



Chronic Disease Self Management Training for Health Professionals

AIM:

This approach to chronic disease self-management will enable health professionals to adopt practices that will not only enhance their ability to support patients or clients to self-manage, but it will also provide them with the knowledge, skills and attitudes needed to work more effectively with this client group.

It aims to increase awareness of the difference in chronic and acute care and enables health professionals to empower clients / patients to become more active partners in the management of their health.

The process includes a self-management assessment (Partners in Health scale and Cue & Response interview process) that identifies areas where patients/clients may have the potential to improve their current self-management practice. A Problem and Goal approach is also used. The clients' 'readiness to change' is explored. This collaborative approach to the identification of issues allows goals to be set and appropriate interventions or strategies to be explored. This process leads directly to a 'self-management care plan'.

BACKGROUND:

This generic approach to Chronic Disease Self-Management has been developed by Flinders Human Behaviour and Health Research Unit (FHB&HRU).

DELIVERY:

- Training is delivered over 2 days. The 2 day workshop includes provision for a 'practical' session with participants working with 'volunteer' patients/clients - thus providing an opportunity to put theory from Day 1 into practice.
- Presentations, demonstration, role play, and practical components are included. Time is allowed for feedback and discussion as they are important components of the workshop.
- A comprehensive manual is provided to all participants.

IN SUMMARY, by the end of the course, the health practitioner will be able to:

- Understand the principles of chronic disease self-management
- Administer the Partners in Health Scale. This scale is completed by the patient, the results of which will identify those areas where they are managing well and those areas that need further support and action.
- Undertake a 'Problem and Goal' assessment. This allows problems to be clearly identified from the patient's perspective.
- Use a range of interventions and strategies for self-management
- Develop a Care Plan that includes the identified self-management issues, the relevant interventions and strategies, and the problems and goals as identified by the patient.
- Understand the principles of 'Stages of Change' and
- Understand the concept of Motivational Interviewing

CONTACT:

For further information or to book training for yourself or organisation, please contact the Health Partners team on 9458 0505.