Center for Patient, Family, & Community Engagement in Chronic Care Management (CENTRIC)

Building infrastructure for research to help Nebraskans learn to live with their chronic conditions, to:

- stay healthy
- stay in their homes longer
- reduce health care costs.

Chronic illnesses and conditions are a growing crisis.

- 4 in 10 adults have two or more chronic diseases
- 6 in 10 adults have a chronic disease

- We need to engage and rely more on patients, family caregivers and community partners to help manage these conditions.
- Multidisciplinary teams will implement strategies to promote self-management to maintain or improve patient’s health and prevent a decline in health.
- Self-management support programs are one means of improving patient outcomes and reducing hospital readmissions and emergency room visits.

**CENTER GOALS**

| Expand research resources to plan, promote, and support self-management research and manage chronic health care conditions. | Expand the number of interdisciplinary, externally funded studies focused on self-management support for chronic illnesses, or those at high risk for chronic conditions. | Develop scientists with expertise in translational methods studying self-management for chronic illnesses. | Accelerate the use of technologies for studies focused on patient, family, and community engagement in self-management. | Provide the research infrastructure and a home for PostDocs. | Plan for and develop sustainability of the center. |
**Accomplishments**

**Pilot Grants led to R01 funding**

Just in Time Accelerator (JITA) led to R01 funding

Received external foundation grant funding from the Hearst Foundation ($300k during the past 10 years) to enhance research in the areas of self-management intervention of multiple chronic conditions and the design or use of technologies in monitoring symptom self-management.

**NU Collaborative Team Seed Grant for $150K with UNO led to progress on the development of a self-management application platform.**

Current funding priorities for CENTRIC focus on research covering multiple chronic conditions including Cancer, Heart Failure, Diabetes, Cardiovascular Disease, Asthma, Arthritis, Obesity, Hypertension, Obstructive Sleep Apnea and Mental Health.

---

Robin Lally – CENTRIC Director

Tonya Cejka – CENTRIC Project Coordinator

https://www.unmc.edu/centric/