

Chronic Conditions Prevention and Management (CCPM)

E-update – December 2009

Issue No. 5

Welcome to December's Edition of the CCPM E-update – the last for 2009!

[Update from the CCPM Team](#)

Fantastic news - our distribution network for the E-update is growing and is now circulated to over **500 contacts** throughout the state!

We welcome Elaine and Leanne to the CCPM team – refer to the News section of the E-update to find out more about our new team members and their roles.

There has been quite a bit taking place over the past couple of months including:

- Significant changes to coordination of the Stanford Program (*Get the Most out of Life*) across the state.
- Additional training in the Flinders Chronic Conditions Self Management Program organised by the MS Society who are keen to provide training to all of their staff in Tasmania. Training was held in September 2009, with some places made available for DHHS staff to attend at a subsidised cost.
- In 2010 three departmental staff will commence training to become health coaching train the trainers. In collaboration with Anglicare this exciting new workforce development/training project will help us build the capacity within Tasmania.
- A Self Management Focus Group was recently held in North West to assist with future planning (systems and organisational change).
- We recently had Jia Fei, a World Health Organisation Fellow spend some time with the CCPM team. Jia is visiting from China where she is studying chronic disease prevention and control.

You will find more information on these (listed above) in the News section of the E-update.

We would like to take this opportunity to thank you for your feedback and interest in the E-update and wish you a safe and happy festive season. If you have anything you would like to contribute to the next edition (which will not be until February 2010) please forward to sharon.griffiths@dhhs.tas.gov.au

Kind Regards Narelle, Sharon, Di, Elaine and Leanne (CCPM Team)

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Your feedback is appreciated - please contact Sharon Griffiths on ph: 6440 7134 or email sharon.griffiths@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 Area Coordinator	Sharon Griffiths	Ground Floor, Parkside, Burnie	Ph: 6440 7134 or email sharon.griffiths@dhhs.tas.gov.au
North Area Coordinator	Diane Webb	Level 1, 93 York Street, Launceston	Ph: 6336 2405 or email diane.webb@dhhs.tas.gov.au
South Coordinator (Healthy Lifestyles Programs)	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

Welcome new CCPM Team Members:

Leanne Hennessy

Leanne has commenced work in a part time position (Monday-Wednesday) providing project and administrative support for the Health Priorities Team.

Leanne's background is administration support and she also works casually as a carer for people with disabilities. Leanne has worked with Population Health for the last 2 years with Radiation Protection Unit, Communicable Diseases Prevention Unit and Environmental Health (Public Health Hotline) as an Administration Support Officer. Prior to this Leanne had 18 months leave without pay from DHHS and worked for the Department of Agriculture and Food in Broome WA as a Client Support Officer. Leanne has worked for the DHHS for over 10 years in the areas of CCHP Project (project initiated to set up electronically record community client health records), Correctional Health Services (Prison Hospital), and Disability Services (as a Carer and Admin Officer).

Elaine Marshall

Elaine has been appointed as the Area Coordinator South with the CCMP team in a fixed term position until 30 June 2010. Elaine is working 3 days per week (usually Wednesday to Friday). Elaine's role while in the position focuses on current approaches and directions for healthy lifestyle programs and identifying the best way forward for Tasmania in this area.

Elaine completed an Honours Degree in Human Movement (Sport Science) in 2004 and then went on to work at the Menzies Research Institute on a range of studies including the Childhood Determinants of Adult Health (CDAH), Pacing the Police and the Tasmanian Parkinson's Disease Research Project. Following travelling overseas, Elaine spent a short period working as the Rehabilitation Coordinator at Healthy Training (exercise physiology business) before working as the Project Officer in the Tasmanian Cervical Cancer Prevention Program. Elaine transferred to Population Health in 2009 to work on the Tasmanian Food and Nutrition Policy Five Year Progress Report and after a bit more overseas travel is very happy to have the opportunity to work on Healthy Lifestyles Programs in the CCPM team.

Changes to the coordination of the "Get The Most Out Of Life" program in Tasmania!

Recently Arthritis Tasmania after a long history of coordinating the GTMOOL program in the community has decided not to continue to be involved in the program. The CCPM Team has now taken on the coordination and support role of the "Get The Most Out of Life" program. Discussions are taking place with organisations and leaders interested in continuing to be involved in the program. Some great resources have been developed (courtesy of HealthWest) to help promote and support the program. Planning for programs in 2010 is underway and we encourage you to make contact with the CCPM team (Sharon Griffiths or Leanne Hennessy) if you are:

- a leader keen to facilitate a program
- have an interest in a program being run in your community

For more information about [GTMOOL click here](#):

More Flinders Chronic Conditions Self Management (CCSM) Program Training in Tasmania – organised by MS Society

On 22 and 23 September 2009 the MS Society organised training for staff in the Flinders (CCSM) program. Spaces were also made available for 6 DHHS staff to attend the training held in Hobart. This was a great opportunity for health professionals to undertake this training within the state at a significantly reduced cost. We wish to thank MS Society for organising the training and look forward to working together in the future.

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Health Coaching Train the Trainer

This year Anglicare were successful in securing funding for chronic disease self management training and have invited DHHS to work with them in a partnership to enhance further sustainability and accessibility of health coaching in Tasmania. This is hoped to be achieved by establishing a pool of experienced trainers (3 DHHS staff and 3 Anglicare staff) to deliver future training to Anglicare and DHHS staff.

This is an exciting opportunity that will enable us to work in collaboration with Anglicare as we progress the expansion of health coaching in Tasmania. Training of the health coaching train the trainers is scheduled to commence early in 2010 and progress on this will be provided in future editions of the E-update. For further details please contact Di Webb (CCPM team).

Self Management Focus Group – North West

A Focus Group was recently held in the North West involving health professionals from a variety of backgrounds who have previously undertaken some form of self management training/education. The aim of the Focus Group was to discuss what happened following training, including enablers and barriers for implementing self management within their workplace and exploring strategies for future direction. Feedback from this group will be provided to the North West Area Health Service Executive and will be considered as part of future planning for chronic disease self management.

Connecting Care for People with Chronic Conditions

The DHHS launched two major initiatives in November to improve the way that our health and human service system cares for people with or at risk of chronic disease.

Connecting Care: A Chronic Disease Action Framework for Tasmania 2009 – 2013 sets the strategic direction for a health and wellbeing system that makes it easier for people to stay healthy, identifies disease early and eases the burden for those who are living with chronic disease.

A *Chronic Disease Clinical Network* is being established for the dual purpose of leading the implementation of the Framework and supporting health professionals who work with people with chronic conditions. The network will bring health professionals together with consumers, community organisations, researchers and many others to take action to improve the way that services are planned and delivered.

Several information sessions were held around Tasmania this month to raise awareness of *Connecting Care* and promote membership to the *Chronic Disease Clinical Network*. Well known local clinicians spoke in each region about the potential benefits of the network, as well as consumer representatives who shared their experience of living with chronic disease.

For further information about *Connecting Care* or the *Chronic Disease Clinical Network* contact Amanda Daly in System Development, Care Reform on 6236 5622 or email amanda.daly@dhhs.tas.gov.au. Alternatively, visit: http://www.dhhs.tas.gov.au/future_health/chronic_disease_strategy.



Above: Amanda Daly (left) of System Development, Care Reform with consumer representatives Bev Pinkett (middle) and Tracey Klippel (right) at an information session at Ravenswood Community Health Centre.

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World Health Organisation Fellow Visits Tasmania

Funded by the World Health Organisation and supported by the Department of Health and Ageing. Ms Jia Fei, a WHO fellow from China is visiting Tasmania from 19 June to 15 December to study chronic disease prevention and control. The placement is provided by the Menzies Research Institute, University of Tasmania in partnership with Population Health, Department of Health and Human Services.

In the first 3 months, Ms Fei received individual and group-based instruction in epidemiology, statistical methods and the use of STATA, participated data analysis of Vitamin D in relation to sun exposure in Menzies Research Institute.

From 21 September Ms Fei started placement with Population Health. Liz Bingham and Sue Frendin worked closely with staff from local NGO's, population health, regional health services and other divisions of DHHS to ensure Jia had a broad experience of the policies and programs that work to address chronic disease prevention and management. Specific areas of interest and focus for Jia are chronic disease self management, health promotion, physical activity, prevention and management of chronic conditions and nutrition. She is also reviewing regulatory frameworks and Commonwealth-State inter-sectoral relationships, scrutinizing strategic alliances with non-government organisations (NGOs), observing strategic planning meetings, participating in event planning, spending time with primary health care staff involved in the delivery of services, undertaking field trips to NGOs and to sites of community-based activities, and travelling to regional centres in Burnie and Launceston to appraise regional coordination of activities and initiatives.

We really thank everyone who has taken time out of their busy schedules to meet with Jia, or hosted her for several days – it would not have been possible without you!!

An Innovative Rural Health Model for Rehabilitation Services: The New South Wales Experience

Health Research Matters – Visiting Research Fellow Program Rural Clinical School (RCS), UTAS, Burnie – Maree Gleeson, Research Fellow

The RCS recently welcomed Dr Julie Pryor as the second Visiting Research Fellow for 2009. Dr Pryor is a registered nurse and midwife with expertise in inpatient rehabilitation, and currently Director of the Rehabilitation Nursing Research & Development Unit at the Royal Rehabilitation Centre in Sydney. Dr Pryor conducted a series of workshops with RCS and NW Area Health Service senior staff, sharing her knowledge of the development of community-orientated models of in-patient service delivery in rural and regional hospitals to better meet the needs of their communities. Dr Pryor led a discussion among key local health professionals and managers as to how such a model may work for North West communities. The visit was organised as a joint venture between DHHS Rehabilitation and Aged Care Network and the University of Tasmania Rural Clinical School and it is anticipated that future programs will be inspired by this union.

Heart Foundation Walking

We are seeking an Area Coordinator for the Walking Program in the **Latrobe council area!**



Heart Foundation Walking is Australia's largest network of free community-based walking groups and is looking to partner with local governments, health services and workplaces to expand this community network.

What support will you receive?

- A quality, proven and sustainable framework for starting and operating walking groups in your community
- A step-by-step guide to coordinating the program
- Resources and training provided
- Public relations and media support
- Evaluation tools and a centralised database
- Regular reports about Heart Foundation Walking groups in your area

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About the program:

Heart Foundation Walking is a network of free community based walking groups lead by volunteer Walk Organisers. The Heart Foundation provides all of the resources needed to implement the program in addition to insurance cover and a free t-shirt and bucket hat for the volunteer Walk Organisers. There is an incentive scheme attached to the program where participants receive certificates at 25, 50 and 100 walks. The program provides a great social opportunity (some of the groups have coffee longer than they walk!) and also more importantly encourages physical activity.

Currently we have Heart Foundation Walking groups in 19 council areas with 240 registered walkers in the program. The groups range from Seniors groups (eg, A Geeveston group with the average age of 77yrs) to Parents with Prams groups. The walking groups can be of any size and walk at any pace (it depends on the Walk Organiser).

For more information on Heart Foundation Walking, visit www.heartfoundation.org.au/walking or call 1300 36 27 87

Opt-in Wellbeing Program – the Central Coast Way

Central Coast and North West Tasmania generally has a high incidence of preventable chronic health problems. Despite the good intentions of many, the problem is becoming worse.

Central Coast (CC) Council believes that a way forward is to mobilise and support the community to take more collective and individual responsibility for our own health and wellbeing. Council with the support of some key community and health promotion groups and the private sector have developed a comprehensive and integrated annual program of physical, nutrition, social and health promotion activities that will contribute to a healthier, happier, active, more informed, and socially inclusive community.

The program will run over 3 years initially, with CC Council taking a leading role. The CC Council will work with the community to assist build the capacity so that they may take more ownership of the program and its outcomes over time.

Some activities that have occurred as part of the Opt-In Program include:

Get Active Programs held with:

- Richmond Fellowship (people with mental illness)
- Ulverstone High School Outreach program
- Ganesway (elderly persons home residents)

During Rural Health Week (8th – 14th November):

- Pit-Stop program at Forth and Penguin
- Laughter Workshop at Ulverstone High School
- Healthy Eating forum at Riana with presenter Dit Briggs



Centre L-R: Community Nurses Fiona Hingston and Pru Enniss with Penguin High School students at the recent Pit Stop Program in Penguin.

Other activities include:

- Kids Theatre workshop – 8 weeks, culminating in a small performance at the Leven Theatre
- Commenced a six week social mixed basketball roster with an emphasis on family and fun.
- Recently held a very successful Corporate Games night, which included modified games such as Basketball, Netball, Soccer, Tug of War, Three Legged Race, Egg and Spoon Race and Sack race.

For more information go to: <http://www.optinwellbeing.com.au/>

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The Smoking Cessation Program - Alcohol and Drug Services

Population Health have funded Alcohol and Drug Services to establish a State-wide Smoking Cessation Program to deliver standardised health professional training on the ABC approach to brief intervention with in the acute and primary care sectors.

The ABC Approach to Brief Intervention is a model developed by the Ministry of Health NZ and has been endorsed for use in Tasmania.

The Smoking Cessation Program is predominantly focussed on equipping health professionals with the necessary knowledge, confidence and skills to independently conducting the ABC approach to brief smoking cessation intervention with their clients. This will be achieved through health professional education and professional support delivered by regionally based Clinical Nurse Specialists.

Training has commenced at North West Regional Hospital, Burnie and Mersey Community Hospital.

The Program recognises that there are some groups of smokers who require more intensive intervention and who would benefit significantly from increased cessation. To increase the effectiveness of quit attempts in these groups, the Program will offer a limited Consultation Liaison Service through the management of a weekly clinic and inpatient consultations.

In ensuring effective management of this service, referrals will be limited to clients with a heavy nicotine dependence, are motivated to quit and belonging to the identified priority groups of; pregnant women and new parents, clients with a mental health illness, clients with an alcohol or other drug dependence, clients with significant co-morbid disease and Tasmanian Aborigines.

For further details please contact Lynne Wickham, Smoking Cessation Program, North-West Area Health on Mobile: 0400 285 204 Phone: 03 6426 5406.

A Matter of Balance - Recruitment of participants for a study being undertaken at the University of Tasmania (School of Human Life Sciences) Newnham.

Marie-Louise Bird from the School of Human Life Sciences at UTAS is conducting a study to find out if there are changes to an individual's ability to balance at different times of the year and if this is related to changes in physical activity, leg strength or dietary levels of Vitamin D.

If you would like to be part of this study and have your balance, leg strength and vitamin D levels measured we are seeking participants who are between 60 and 85 years of age and independently mobile for this study. Participants will be required to attend testing five times over a one year period starting Spring 2009.

Please contact Ms Marie-Louise Bird, School of Human Life Sciences, UTAS on 6324 3123, Susannah Torcasio on 6324 5400 or by email to: Marie-Louise.Bird@utas.edu.au



If you know of people that may be interested in participating please contact Ms Marie-Louise Bird, School of Human Life Sciences, UTAS on 6324 3123 or email Marie-Louise.Bird@utas.edu.au

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Resources

Newsletters and Fact Sheets:

- Flinders University Chronic Conditions Self Management Newsletter – October 2009
Click here for the latest edition: <http://som.flinders.edu.au/FUSA/CCTU/newsletters.htm>
- Flinders University Newsletter of the Postgraduate Mental Health Sciences programs - November 2009
Click here for the latest edition: <http://som.flinders.edu.au/FUSA/Psych/Newsletters.htm>
- AusPANet Australian Physical Activity Network - great resource on Physical Activity: –
<http://www.ecm7.com/rp//308/process.cisp?EmailId=144392&Token=25CFEB080B73579FD4A52704D78DF7A2E>

Articles / Publications:

National Preventative Health Taskforce Report – released 1 September 2009

The Strategy provides a blueprint for tackling the burden of chronic disease currently caused by obesity, tobacco, and excessive consumption of alcohol. It is directed at primary prevention and addresses all relevant arms of policy and all available points of leverage, in both the health and non-health sectors. The Strategy comprises three parts: an overview; a roadmap for action; and technical papers focused on the three key areas - obesity, tobacco and alcohol. To view the Strategy go to:

<http://www.preventativehealth.org.au/internet/preventativehealth/publishing.nsf/Content/national-preventative-health-strategy-1lp>

Integrating Chronic Disease Management / Complex Care – Program Guidelines 2008/2009

Hospital Admission Risk Program (HARP) in the Eastern Region (Victoria) - The purpose of this manual is to provide general information to staff and key stakeholders about the organisational structure, operational guidelines, procedures and principles of management for the provision of services by Eastern Hospital Admission Risk Program (HARP) Chronic Disease Management (CDM).

To review to guidelines go to: http://www.easternhealth.org.au/eastern/HARP_Guidelines_08-09_FINAL.pdf

“Cutting Through” Using Health Information Technology for Effective Chronic Care Delivery - The Health Information Exchange Project

This report was prepared by Information Integrity Solutions for the Health Information Exchange to report to the Australian National Consultative Committee on e-health. It was prepared in response to the increasing need to cut through the difficult issues arising in relation to chronic care and to find a sustainable, effective and efficient solution.

<http://www.iispartners.com/downloads/2009-02%20Cutting%20Through%20eHealth%20paper%20final.pdf>

Risks associated with low functional health literacy in an Australian population

MJA•Volume 191 Number 10•16 November 2009•

http://www.mja.com.au/public/issues/191_10_161109/ada10529_fm.html

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Building health literacy in Australia

MJA•Volume 191 Number 10•16 November 2009•

http://www.mja.com.au/public/issues/191_10_161109/nut10984_fm.html

Effect of tailored practice and patient care plans on secondary prevention of heart disease in general practice: cluster randomised controlled trial

BMJ 2009; 339:b4220

Care plans reduce CHD admissions – complex interventions which build patient self confidence have been shown to significantly reduce hospital admission rates for those with coronary heart disease, new research suggests. To view the abstract go to: http://www.bmj.com/cgi/content/abstract/339/oct29_4/b4220

Concepts and new frontiers for development – What role should health promoters play in lifestyle-based diabetes prevention programs in Australia?

Health Promotion Journal of Australia, August 2009, Vol 20, No 2

Abstract

Issue addressed: As the prevalence of many chronic diseases, particularly type 2 diabetes continues to increase, Australia's health system must be able to respond in an appropriate and cost-effective way. These efforts have been enhanced recently by a number of Council of Australian Governments' initiatives that have seen an increased focus on lifestyle-based secondary prevention of chronic disease, in particular for diabetes.

This paper aims to stimulate interest and debate in relation to the role that health promotion practitioners can play in shaping lifestyle-based diabetes prevention programs in Australia. The paper briefly describes the chronic disease prevention policy context in Australia and defines primary, secondary, and tertiary prevention. It also examines effectiveness and cost-effectiveness of diabetes prevention interventions and describes how the field can use its expertise in the areas of equity, diffusion of innovation, partnership development, participant empowerment and advocacy in order to shape the design, implementation and evaluation of lifestyle-based diabetes prevention programs in Australia.

Conclusions: State and national governments have substantially increased their investment in lifestyle-based diabetes prevention programs in Australia. If they are found to be effective and cost effective they are likely to attract additional investment and make up an increasing proportion of the prevention budget and accordingly, should not be ignored by the field of health promotion.

Health Promotion Journal of Australia 2009; 20:86-91

To view article go to: <http://www.healthpromotion.org.au/journal.php> (you will need to be a member of the Australian Health Promotion Association to access the article. If you would like to view the article and are not a member of the Association please contact Sharon Griffiths via email or ph: 6440 7134).

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Future Chronic Disease and Self Management Training and Education

In Tasmania

Get Active Program



Facilitator Training:

HOBART

8 DECEMBER 2009

From 10:00am to 3:00pm

Venue to be confirmed

LAUNCESTON

JANUARY 2010

From 10:00am to 3:00pm

Date and venue to be confirmed

Are you interested in helping people of all ages:

- Enjoy being active in a friendly, supportive atmosphere
- Enjoy exposure to physical activities they may not have tried before
- Learn how to set goals for themselves and achieve them
- Gain confidence to try activities they only dreamed of
- Learn self-management skills that will assist them to independently participate in physical activity
- Take the opportunity to do something for themselves without feeling guilty
- Gain new friends and support networks

The **Get Active Program (GAP)** is owned by Womensport and Recreation Tasmania Inc. (WSRT) and is a state-wide initiative that aims to enhance the health and wellbeing of people of all ages, through involvement in physical activity and healthy eating. Participation in the program is fun, safe and social.

The GAP is a 10-week series of 2-hour workshops. The first hour of the program covers such issues as motivation, personal safety, stress management, goal setting and healthy eating. The second hour focuses on fun physical activities that are chosen by the group at the first workshop. Programs are usually male or female-specific, but can be mixed.

For further information or to register your interest in becoming a facilitator, please call Di McShane on 0428390089 or email: gap@wsrt.org.au

Workshop: Making Research Come Alive – Helping People & Practice Thrive

Presenter: Professor Philip Darbyshire,

7 December 2009 (9am to 1pm), Rural Clinical School, Burnie

This workshop will provide you with tools, techniques and practical examples for the busy health manager, clinician and educator.

Professor Darbyshire is internationally recognised as a leader in nursing and health care research and practice development.

For further information contact: Angela Ghali, Nurse Manager Staff Development, ph: 6430 6809 or email: angela.ghali@dhhs.tas.gov.au or Sue Rolls, Nursing Administration, ph: 6430 6513 or email: susanne.rolls@dhhs.tas.gov.au

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Continuing Professional Development for Allied Health Professionals

This Victorian program known as the Statewide Allied Health Workforce Education Program (SAHWEP) is now available to Tasmanian Allied health professionals. Access to this program commenced on 1 November 2009.

The Program covers four key components:

- Interprofessional clinical presentations and workshops;
- Generic educational presentations to support clinical leadership, inter professional teamwork and evidence-based practice;
- Presentations on population health and cultural safety in clinical practice; and
- **Self-management**, team management and leadership skills training

For more information please visit the intranet at <http://intra.dhhs.tas.gov.au/dhhs-online/page.php?id=31107>

Cancer Council Research Projects and Scholarships for health professionals and aspiring researchers in Tasmania



Cancer Council Tasmania funds a range of research projects and scholarships for Tasmanians each year.

During the past 13 years, over \$3 million has been allocated to cancer research in this state thanks to the generous support of the Tasmanian community

Small Grants Program

Cancer Council Tasmania is committed to a sustainable research workforce and encourages health professionals and aspiring researchers to undertake research in cancer care. Small grants of up to \$10,000 are available to new researchers, enabling them to build a career in cancer research. For more information, contact Clinical Liaison Office on 6233 6921.

Scholarships for professional development

Scholarships are available for health professionals to participate in training courses or attend conferences relating to cancer care. It is expected that successful applications will share what they have learned with their peers.

1. *Jeanne Foster Scholarships* honour the memory of Cancer Council Tasmania's first major benefactor, the late Jeanne Foster. The Scholarships offer \$5000 a year towards professional development in any recognised field of cancer control. Applications are open to Tasmanians employed in cancer control as defined by National Cancer Control Initiative documentation. Applications close in May each year with funds tenable for the second half of that year.

2. *Athena Foniadakis Scholarship* - This scholarship honours young mother Athena Karydis Foniadakis, who died of leukaemia in 2000. It is allocated for professional development in any area recognised field of cancer control. Application close in November each year with funds tenable for the first half of the next year.

Cancer Plus

These are awarded for professional development on the care of young people (< 25 years) with cancer. Applications close in May and November each year. Up to \$3,000 a year is awarded.

Scholarships are offered for health professionals and education professionals participating in an approved short course/subject of professional development, attending a conference or seminar or visiting a conference or seminar or visiting a relevant institution. Awards are not intended for extended formal education.

NB: * Cancer Control encompasses all actions that reduce the frequency and impact of cancer. It includes prevention, earlier diagnosis where this may lead to a better outcome, treatment, rehabilitation and palliative care.

More information and application forms can be found at www.cancertas.org.au/research

Or please contact, Vicki Fox, Clinical Liaison Officer, Ph: 03 6233 6921, Email: vfox@cancertas.org.au

For Cancer PLUS Scholarship applications contact: Anne Craig, Cancer PLUS Coordinator, Ph: 03 6233 4762, Email: cancerplusscholarship@cancertas.org.au

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Interstate

Training and Education:

Health Coaching Australia – workshops currently open for registration:

- **Introduction to Health Coaching for Health Professionals Workshop – two day**
Melbourne, 4 & 5 March 2010
- **Health Coaching Overview for Health Professionals – half day**
Melbourne, 2 March 2010
- **Introduction to Health Coaching for Dieticians Workshop – two day**
Sydney, 26 & 27 March 2010

You can access workshop information and register on-line at: www.healthcoachingaustralia.com.au

The Flinders Program Chronic Condition Self Management Workshops:

- **Certificate of Competence Chronic Condition Self Management Workshop – two day**
Adelaide, 14 & 15 January 2010 and 15 & 16 March 2010
- **Chronic Condition Self Management Trainer Accreditation Workshop – two day**
Adelaide, 18 & 19 March 2010

For further information on the above workshops go to: <http://som.flinders.edu.au/FUSA/CCTU/workshops.htm>

To register in interest in either of the workshops email self.management@flinders.edu.au or phone (08) 8404 2323.

Conferences and Seminars:

Leadership and Practice Development in Health: Quality and Safety through Workplace Learning

18 & 19 March 2010, Hobart Grand Chancellor, Tasmania

For further information please see: www.cdesign.com.au/leadership

Measuring Patient Outcomes – Improving service delivery across the continuum of care to drive reform

17 & 18 February 2010, Sydney

Early booking discount applied until 27 November 2009

Please click on the link below to access further information including the conference program.

www.measuringpatientoutcomes.com

Challenge, Change, Achieve – The Australian Cardiovascular Health and Rehabilitation Association (ACRA) 2010 – Call for Abstracts

12 – 14 August 2010, Canberra

For further information please see: www.cdesign.com.au/acra2010

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Programs for people with chronic conditions

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

2010 Programs

Planning is underway for programs to be held in 2010 and will be included in future E-update editions. In the meantime if you have any queries we encourage you to make contact with the CCPM team (Sharon Griffiths or Leanne Hennesey).

For more information about [GTMOOL click here](#):

Reset Your Life – Healthy Lifestyle Programs to Prevent Type 2 Diabetes

Upcoming programs:

Devonport – commencing 25 January 2010 (contact General Practice North West on 6432 1440)

Launceston – commencing late January 2010/early February 2010 (contact General Practice North on 6331 3777)

Do you have clients/patients 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).

Program format:

According to national standards LMPs are delivered as follows:

- Face to face delivery
- Individual or group sessions with groups no larger than 15 participants
- Minimum of 8 hours contact time (over 6 months)
- An initial intensive phase of at least 4 months duration
- An end of program follow up session at least 6 months after commencement of the program

For further information visit: <http://www.agpn.com.au/programs/chronic-disease-prevention-and-management2/prevention-of-type-2-diabetes-program>

or contact your local Division of General Practice:

General Practice North: (03)63313777

General Practice North West: (03) 64 321440

General Practice South: (03) 62 087300

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Community Information Sessions from Arthritis Tasmania

Arthritis Tasmania has staff that can travel to your community to present information sessions on arthritis, osteoporosis and other related conditions. If you would like to have an information session in your community please contact Arthritis Tasmania to make a booking:

Head Office- 1800 011 041 OR North West Office (Mon-Wed) 6423 5131

Email: rturner@arthritistasmania.com.au

Donations appreciated ☺

Appetite 4 Change – we are changing!

This 4 week program is designed to help people gain an increased understanding of the lifestyle changes needed to lose weight and/or improve their quality of life. More specifically; this program aims to enhance self efficacy by teaching people how they can set appropriate goals, eat well and increase their physical activity.

2010 will be a big year for Appetite 4 Change. After over 2 years of running the program with more than 100 people participating Nicole Micallef (Dietitian) will be moving on to bigger and better things – we are sorry to see Nicole go, especially her passion and enthusiasm for the program – but we do wish her all the best in her new role. The NWAHS Dietetics and Nutrition service are keen to continue their support of the program and we are already exploring ways to fill Nicole's big shoes!

Appetite 4 Change is growing! We have interest from both King Island and Health West to have this program running in their local areas. We are currently putting together the program to sell interstate to other Health Departments. There is interest from NSW and Victoria, with one group ready to start in Canberra in February 2010.

Locally there is currently a group being held for women in Ulverstone with 19 participants! The media coverage has created a lot of interest. We are planning another 5 groups in 2010 (3 for women, 2 for men), as well as facilitating call back groups on a bi-monthly basis to support and motivate previous participants.

For more information about the program please contact Ally Smith, Project Manager Social Work, North West Area Health Service on 6421 7784.

The COACH Program®

The COACH Program® is an evidence-based, telephone delivered coaching program that has been proven to reduce the risk of future hospital admissions. The aim of the program is to help participants achieve diabetes and cardiovascular risk factor targets which are set by The Royal Australian College of General Practitioners and Diabetes Australia (if you have type 2 diabetes) or the Australian Diabetes Society and the Australian Diabetes Educators Association (if you have Prediabetes or high risk of Type 2 diabetes).

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The COACH Program® is delivered by qualified health professionals specialising in diabetes (either a dietitian or a diabetes educator). When a client is recruited to The COACH Program® one of our coaches contacts them by phone to discuss their risk factors and the targets and treatment for the risk factors. The COACH Program® provides them with all of the information that they need to know to be able to achieve the target levels for risk factors such as HbA1c, glucose level, blood pressure and cholesterol level. The COACH Program® runs for approximately six months. The coach will contact the participant every four to six weeks via telephone at a time that's convenient. Clients are also welcome to contact their coach between sessions if there are any questions or would like further information.

Being a part of this program is easy and available to anyone with type 2 diabetes, pre diabetes or at high risk of developing type 2 diabetes (if they score 10 or greater on the AUSDRISK tool) and simply requires a call to Diabetes TASMANIA on 1300 745 153.

We commenced recruiting for The COACH Program® in February 2009 and things are getting well underway. So far we have over 150 Tasmanians taking part in this innovative new program and we are keen to help as many Tasmania as possible achieve their risk factor targets to help main good health.

The COACH Program® is fully funded by the Department of Health and Human Services under the Australian Better Health Initiative: a joint Australian, State and Territory Governments' initiative.

Healthy Shopping Tours

Diabetes TASMANIA has been running monthly Healthy Shopping tours in each region of the state. They are a fun and informative way of learning about reading food labels and how to make choosing the healthy food the easy choice! Led by a Diabetes TASMANIA Dietitian the tour takes about 2.5 hours and starts with a half hour education session before take a trip to a local supermarket. The tour is free to members of Diabetes TASMANIA and \$10 for non members. Bookings are essential. The tours are available to anyone with an interest in healthy eating.

For further information in regards to either of these services please contact Emily Gatenby, Manager Allied Health, Diabetes TASMANIA on 6333 0233.

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Get the Most out of Life

A 6 week program of a 2.5 hour session each week

Do you live with chronic disease but want to get more **life** out of life?
You can do something positive **today!**

Want to learn how to control your condition and not let it control you?
Enrol in the next **'Get the Most out of Life'** 6 week program, in your area

Who is it for?

The program is for anyone living with an ongoing chronic condition or is caring for someone who is. Self management skills can be useful for everyone

What is the program about?

The 'Get the Most out of Life Program' is a fun and practical way to learn how to overcome daily challenges and maintain an active and fulfilling life while living with chronic health conditions

What can you learn?

- How to manage your symptoms
- How to get started with healthy eating and exercise
- How to communicate effectively with your doctor and healthcare team
- How to manage difficult emotions
- How to make daily tasks easier
- How to get more out of life

What does it involve?

The program runs for 2.5 hours each week over a 6 weeks period at your local Community Health Centre and it is run in small groups of 10 to 12 people

What does it cost?

A gold coin donation each week to cover cost of refreshments

Everyone can benefit from a healthier lifestyle!

To register for the next program please contact Leanne by email on leanne.hennessy@dhhs.tas.gov.au or Sharon Griffiths on 6440 7134.

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