Self-Efficacy Learning Forum Curriculum
(Supported by a grant from the Colorado Neurological Institute)

Month 1  Program Overview/Orientation/What is Self-Efficacy?
Speaker: Diane Cook
Learning Objectives:
- Overview of the 10 month curriculum
- Orientation to the learning format and program components
- Introduction to the facilitators and other participants
- Basic understanding of the role of self-efficacy in disease management

Handouts:
- Attitude, Knowledge, Partnership, Action
- Vocabulary
- What is SE to Me - Worksheet

Month 2  Diagnosis/Adjustment/Moving Forward
Speaker: Diane Cook
Learning Objectives:
- Overview of psychosocial adjustment to PD, including what to expect and ways to help yourself
- Introduction to self monitoring and the importance of keeping a daily health record
- Understanding the benefits and how-to of health journaling
- Introduction to the importance of goal setting

Self-Efficacy: Journaling; Self-Monitoring; Goal Setting; PD Daily Journal/Log; Patient Vocabulary

Handouts:
- PD Daily Journal
- Journal/Log
- Patient Vocab
- Goal Sheet
- Progress toward Goal
- Action Planning Description

Month 3  Assembling Your Healthcare Team
Speaker: Diane Cook
Learning Objectives:
- Introduction to the importance of creating a personal healthcare and support team
- Suggestions on how to go about creating such a team
- Tips on effective patient/doctor communication
- How to speak your care provider’s language
• Understanding of how to get the most value out of time with your doctor
• An appreciation that you are responsible for the level and effectiveness of your own care

**Self-Efficacy: Communicating Effectively; Being Proactive; Formulating Questions; Symptom Prep Sheet**

**Handouts:**
- At you Neurologist Appointment
- PD Medicines and Cold Medicines – What you need to know
- Preparing for your Doctors Appointment
- Goose Story

### Month 4  Medications & Treatments

**Speaker:** Vicki Segro, MSN

**Learning Objectives:**
- Tips on becoming a more effective “expert” on one’s own body
- An overview of the different types/classes of Parkinson’s medications
- A basic understanding of how each type of medication works
- Explanation of some of the common side effects of these medications
- Awareness of contraindicated medications in PD

**Self-Efficacy: Keeping Healthcare Records; Evaluating Options**

**Handouts:**
- Goals – Checking Results and Sharing Progress
- New Goal Sheet
- Azilect & Other Meds
- PD Medications
- Medication Log
- Symptom Tracking
- Impulse Control & PD

### Month 5  PT & Exercise

**Speaker:** Robyn Gisberg, PT, DPT

**Learning Objectives:**
- Overview of how exercise impacts quality of life and PD
- Introduction to the concept of exercise-induced neuroplasticity
- Suggestions on how to apply exercise principles to address movement deficiencies
- Understanding of the importance of developing a PD-specific exercise plan
- Explanation of how to incorporate intensity, specificity, and complexity into one’s exercise program

**Self-Efficacy: Establishing New Routines; Stretch Goals; Overcoming Obstacles; Problem Solving**

**Handouts:**
- Does Exercise impact Parkinson’s? by Giselle M Petzinger, MD
Month 6  Non-Motor Symptoms  
Speaker: Dr. Benzi Kluger  
Additional Mini-Topic: Managing Difficult Emotions (Diane Cook)  
Learning Objectives:  
• A greater awareness that emotional ups and downs of living with a chronic disease are normal  
• An understanding of how difficult emotions impact symptoms  
• Suggestions for ways to deal with difficult emotions  
• An identification of the most common non-motor symptoms of Parkinson’s disease and why they occur  
• Suggestions for how to deal with your non-motor symptoms  
  Self-Efficacy: Managing Negative Emotions; Overcoming Obstacles  
Handouts:  
• Resources list on the Non-Motor Symptoms of Parkinson’s  
• Overcoming Obstacles Decision Chart  
• Booklist on Mindfulness and Meditation  

Month 7  Integrative Medicine (incl. Nutrition & Supplements)  
Speaker: Dr. Lisa Corbin  
Mini Demonstration: Mindfulness in Stillness & Motion, Matt Zepelin  
Mini-Lecture: Toward Realistic Optimism (Diane Cook)  
Learning Objectives:  
• Alternate approaches to goal setting and keeping a journal  
• An appreciation of the role of both optimism and realism in chronic disease management  
• Definition of Complementary and Alternative Medicine (CAM) and Lifestyle Medicine  
• Suggestions for how to make the most of lifestyle approaches  
• Explanation of the risks and benefits of CAM in general  
• Suggestions of CAM therapies to consider with PD  
• Nutritional guidelines for Parkinson’s disease  
• An understanding of how to use both CAM and Lifestyle to form an Integrative Medicine approach to disease  
  Self-Efficacy: Optimism, Realism and Realistic Optimism; Reframing  
Handouts:  
• Feldenkrais methods for Parkinson’s patients  
• Reframing examples
Month 8  **Brain/Cognition/Neuroplasticity**
Speaker: Dr. Alan Bowling  
Mini Topic: Resilience and Tenacity (Diane Cook)
Learning Objectives:
- A greater awareness of changes in cognitive function
- Suggestions for ways to make accommodations for changes in cognitive functions
- Identification of ways to keep the brain sharp and fit using brain exercises
- An introduction to the five factors that contribute to resilience
- An appreciation of what resilience looks like in everyday life
- An awareness of what resilience enables us to accomplish
- Tips on improving tenacity and persistence
- An understanding of the important relationship between tenacity and plasticity and disease management
- Definition, examples and practical applications of plasticity
- How to use plasticity to improve your own brain function

**Self-Efficacy: Resilience; Tenacity; Focus; Brain Exercises**  
Handouts:
- Booklist on Parkinson’s and the Brain
- The Five Resilience Factors
- Resilience Resources

Month 9  **Relationships/Intimacy/Caregivers**
Speaker: Luci Draayer, LCSW, CMC
Learning Objectives:
- An appreciation for the important role of a care companion
- An awareness of care companion stress and emotional responses
- An understanding of the importance of reflection for emotional health
- Ideas for ways to incorporate a reflective mindset
- Approaches for developing a strong partnership team in dealing with Parkinson’s
- Suggestions for how to strengthen PWP/Companion communication

**Self-Efficacy Skills: Reflection; Communicating Your Needs**  
Handouts:
- Resources for Care Partners
- Communication Tips

Month 10  **Research/Clinical Trials/Getting Involved**
Speaker: Dr. Rajeev Kumar
Learning Objectives:
- List of questions to apply to medical outcomes reported in the news
Experience interpreting medical news
Overview of the main types of research studies
Understanding of why human subjects are protected
Overview of where clinical studies fit into the research process
Summary of clinical trial phases
Suggestions of questions to ask prior to signing up for a research study

Self-Efficacy: Interpreting Medical News; Self-Advocacy; Mentoring Others

Handouts:
Clinical trials in Colorado
Participating in a Clinical Trial