



**Program:** Evidence-Based Disease Prevention:  
**Disease Self-Management**

**Organization:** Senior Service Centers of the Albany Area, Inc.  
(Senior Services of Albany)

**Project Title:** Women Take PRIDE in Managing Heart Disease

**Project Period:** September 30, 2003 TO September 29, 2006

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**Evidence Base**

The "Women Take PRIDE" (WTP) intervention was developed and tested by researchers at the University of Michigan School of Public Health. It is a four-week education and behavior modification program for women over the age of 60 who have heart disease.

**Original Research Evidence**

The original research, done by N. Clark PhD and published in March 2000, studied the effect of the heart disease management program "Women Take Pride" on physical functioning, symptom experience, and psychosocial status.

Using a randomized controlled trial, researchers recruited participants from 6 different hospitals. A total of 309 women were selected for the intervention group and 261 were selected for the control group. Participants were at least 60 years old, had a diagnosis of cardiac disease, and were seen by a physician approximately every 6 months. Researchers collected data by telephone survey at baseline, four months, and twelve months to compare the two groups.

Results showed that at 12 months post intervention, participants in the intervention group had better physical functioning and improved ambulation, were less symptomatic, and had lost more body weight than control group participants. Additional research published in 2003 examined hospital billing data from a 36-month period, and showed that participants in the intervention group had 46% fewer in-patient days and 49% lower in-patient costs than participants in the control group.

### **Adaptation of Model**

Senior Services of Albany will adapt this model by making it more applicable to community settings. Rather than using the hospital setting, this project will modify the recruitment techniques and implement the program in familiar places to seniors, such as community rooms in senior housing complexes. Referrals will also be generated from health care providers and insurers.

### **Project's Overall Design**

This project seeks to demonstrate the effectiveness of both providing the intervention and recruiting participants in a community setting. Participants of the program attend classes for 2 1/2 hours per week. Classes are led by a University of Michigan trained health educator and use standardized materials developed by the University of Michigan.

Participants learn general principles of heart disease management, but are encouraged to choose one problem in which to apply the PRIDE process (**P**roblem identification, **R**esearching one's routine, **I**dentifying a management goal, **D**eveloping a plan to reach it, **E**xpressing one's reaction/establishing rewards for making process). Examples of tools used in the PRIDE process include pedometers, walking logs, diet logs and stress management materials.

During week one, participants select one problem on which to focus the PRIDE program, and track their behavior around this problem. Week 2 includes reporting behavior, setting a goal, and developing a plan to achieve that goal. Any difficulties experienced in trying to reach their goal will be shared during week 3. Additional education is also given during week 3 on personal and social support in achieving goals. The last week of the program, participants will learn how to share their accomplishments with each other and their family and friends. Motivational phone calls are made weekly during the program and at the four and six month marks.

WTP focuses on:

- Improving functional status - both physical and social
- Improving symptom experience and general health outcomes
- Improving the knowledge of and access to community resources

### **Target Population**

This WTP demonstration primarily targets African American women 60 years of age and older, living in the inner cities of Albany and Rensselaer counties, as well as women over 60 years living in rural areas of both counties. All participants must have a diagnosis of heart disease.

### **Anticipated Outcomes**

- Improved general health status; perception of health and symptom experience
- Improved functional status; physical functioning, role functioning, and social functioning
- Improved knowledge of community resources to assist women over the age of 60 in managing their heart disease.

### **Evaluation Design**

An extensive evaluation will be conducted throughout the implementation period in order to assess the outcomes and document lessons learned in program implementation.

The Impact Evaluation will involve collecting data in person at baseline and 4 months, and then by mail at 12 months. General health status and functioning will be measured using the Short Form 36 Health Survey (SF-36). Specific tools will be developed in order to measure knowledge of community resources, as well. Other measures included in the impact evaluation consist of body weight and symptom experience (presence, frequency and level of bother) of the participants.

The process evaluation will be conducted to document important aspects of the implementation period and to incorporate lessons learned into ongoing program improvements. Participants will complete questionnaires at the end of the 4-week sessions to assess satisfaction with content, delivery, access to the program, convenience of time and location, transportation to the program, and to make any recommendations they might have. Attendance and dropout rates will also be evaluated. Additionally, facilitators will complete implementation logs that record their observations of program strengths, weaknesses, and recommendations.

### **Partnerships**

- Senior Services of Albany will have the recruitment, promotion, and scheduling responsibilities as well as the over all management of the project.
- Northeast Health is a not-for-profit network of healthcare, supportive housing, and community services. They will be providing the health educator services, including educational sessions, participant assessments, follow-up calls and data collection.
- The HealthNow Foundation, Inc. is a not-for-profit health services and research foundation. They will help identify participants for the program by advertising the program to the enrollees of their supplemental insurance program "Senior Blue", and by requesting that participating physicians make referrals to the program.
- Albany County Department for Aging is the Area Agency on Aging and will work with other Departments for Aging and County Health Departments to help recruit participants for the program. They will also help select

potential sites for implementation of the program, as well as secure transportation for participants.

- University at Albany, State University of New York, School of Public Health will complete the evaluation for the program.