centers also provide support to partners and course leaders, course advertisement, general information about arthritis and public presentations to connect individuals to programs.
- Members of the partnership have access to program data through an improved data collection and reporting system.
- Missouri Arthritis & Osteoporosis Program funding is supplied by the Centers for Disease Control and Prevention and state general revenue.

Impact

- Evidence-based course offerings have tripled over one year, greatly increasing access to needed services for people with arthritis and other chronic diseases.
- Missouri now has an established system in place to ensure continued delivery of vital evidence-based interventions with the support of a broad base of partners.
- Volunteer course leader turnover is no longer a problem because there is a dependable supply of paid leaders from partner organizations.
- Streamlined data collection enables effective monitoring of access to and delivery of needed courses.

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