

E-update – March 2010

Issue No. 6

Update from the CCPM Team

Welcome to first edition for 2010 and thank you to all those people who completed the E-update survey sent just prior to Christmas. Your feedback is greatly appreciated and is being used to further develop the E-update. Feedback was overall very positive. So expect to continue to receive the E-update bimonthly, hopefully a little more condensed to reduce size and with a greater focus on prevention.

Over the Christmas break there have been more changes to the team and unfortunately we say a fond farewell to our colleague Shelley Moor who has officially resigned from her substantive position as Area Coordinator for the South. Funding for the Area Coordinator South position is currently being used until the end of June 2010 to support a number of specific projects.

A number of projects are currently being progressed at a statewide level by members of the team:

- Sharon Griffiths has taken on the statewide coordination of the Stanford Chronic Condition Self Management Program (*Get the Most Out of Life*) with the support of Leanne Hennessy.
- Elaine Marshall has been undertaking a review of national and local Healthy Lifestyle programs. Elaine is also supporting the development of the Get Healthy Service (refer pg 2) which has meant that the review of healthy lifestyle programs has been temporarily put on hold whilst this work is taking priority.
- Di Webb is working on Health Coaching and Self Management Training projects.

Our newest member of the team is:

- Robynne Rankine who has started working in a part time role until June 2010 on the development of a statewide self management framework.

So lots of interesting work/projects ahead!

If you do have anything you would like to contribute to next edition please forward to diane.webb@dhhs.tas.gov.au who has now taken over coordination of the E-Update. We welcome your feedback and ideas!

In this update:Update from the CCPM TeamNewsResources**Future Chronic Disease and Self Management Training and Education:**

- Tasmania
- Interstate

Programs for people with chronic conditionsFeedback on e-update

Your feedback is appreciated - please contact Di Webb on ph: 6336 2405 or email:

diane.webb@dhhs.tas.gov.au

For more information please contact the CCPM team:

State Coordinator	Narelle Smith	3/25 Argyle Street Hobart	Ph: 6222 7720 or email narelle.smith@dhhs.tas.gov.au
North West	Sharon Griffiths	Ground Floor, Parkside Burnie	Ph: 6440 7134 or email sharon.griffiths@dhhs.tas.gov.au
North	Diane Webb	Level 1, 93 York Street, Launceston	Ph: 6336 2405 or email diane.webb@dhhs.tas.gov.au
Self Management Framework Project	Robynne Rankine	Level 1, 93 York Street, Launceston	Ph : 63 362731 or email robynne.rankine@dhhs.tas.gov.au
Healthy Lifestyle Programs Project	Elaine Marshall	3/25 Argyle Street Hobart	Ph: 6222 7708 or email elaine.marshall@dhhs.tas.gov.au
Administrative Support	Leanne Hennessy	3/25 Argyle Street Hobart	Ph: 6222 7708 or email leanne.hennessy@dhhs.tas.gov.au

News

Newest Team Member- Robynne Rankine

My background is working as a psychologist in government health services most recently in Tasmania in youth health and previously as a clinical manager in ACT community health. Currently, beside this project, I work part-time in clinical psychology at the LGH spinal support unit along with my doctoral studies in public health; my thesis focuses on researching health professional's perceptions of their role in reorientating health practises in chronic conditions self-management.

My project in Chronic Conditions Prevention and Management Team is to undertake the development of the Self-management Framework for Tasmania. I look forward to undertaking this project and being a part of the chronic conditions prevention and management team.

Get Healthy Tasmania – (Information and Coaching Service)

The focus on preventative health has been growing at both national and state levels. As a practical way to support Tasmanians to make healthy choices and to live healthier lives the Department of Health and Human Services has recently committed new funding for a telephone information and coaching service. Developed by NSW Health the *Get Healthy Information and Coaching Service* is designed as a population based preventative health initiative targeting some of the key preventable risk factors for chronic disease.

The primary target group is adults 18 years + who are at risk of developing chronic disease due to having one or more of the following risk factors:

- not meeting healthy eating guidelines
- lack of physical activity; and/or
- overweight.

The *Get Healthy Information and Coaching Service* supports people to identify their health risks, and then encourage long term goal setting to change the behaviours that are impacting on their health.

It is a free telephone and web-based service that provides individualised information, advice and behaviour change coaching in relation to physical activity, healthy eating and weight management by qualified health coaches.

The experience in NSW to date shows that the service is accessed by people of all walks of life, men and women and people of all ages. Outcomes for participants include: participants eating more fruit and vegetables, reducing their weight, increasing their physical activity, and reducing their consumption of take away foods and sweetened drinks.

Work is now taking place to establish a contract with NSW Health to deliver the service in Tasmania. It is anticipated that the service will be available either later this financial year or early in the 2010/11 financial year. This new service will address some of the gaps in providing support for lifestyle change and help provide more practical options for Tasmanians to improve their health and wellbeing and to support national campaigns such as *Measure Up*.

For further information on the *Get Healthy Tasmania (Information and Coaching Service)* please contact: Elaine Marshall (ph 6222 7708, elaine.marshall@dhhs.tas.gov.au) or Narelle Smith (Ph 6222 7720, narelle.smith@dhhs.tas.gov.au).

Get the Most Out of Life -Chronic Conditions Self Management Program

With the CCPM Team recently taking on a coordination and support role for the program in Tasmania a number of developments are underway including:

- A Program Coordination Group has been formed to support the development and direction of the program in Tasmania. Members comprise of DHHS and non-government organisations who hold a licence for the Stanford program and who have a commitment to working together to deliver the program across Tasmania.
- There are plans underway to hold Leader Updates on a regional basis with leaders over the next couple of months. This will provide the opportunity to progress future planning and discuss program issues.

We would encourage you to contact us if you:

- are a leader keen to facilitate a program
- have an interest in a program being run in your community
- would like more information about *Get the Most Out of Life*

Please contact:

Program Support Officer, Leanne Hennessy on Ph: 6222 7708 or
Program Coordinator, Sharon Griffiths on Ph: 6440 7134

* See under “Programs for People with Chronic Conditions” a list of planned upcoming programs.

Chronic Disease Clinical Network Update:

You may remember that late last year the DHHS called for expressions of interest in leadership positions within a new Chronic Disease Clinical Network.

We are delighted that some 35 people from a range of backgrounds and experiences have expressed an interest.

These and other key people have been invited to join an Interim Leadership Group to oversee the establishment of the Network.

This group will come together on 2 March to work out the priorities for the Network’s annual work plan and to decide the best way the group can work together to support this.

In the meantime, we are asking all members and potential members of the Chronic Disease Clinical Network to tell us how you think the Network should work by completing a short survey.

The survey is available by visiting the link below and should only take a few minutes to complete. Results will be used to inform the development of the annual work plan.

<http://www.surveymonkey.com/s/G2KVL6X>

We are also looking for some more consumers to join the Chronic Disease Clinical Network and are particularly keen to involve them in the upcoming planning day.

If you are a person living with a chronic condition who would like to be involved (or know of someone who might) please let us know by contacting Amanda Daly on 6236 5622 or emailing amanda.daly@dhhs.tas.gov.au.

Pathways to Change – Rumney Chronic Conditions Self Management Project

This project has now evolved as a demonstration project for the purpose of informing the new Clarence Integrated Care Centre as a model for Chronic Condition Self Management [initially focusing on Type II Diabetes]. The Centre Based Nurse has currently reviewed over 50 patients from the Medical Practice as part of their Annual Cycle of Care and has referred on to service providers covered by ECP items [medicare funded]. A client held record booklet has been developed by the Working Group based on the NSW “My Health Record” and will soon be trialled by 35 participants. The next stage of implementation is recruitment of service providers within the Clarence Community Health Centre who have recently been trained in the CENTRd Model to provide health coaching to the participants. For more information about this project contact Donna Gallagher, Eastern Shore Community Nursing , 62114550

Resources

Newsletters and Fact Sheets:

Australian General Practice Network Newsletter – Chronic Disease Management
<http://www.agpn.com.au/programs/chronic-disease-prevention-and-management2/news/newsletters>

Websites:

The latest resources uploaded to the Integrated Chronic Disease Management Online Clearinghouse can be found at: <http://clearinghouse.adma.org.au>

Articles / Publications:

- Two recent studies from Baker IDI Heart and Diabetes Institute, Melbourne, Victoria.
 - **Deleterious associations of sitting time and television viewing time with cardio-metabolic risk bio-markers: AusDiab 2004-2005 – *Diabetes Care* Nov 2009**
 - **Television Viewing Time and Mortality – the Australian Diabetes Obesity and Lifestyle Study (AusDiab) – *Circulation* Jan 2010**

Future Chronic Disease and Self Management Training and Education

In Tasmania:

“The Community Pharmacy Healthy Hearts Intervention Project – Experiences of Participant Pharmacists”. The next UDRH seminar will be presented by Helen Howarth on 2nd of March (**Tuesday**) at 12:15 – 1:30pm. The details of the seminar are online at <http://www.ruralhealth.utas.edu.au/reply/udrh-seminar.php> by the 26th of February 2010.

½ Day Health Coaching Workshop- 16th April in Launceston - A must for Managers who want to better understand the model and how to support implementation into practice. Also a great refresher for people who have previously undertaken training. For enquiries please phone Di Webb 63 362405



The Tasmanian Inter-Professional Learning Demonstration Project: The CENTREd Model for Participant-Centred Engagement in Healthcare (PCEH)

Do you work with people who have **chronic conditions**?
Would you like to learn valuable skills to promote and facilitate **self-management**?

The CENTREd model training program is an inter-professional learning opportunity for health professionals. The training emphasises implementing and reflecting on the use of core strategies and skills to engage and support a client to actively take responsibility for managing their health or chronic conditions.

CENTRE stands for: **C**ommitment, **E**ngagement, **N**egotiation, **T**aking action, **R**epeating back, **E**stablishing follow-up. **CENTREd** strategies include: Communication, Motivational interviewing, Problem solving, Goal setting and Action Planning.

There is no charge and refreshments will be provided. All trainees are provided with a trainee manual and have access to the IPL website for further interaction and resources. Workshop sessions are being scheduled at various locations and times. Further information is available at www.ipltas.net/ or to register, phone 6226 6106

Accredited Nutrition Training for Practice Nurses - The Community Nutrition Unit (DHHS) in partnership with General Practice Tasmania are continuing to deliver the successful **“Strengthening Nutrition in General Practice”** short course for Practice Nurses in 2010. Nurses who have completed the course previously have given extremely positive feedback, urging all Practice Nurses in the state to participate. Upon completion of the RCNA accredited course, nurses receive points for their professional development. The sessions are discussion based and interactive, also providing opportunity for applying the tools and knowledge between the 3

sessions of the course. Courses are being run in the North and North West in February and March, with a telehealth version of the course being offered in May/June for outlying areas. For more information contact the Community Nutrition Unit 62227222.

Get Active Training- Has it been awhile since you did your GAP Facilitator training and you feel like you might like a refresher? Update your training and hear what is going on with GAP around the State. There will be discussions on potential groups, activities, and much more. The cost is \$60 and includes one of our most recently updated manuals. Refresher Training Launceston February 12th, 2010, 10:00 to 3:00 Women's Health North, 93 York Street, Launceston, COST: \$60 R.V.S.P January 12th, 2010. For further information, please call Di McShane on 0428390089 Email: gap@wsrt.org.au

Making A Difference (MAD) – we are running an 8-day health promotion training program. The course runs in Burnie 10am – 4pm on Tuesdays and Wednesdays: Feb 23 / 24, March 16 / 17, April 13 / 14, April 27 / 28. There is no cost for this course, however participants need to commit to all eight days, and will need the written support of their manager if attending in work time. The course is open to anyone who would like to know more about working in health promoting ways. Places are limited so BE QUICK! If you have expressed interest but haven't yet sent us your registration form, please do so by Fri Feb 5th. Contact julie.milnes@dhhs.tas.gov.au 6421 7704 (Mersey area: Latrobe – Penguin) or michelle.towle@dhhs.tas.gov.au 6440 7015 (Hellyer area: Burnie and everything west of there).

Working with men - Practice development workshop - Campbell Town, Tasmania, 3rd Sep 2010. 9.30- 4.30pm. The workshop will focus on: applying the generative perspective, building stronger local networks, supporting opportunities for peer supervision. Cost:\$143.00 (GSTincluded. Catering provided . Facilitator: AndrewKing. For more information: <http://www.groupworksolutions.com.au/BookingRetrieve.aspx?ID=69555> or call 0437 749 390.

Alzheimer's Australia Tas training courses:

- Introduction to Dementia short course - 16th March 2010, 9.30am – 12.30pm, Hobart. Information on: What is dementia? The impact of dementia, Communication. Cost: \$55.00 (inc GST) per person
- Family Carers Course - Do you know or are you caring for someone who has dementia? Alzheimer's Australia Tas invites you to attend a free 12 hour course. Topics include: The nature of dementia; Effective communication; The impact of dementia; Understanding symptoms of dementia; Developing effective responses to the behaviour; Activities for living and pleasure. Launceston: 2nd, 9th, 16th & 23rd February 2010, 9.30am – 12.30pm each day, or Hobart: 19th, 26th April, 3rd & 10th May 2010, 10.00am – 1.00pm each day.
- Also Advanced Family Carers Course, Experiencing Dementia and more.
- Contact Alzheimer's Australia Tas, Hobart, Phone: (03) 6224 3077 Email: ros.geeves@alztas.asn.au or Launceston, Phone: (03) 6326 3488 Email: michelle.dexter@alztas.asn.au

LIFE Professional Development: evaluating suicide prevention

projects – Hobart, March 17 9am-5pm. Professional development evaluation workshop to introduce and explain the key concepts of evaluation. Anyone working with people at risk of suicide who would like to learn about evaluating projects or improving their current evaluation systems is eligible to attend. No cost to attend, catering provided.

<http://www.livingisforeveryone.com.au/Evaluation-workshops.html> Contact Rhona Rees on 03 8371 2831 or rrees@crisissupport.org.au

COREStm Meander Valley-Community Response to Eliminating Suicide One Day Suicide Awareness Courses February - March 2010

Venues: Westside Devils Soccer Clubrooms next door to Italian Club, Prospect Vale (**Monday 15/2/10**) OR Westbury RSL Club_cnr Lyall St & Lonsdale Pde, Westbury (**Sunday 28/3/10**)

COST: Free to Meander Valley Residents (\$50 for those residing in other areas)

Bookings Essential: Deloraine House 63622678 or delorainehouse@bigpond.com

Interstate

Training and Education:

Health Coaching Australia

Introduction to Health Coaching for Health Professionals Workshop

- **Melbourne, 4th and 5th March and 17th 18th May.**
- **Brisbane 29th 30th April**

Workshop is now open for registration on-line. You can access workshop information and register on-line at: www.healthcoachingaustralia.com.au

If Not Dieting® Health Professional 2-Day Training - The person centred

approach to healthy weight management: helping people achieve and maintain a healthy weight.

Melbourne, May 6th and 7th. http://www.ifnotdieting.com.au/cpa/htm/htm_article_list.asp?id=32

Contact Louise Wigg louise@ifnotdieting.com.au

Flinders University - Communication and Living Well Workshops-In

2010 we are offering a new and innovative approach that enables health professionals to better support people with risk factors such as smoking, poor nutrition, alcohol misuse, physical inactivity and stress (SNAPS). These new skills and tools will give workers the ability to undertake a structured collaborative process that allows for assessment of self-management behaviours, collaborative identification of problems and goal setting leading to an individualised Action Plan. The process incorporates measurement of client progress and outcomes.

<http://som.flinders.edu.au/FUSA/CCTU/workshops.htm#Timetable>

5th & 6th July 2010 – Adelaide, South Australia

11th & 12th October 2010 – Adelaide, South Australia

Conferences and Seminars:

2010 All Together Better Health 5 Conference- “Seeing Things Differently” - Evidence and Innovation interprofessional learning and practice. 6-9 April Novotel Sydney. More information available from: <http://www.atbh5.com.au/>

6th Annual National Disease Management Conference 2010 – “Chronic Disease Management and the Future of the Australian Health System”

Crown Promenade, Melbourne, Australia 19th & 20th August 2010 . More information available from: <http://www.adma.org.au/>

Programs for people with chronic conditions

Get the Most Out of Life (Stanford Chronic Disease Self Management Program)

Upcoming programs commencing:

North West:

- 1st Feb – Zeehan – Contact Health West 6471 4749
- 3rd May – Strahan – Contact Health West 6471 4749
- 11th May – Smithton- Contact Sharon Griffiths 6440 7134
- 5th July – Rosebery- Contact Health West 6471 4749
- 20th Sept- Queenstown- Contact Health West 6471 4749

North:

- Late Feb –KingsMeadows -Contact Margaret Van der Merwe - 63 365155
- 19th Feb – St Marys/St Helens- Contact Shan Warrillow Williams - 63 765244
- 9th April - KingsMeadows – (Specific target group renal disease) – Contact Di Webb 63 362405
- 14th April- Georgetown – Contact Michelle Nicholson/ Cara Pullen - 63 36 4422
- 21st April – Scottsdale – Contact Gaynor Peaty- 63 525504

South:

- 26th July – Ouse- Contact Sandy Elliott - 62 871301

Healthy Lifestyle Programs to prevent Type 2 Diabetes

General Practice North Diabetes Service has introduced a new Program commencing in early 2010. The "Reset your Life" lifestyle modification program is for people who would benefit from participating in a healthy lifestyle program to prevent the development of Type 2 Diabetes.

Participants who meet the eligibility criteria below have access to the Commonwealth subsidy to participate in an accredited lifestyle modification program (LMP):

- ✓ Aged 40 – 49 years, or Aboriginal patients aged between 15 and 54 years
- ✓ At "high" risk of diabetes as determined by the AUSDRISK tool
- ✓ Have not attended a LMP previously
- ✓ Have had existing diabetes excluded
- ✓ Have provided consent
- ✓ Referred by GP [through 1 of 3 possible MBS item numbers: **713** (Diabetes Risk Evaluation), **717** (45-49 Year Health Check) or **710** (Aboriginal Adult Health Check)].

Participants will pay a maximum of \$50 for the 6 month program (there is no cost for those with a health care card)

General Practice North is the accredited provider for the Reset Your Life program in the northern region, and we have accredited facilitators ready to start group sessions. Referrals from GPs are currently open to access our first Program to be delivered in Launceston **starting in early March 2010**.

For more information on the Prevention of Type 2 Diabetes Program and Lifestyle Modification courses, contact General Practice North Allied Health Services: (03) 6331 3777 or email allied.health@gpnorth.com.au

Get Active Program

If you would like to know more about the Get Active Program or find out about upcoming programs in your area please contact the Program Coordinator Diana McShane on Ph: 6254 7320

Still Gardening Program - NEW CONTACT DETAILS

The Still Gardening Program has now moved from *Council on the Ageing* premises at St Johns Ave New Town to a new location with **Hobart City Council** on the 3rd floor, Hobart Council Centre, 24 Davey Street.

Still Gardening will remain unchanged for now. Our Garden Mates will continue to work with clients in the Hobart and Glenorchy municipal areas, and our 'speakers' program will continue to operate within a 50km radius of Hobart.

Our long term aim however, is to see the Garden Mates and Peer Educators programs developed throughout the State.

Please feel free to contact Lena or Jenny at any time with all matters relating to Still Gardening. Our new contact details are listed below.

Lena Mon-Fri

Phone: 6238 2422

Mobile: 0437 585 665.....

Email: pickeringl@hobartcity.com.au

Jenny Mon-Wed

Phone: 6238 2421

Mobile: 0409 191 553.....

Email: newtonj@hobartcity.com.au

Fax: 6238-2124 (Mark 'Attention Still Gardening')

Community Cooking Demonstrator Program - aims to enhance food purchase, preparation and cooking knowledge and skills in the community, with a particular focus on nutritional wellbeing and people living alone. The role of the trained Community Cooking Demonstrator is to deliver healthy cooking demonstrations to groups within the Tasmanian community. Training workshop planned for the NW Coast (March 25th), or West Coast in April. Interested? Contact Susan McLeod, nutritionist, mobile 0417 155 609 healthplus.tas@bigpond.com .

Heart Foundation Walking - is now established in 19 council areas in Tasmania, with Walking Groups rapidly establishing themselves and available to take on new members. Is there a walking group where you live? Health Promotion Officer Shannon Anis is searching for new walk leaders and would welcome any suggestions or volunteers. Contact Shannon on Tel: (03) 63 36 5119, Fax: (03) 63 36 5166, Mob: 0428 895 914 or visit www.heartfoundation.org.au

Diabetes TASMANIA

Healthy Shopping tours every month across the state.

Taking about an 2.5 hours in duration the tours commence with a group discussion about the Australian Guide to Healthy Eating and the main topics covered during the healthy shopping tour such as the ingredients list, nutrition information panel (NIP) and food marketing awareness before relocating to a major supermarket and discussing the specific dietary goals to look for in the different food groups/food aisles. Participants are encouraged to ask questions and participate in the tour by discussing current usual purchases and to identify healthier alternatives by interpreting the NIP.

The tours are available to anyone with diabetes, pre-diabetes or just an interest in healthy eating. Why not get a group of friends or work colleagues to come along together? Please call Diabetes TASMANIA for information of when the next tour is happening. Tours are free of charge to members or \$10 for non members.

Newly diagnosed or need a refresher?

Diabetes TASMANIA runs group education sessions for those wanting information on how to take the best care of their condition. Incorporating two sessions with a Credentialed Diabetes Educator as well as a session with an Accredited Practising Dietitian and a Exercise Physiologist it answers all the big questions about how to stay healthy with type 2 diabetes. The groups are free of charge and run every month at our shop front 64 Cameron Street, Launceston.

Diabetes TASMANIA: 6333 0233 or 1300 136 588