

CDSMP Leader Manual Changes announced 5/31/2016 (revised 7/26/2016)

Make these changes for the activities and charts shown below in all Chronic Disease Self-Management Program manuals where they appear – CDSMP Leader Manual, CDSMP Master Trainer Manual, and CDSMP T-Trainer Manual. These changes apply to the CDSMP manuals labelled Copyright 2012 (April 2015 version).

1. CORRECTING “SERVING” AND “PORTION”

Session 4, Activity 3, #11, Change to read:

If we are going to watch our portion sizes we have to know exactly what we mean by portion. **A portion is what you put on your plate. [DELETE the last sentence in first paragraph.]**

First, turn to your book and look at the formulas for healthy eating tables beginning on page 186. **You will find the serving size for lots of different foods. This is not necessarily the same as a portion size and is different for every food. The serving size is the standard size that is used to measure the calories and nutrients in a food. Serving size is what you see on food labels. Most people put more than a serving size portion on their plates, but some may put less.**

Session 4, Activity 3, #12, first paragraph, Change "portion" to "serving"

Session 4, Activity 3, #16, Change to read:

These guidelines for portion and serving size are there to help you plan your meal. You do not have to eat a whole **serving** with your meal. **Your portion can be less than a serving or more than a serving.**

Session 4, Activity 7, #1, Change "portion" to "serving"

Session 5, page 1, Purpose, second bullet, Change "portion" to "serving"

Session 5, page 1, Objectives, #2, Change "portion" to "serving" in 2 places

Session 5, Activity 2, Chart 19, Change #1 to read:

1. Work toward 7 **servings** of fruit and/or vegetables a day

(• 5 a day is a recommended minimum

- These are a good source of fiber and vitamins and minerals*
- They help to avoid constipation*
- They have no cholesterol, are a healthy source of carbohydrates*
- Depending on how they are prepared, they have little or no fat*
- If 7 **servings** seem like a lot, then work at gradually adding a **serving** or two each day. This might make a good Action Plan.)*

Session 5, Activity 2, Chart 19, #2, fifth bullet, Change "portion" to "serving"

Session 5, Activity 2, #3, Change the first call out to read:

What is the ideal number of daily **servings** of fruit and vegetables?

Session 5, Activity 2, #5, Change the first call out to read:

How many **total** carbohydrates does this food have?

Session 5, Activity 2, #5, Change the third call out to read:

How much **total** fat does it have?

Session 5, Activity 2, #6, Change “portion” to “serving” in the first three call-outs

Session 5, Activity 2, #8, Change “portion” to “serving”

Session 6, Activity 3, Chart 26, #3, Change "portion" to "serving"

Session 6, Activity 3, Chart 26, #4, Change "portions" to "servings"

Appendix I, Chart 19, #1, Change "portions" to "servings"

Appendix I, Chart 26, #3, Change "portion" to "serving"

Appendix I, Chart 26, #4, Change "portions" to "servings"

2. CHANGING “FORS” AND “AGAINSTS” TO “PROS” AND “CONS”

Session 3, Activity 2, #4 a, b, c, d, Change “fors” to “PROs” and “againsts” to “CONs”

Session 3, Activity 2, #6, 7, 8, Change “fors” to “PROs” and “againsts” to “CONs”

Session 3, Activity 2, Chart 10 and Chart 11, Change “fors” to “PROs” and “againsts” to “CONs”

Appendix I, Chart 10 and Chart 11, Change “fors” to “PROs” and “againsts” to “CONs”

3. RENUMBER LAST FOUR CHARTS

The charts after Chart 23 have been renumbered. Rather than 23a, it is 24, and so on. There are no new charts.

Change Chart 23a to Chart 24

Change Chart 24 to Chart 25

Change Chart 25 to Chart 26

Change Chart 26 to Chart 27

4. REFERRING TO TOOL BOX

Remember to point to the Tool Box when referring to any of the tools, especially when introducing a new one.

5. BRAINSTORMING GUIDELINE CLARIFICATION

The brainstorming guidelines have changed a bit. The main difference is now being able to use KEY WORDS. Rather than write the entire sentence or question, we now use only KEY WORDS. For example, if someone gives an idea “take a walk,” you would write “walk.” We did this because the brainstorms are slowed while people stare at the scribe and stop contributing. Here are the new Brainstorming Fundamentals for Leaders:

Brainstorming Guidelines for Leaders

- The facilitator reads the question as written in the manual.
- The scribe writes the brainstorm question, using KEY words.
- The facilitator repeats the ideas loudly, using the participant’s own KEY words while looking at group, **not at the scribe**.
- If the idea is too long, ask the participant to shorten it. If they cannot, ask for permission from them if you shorten or rephrase it.
- The scribe listens only to the co-Leader, and writes what the facilitator says.
- The scribe does not use abbreviations or symbols.
- The scribe is responsible for telling the facilitator if they can’t keep up with the ideas.
- The facilitator controls the “traffic”- slowing the brainstorm if the scribe needs to catch up.
- Neither the facilitator nor the scribe comment or allow anyone else to comment on the ideas (positively or negatively, verbally or by facial expression).
- The facilitator does not allow questions until after the brainstorm is over.
- If there are less than 15 ideas, the facilitator uses silence ...**W...A...I...T...!** (it’s not over until you have counted to 15 to yourself with no new ideas). If there are no more, the brainstorm is over.
- The facilitator does NOT call on people.
- The scribe tells the facilitator when there are 15 ideas listed.
- If there are 15 ideas, the facilitator tells the group you will take 2 more and end the brainstorm.
- After the brainstorm, the scribe or facilitator reads back the list to the group.
- The facilitator asked if any ideas need clarification.
- If there are ideas listed in the manual to add, the facilitator adds only those ideas that are not already listed.
- If any ideas are “inappropriate”, such as alcohol or violence, the facilitator points this out politely without pointing anyone out.