

## **Using Peer Educators to Deliver Self-Management Education Programs for People with Chronic Diseases**

Kate Lorig, RN, DrPh  
Patient Education Research Center  
1000 Welch Rd, Suite. 204  
Palo Alto, CA 94303  
650-723-7935  
[lorig@stanford.edu](mailto:lorig@stanford.edu)  
[www.patienteducation.stanford.edu](http://www.patienteducation.stanford.edu)

I am director of the Patient Education Research Center in the School of Medicine at Stanford University. The purpose of the center is to develop, evaluate in randomized trials, and disseminate self-management education program for people with Chronic Diseases.

Over the years we have developed programs in both English and Spanish for people with arthritis, HIV/AIDS, and diabetes. We have also developed programs where people with different chronic conditions all take the same workshop together. This is possible because, while the diseases differ, the problems that people have with their diseases are mostly similar.

All of our programs are based on patient needs assessments, are peer led, and deal with medical, role, and emotional management. We have programs in many different formats including small group, Internet based, and mail delivered.

Studies as to the effectiveness of the programs indicate that participants when compared to randomized controls general have improved health behaviors, fewer symptoms, and less health care utilization.

Complete information about our programs as well as an extensive bibliography can be found on our web site [www.patienteducation.stanford.edu](http://www.patienteducation.stanford.edu).

I or others on our staff are always available for questions and conversation.