

SPEAKER

Valarie Blue Bird Jernigan

Dr. Jernigan holds an MPH from the University of Oklahoma Health Sciences Center with an emphasis in Health Promotion Sciences and Native American health.

Dr. Jernigan received her DrPH in 2007 from UC Berkeley with a focus on community-based participatory research and completed her doctoral thesis work at the Stanford Patient Education Research Center with Dr. Kate Lorig.

Her doctoral research evaluated the implementation of an Internet based diabetes self-management program for Native Americans.

Sponsors:

Choctaw Nation

Living Longer Living Stronger Partnership

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**The
Oklahoma Arthritis Network
Presents**

**LIVING LONGER,
LIVING STRONGER
with Chronic Conditions**

An Evidence-Based Program

The graphic on the right side of the page is a vertical banner with a light blue background and a dark blue border. At the top, there is a circular logo with a red outer ring and a blue inner ring. Inside the inner ring is a white square containing a blue tree with the words "LIVING LONGER" at the top and "LIVING STRONGER" at the bottom. Below the logo is a solid red horizontal bar. The text "The Oklahoma Arthritis Network Presents" is centered in bold black font. Below that, the slogan "LIVING LONGER, LIVING STRONGER with Chronic Conditions" is written in large, bold, black capital letters. At the bottom, "An Evidence-Based Program" is written in bold black font.

Thursday, October 23rd

3:00 p.m. to 4:30 p.m.

**Bird Library Auditorium,
1000 Stanton L. Young Blvd.
OU Health Sciences Center
Oklahoma City, OK**

Friday, October 24th

10:30 a.m. – 12:30 p.m.

**Kiamichi Vo-Tech
Talihina, OK**




Speaker:

**Valarie Jernigan, DrPH
Stanford University**






The Chronic Disease Self-Management Program is a science proven (evidence-based) program. It is a 6-week, small-group intervention attended by people with different chronic conditions. The program is based on self-efficacy theory and emphasizes problem solving, decision-making, and confidence building. Participants experience improvement in health behaviors (exercise, cognitive symptom management, and communication with physicians), self-efficacy, and health status (fatigue, shortness of breath, pain, role function, depression, and health distress) and had fewer visits to the emergency department.

Objectives

-  Participants will understand what self-management means and how the roles of the patient and provider change with the CDSMP
-  Participants will learn where and how CDSMP is implemented in both the clinical and community settings and how leaders are identified and trained
-  Participants will understand how to work with diverse partners when implementing the CDSMP

Add'l Objectives for the Friday, October 24th Presentation

-  Identify cultural adaptations made to the CDSMP that allowed it to be successful in the Native community
-  Identify challenges and successful methods in recruiting Native Americans to CDSMP
-  Identify how to integrate the CDSMP within larger chronic disease prevention and management efforts of tribal and urban Native communities

RSVP

**(405) 271-9444, x56535 or email adriennec@health.ok.gov
by **Monday, October 20th****

Parking instructions will be provided when you RSVP