

Chronic Conditions Prevention and Management (CCPM)

E-update – May 2010 Issue No. 7

Update from the CCPM Team

The past few months have been extremely busy with work progressing in a number of areas.

- Get the Most Out of Life program- regional professional development meetings have now commenced.
- The Self Management Framework – reference group has met for the first time.
- Get Healthy Service – Due to be launched on 1st July.
- Health Coaching Workshops held in April.
- Workshops by Naomi Kubina co -author of the Navigating Self Management Manual have taken place in the North West, North and South of the state during April.
- Motivational interviewing one day training workshop planned for 17th May in North West and planning underway for the South later this year.

See the News section for more detailed updates.

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Your feedback is appreciated - please contact Di Webb on ph: 63 362405 or email diane.webb@dhhs.tas.gov.au

For more information please contact the CCPM team:

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News

Get Healthy Service –Information and Coaching Service

The contract between DHHS and NSW Health is in its final stages and it is anticipated this will be finalised in May 2010 ready for the launch of the Get Healthy Service in Tasmania on 1 July 2010. Discussions with the University of Sydney have commenced around the evaluation of the Get Healthy Service and it is anticipated this will also be finalised in May 2010. DHHS have also been liaising with General Practice Tasmania in relation to their involvement in promotion of the Get Healthy Service. The aim of this is to increase awareness of, and referrals to, the Get Healthy Service through General Practice and this arrangement will be formalised through a funding agreement. DHHS have also engaged the Tasmanian Association of Community Houses to assist in the promotion of the Get Healthy Service and the engagement of community sector organisations. It is hoped that this will be an effective way to increase awareness of, and access to, the Get Healthy Service in targeted communities (particularly low SES communities, or disadvantaged/at risk Tasmanians). This arrangement will also be formalised through a funding agreement.

Elaine Marshall has been doing a fantastic job on the Get Healthy Service project however will be handing the reins over to Petrina Nettlefold at the end of May. We look forward to introducing Petrina to you in the next edition of the E-update.

For further information about the Get Healthy Service please contact Narelle Smith 6222 7720 narelle.smith@dhhs.tas.gov.au

Update on the development of the Chronic Disease Self-management Framework DHHS 2010

A Self Management Framework is been developed to support the increasing emphasis on prevention and management of chronic conditions as outlined in Future Health and Connecting Care.

Whilst self-management programs have been taking place in Tasmania for some time, a framework will help support a coordinated approach and a consistent understanding of self-management.

The proposed Self-management Framework will initially focus on the development and delivery of self-management approaches, processes and programs within DHHS, as a first stage. The focus will be on the role of health professionals and DHHS services in supporting self-management.

Given the importance of linkages and consistency with other organisations also focusing on self-management such as General Practice and non Government Organisations, it is important that these sectors are also included in the consultation and development of the framework. It is envisaged that the Framework will be a useful resource for health and community workers – both inside and outside of DHHS- in supporting the important role self management plays in chronic disease prevention and management.

The Self-management Framework objectives are to:

- Provide a framework that strengthens and confirms the central role that self-management plays in the prevention and management of chronic conditions.

- Establish a common focus and language around self-management processes, approaches and programs within DHHS.
- Identify key approaches to self-management which have a strong evidence base.
- Identify structures, processes, tools which guide development and implementation of self-management processes into organisational and individual practice.
- Link closely with the implementation of both Connecting Care, the Tasmanian Chronic Disease Action Framework and the Health Promotion Framework: *Working in Health Promoting Ways*.

Next steps

- The Reference Group first meeting is on the 29 April 2010.
- Stakeholder communication and consultation process: This will take place via established networks as well via a newly formed self-management virtual network for DHHS staff, and other interested parties across Tasmania. Interested people will be asked to feedback on each section of the Framework as it is developed. Due to the tight timeframes for this part of the projects completion (end of June 2010) feedback will need to be given in a timely manner.

If you are interested in participating in the self-management virtual network consultation process please send me an email robynne.rankine@dhhs.tas.gov.au.

Health Coaching Training

On the 14th and 15th April in Launceston 24 health professionals from around the state undertook the “Two Day Introduction to Health Coaching Workshop” facilitated by Health Coaching Australia. A further half day workshop on the 16th of April was provided to Managers, previously trained staff and staff interested in having an overview of the model and support needed for implementation. Feedback from the training has been extremely positive. For further information on health coaching go to www.healthcoachingaustralia.com

Northern Professional Self Management Network Group

This is a relatively new group that developed late last year out of a need to provide more support post training. It is made up of health professionals who have previously undertaken some sort of formal self management training eg Stanford, Flinders, Health Coaching. The meeting provides a great opportunity to network with other health professionals who have a wide range of skills and expertise in a number of different self management approaches. It also provide an opportunity for ongoing professional development to further build skills, knowledge and confidence and to explore issues related to changes to practise. The group meets every second month over lunch.

For further information please contact: Tina Binns 6336 4438 or Di Webb 6336 2405.

Embedding Self Management into system organisation design-

Naomi Kubina co author of the Navigating Self Management Manual which is freely available of the internet visited the state in April and provided a number of one day workshops. These workshops were aimed at middle managers and key projects. Feedback is still being provided and an evaluation report will be available shortly.

“Get The Most Out of Life” (GTMOOL) Chronic Condition Self Management Program



Regional Professional Networking Meetings for GTMOOL leaders have now taken place in the South and North West with the North due to meet on Monday 17th May. Work is progress on the website link for leaders and others to access information on upcoming programs and resources. Following a number of requests we now have available a limited number of the “Living a Health Life with a Chronic Condition” text book. We have also purchased 2 CD sets of the book for those with vision difficulties for loan. For enquiries re purchase of books, access to CD set version of the book for loan or any other information on upcoming programs, referrals or access to resources please phone:

Program Support Officer, Leanne Hennessy on Ph: 6222 7653 (Mon, Tue, Wed) or
Program Coordinator, Sharon Griffiths on Ph: 6440 7134.

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

NWAHS Network Advisory Group meeting – Chronic Conditions Self Management

Chronic Conditions Self Management was the topic of discussion at last month’s NWAHS Network Advisory Group meeting.

The 40-member meeting featured presentations on Get the Most out of Life (GTMOOL) generic group based model ; Flinders Model which is a one-on-one model between the client and health professional; ‘Appetite for Change’ program, a multidisciplinary weight management program and Health Care Australia (HAC) model of Health Coaching, which identifies and addresses behavioural, emotional, situational and cognitive barriers to change.

Global Corporate Challenge- DHHS 162 teams!

As much as some of us would like to wish otherwise, we spend a significant number of our waking hours at work. Worksites can have a big impact on our health behaviours during the day, both in a negative and positive way. Examples of the way a worksite can make it easier for employees to be healthy include the provision of amenities and activities that promote physical activity and healthy eating. It makes sense for employers to encourage and support healthy behaviours in their staff because it will result in greater productivity and less time off sick.

As part of its commitment to promote health and wellbeing in the workplace, the Public Sector Management Office agreed to again provide funding support to State Government agencies enabling teams to participate in the Global Corporate Challenge (GCC).

The Global Corporate Challenge is a 125 day health and wellbeing program that encourages employees and it turn the workplace, to be active. The aim for employees participating in the Challenge is to walk 10,000 steps a day. The number of steps made each day are entered onto a website which takes participants on a virtual walk around the world.

Last year DHHS had 98 teams participate in the Challenge and we didn't think this fantastic result could be improved upon. Clearly we underestimated how successful the Challenge was because this year we have 162 teams! This is a phenomenal result and means we will have 1,134 staff members trying to improve the amount of physical activity they undertake. This represents nearly 10 percent of all DHHS staff. Well done everyone.

Stay tuned for more updates on the Challenge.



Women's Health North and Aspire A Pathway To Mental Health have joined forces to offer the first *Power On* program in Tasmania. A peer education program for women who experience mental illness, *Power On* is a course of 12 weekly sessions in which women can increase their health literacy while also exploring further ways to improve self management of their wellbeing.

Observing principles of adult learning, the collective experience and wisdom of participants is utilised as a bountiful source of knowledge, strategies and ideas for how individuals can maintain or improve their health across all facets of their lives.

The Launceston pilot has combined the objectives of *Power On* with a *Get Active* program where participants have chosen different physical activities to 'sample' throughout the duration of the program. To date, the group has enjoyed a walk to Tamar Island, a swimming session at Launceston Aquatic, a gym workout on the free, public access equipment at Royal Park, and an archery tutorial at Paringa Archery Club in the beautiful bushland of Trevallyn State Recreation Reserve.

Upon completion of the Launceston program in late May and its evaluation, *Power On* will be offered in other parts of the state. Contacts for *Power On* in Tasmania are Jo Magee, Women's Health 6336 2401 or email: jo.magee@dhhs.tas.gov.au and Rhonda Gee-Mackrill, Aspire 6333 3111 or email: rgee-mackrill@aspire.org.au

Mindfulness - a popular approach to treating mental health disorders

Up to 200 health practitioners and medical students from across the state took part in the Visiting Research Fellow program offered through the Rural Clinical School in April this year. Dr Maura Kenny a specialist psychiatrist based at the Centre for the Treatment of Anxiety and Depression in Adelaide is the first Visiting Research Fellow to come to the North West this year.

Supported by the RCS Health Research Matters Program, Dr Kenny conducted a range of workshops and forums in Burnie on the practice of mindfulness as a treatment approach. Dr Kenny said "Research has found that this treatment approach is effective in helping people learn ways to manage difficult problems such as chronic disease and depression, and to achieve an improved quality of life."

It is anticipated that practitioners and academics will review ways in which they can incorporate this therapy into their work. The Rural Clinical School is keen to support research into this area and assist health professionals to incorporate a research approach. With the launch of the RCS Seed Funding Grants of up to \$1000 health practitioners are encouraged to apply for assistance to conduct research and increase the research capacity on the North West coast. For more information on the Health Research Matters Program please contact Maree.Gleeson@utas.edu.au

Participants Wanted for Research Study investigating the link between acute climate change and chronic disease

UTAS School of Human Life Sciences researcher, Sibella King and her co-researchers are currently investigating the association between exposure to extreme temperature variations and health consequences for individuals with underlying chronic disease such as Type 2 Diabetes.

Climate change scientists predict increases in global temperature of 1.5 to 5.8 degrees by 2100 which may lead to a greater incidence of, and variability in extreme weather events in the future. Repeated exposure to such extreme temperature variations may have serious health consequences for individuals with underlying chronic disease

Ms King's study seeks to provide insight into how environmental stress affects central blood pressure and blood coagulation in healthy people, and in people with Type 2 Diabetes. The study uses new technologies such as Pulse Wave Analysis which measures blood pressure at the heart rather than the upper-arm, and Pulse Wave Velocity which measures stiffness of the arteries and how hard the heart is working. These new, painless technologies can give additional information to that of the traditional blood pressure measure at the arm that could more accurately diagnose presence and progression of arterial disease, and may therefore prevent or avoid worsening of diseases like Type 2 Diabetes.

With increasing risk of extreme weather events, such as heatwaves and unseasonal cold snaps predicted as a result of climate change, results from this study will benefit people most at risk during such events, such as those suffering from chronic disease, the elderly, or workers in extreme environments, for example military personnel and municipal workers.

If you would like to be part of this study and are over 18 years of age and either healthy or have Type 2 Diabetes and are available to attend five testing sessions over a period of two to five weeks please contact Sibella King on 6324 3688 or email Sibella.King@utas.edu.au

News from Meander Valley – Swimming Group/s- Elizabeth Earley (Community Nurse)

What started as a small hydrotherapy group supported by a community nurse once a week has grown as demand has increased to a more sustainable model. There are now a number of groups attending hydrotherapy each week. The groups have a volunteer driver, the pool is booked and they have a contact person for each group re who is /or isn't attending each day. They use the Community Bus and travel to the Aquatic Centre, Mon – Wed and Fri. Mondays and Fridays a physio assists with exercises etc. Some clients have a carer who meets them at the pool to assist with showering and dressing. The Monday group is quite a social group they go for lunch, shop and recently attended a talk on diet and nutrition at Westbury.

They have formed friendships that they would not have normally done – with different religions and cultures intermingling. They support each other when they are ill or in hospital - in saying this - health has improved or been maintained - > reducing doctors visits and hospital time. What's next- it is hoped that the local school pool will be covered and heated and this will offer an alternative to reduce the travelling.

Entries in the Heart Foundation Local Government Awards 2010 are Now Open!

Are you leading the way in creating healthy communities? Are you building a sense of community, encouraging people to be active, be smoke free or make healthy food choices? If your answer is yes, then the Heart Foundation wants to hear from you.

Entries in the Heart Foundation Local Government Awards 2010 are now open and not only do you have the chance of receiving recognition from the Heart Foundation but you could also receive part of the \$34,000 in cash awards and a plaque.

The 2010 awards program has six categories:

- Employee Health and Wellbeing
- Facilities
- Healthy Weight
- Planning for Active Living
- Priority Groups
- Tobacco

For entry forms and information about the 2010 awards contact Sally at your local Heart Foundation office on 6336 5116, visit www.heartfoundation.org.au/lga, or email Sally.Barns@heartfoundation.org.au

Resources

Websites:

Australian Disease Management Association- www.adma.org.au

Articles / Publications:

Latest Article on - The Health Coaching Australia (HCA) Model:

An integrated model of health behaviour change for chronic disease prevention and chronic condition self-management April 2010 available from health coaching Australia website www.healthcoachingaustralia.com

Future Chronic Disease and Self Management Training and Education in Tasmania

One Day Motivational Interviewing Workshop for the North West with David Manchester in Devonport on the **17th May**. David Manchester is a Neuropsychologist and Clinical Psychologist with over 16 years experience working in neurobehavioural rehabilitation, psychiatry and learning disability services.

He provides regular training workshops in rehabilitation psychology in the UK and in Australia. For more information about the workshop please email: Julie.milnes@dhhs.tas.gov.au or diane.webb@dhhs.tas.gov.au

Upcoming Workshop- Angela Lawless -South Australian Community Health Research Unit (SACHRU) will be in Tasmania from 17th -24th June to deliver sessions in Burnie and Launceston. Angela has worked as a practitioner, manager, lecturer, trainer and researcher in a variety of health settings. She has extensive experience in evaluation of community and primary health care projects and health services and in workforce capacity building.

Her research interests include health equity, models of health care services and child health. She is currently Deputy Director Training and Development in the South Australian Community Health Research Unit.

Angela's will present workshops on:

- Social Determinants of Health: what can community and primary health care services practitioners do?
- Community Capacity Building
- Health Promoting Health Services

Registration flyers will be distributed in May. For information contact Health Promotion NW julie.milnes@dhhs.tas.gov.au or the team at Health Promotion North healthpromotion.north@dhhs.tas.gov.au



GET ACTIVE PROGRAM

The **Get Active Program (GAP)** is a state-wide initiative that aims to enhance health and wellbeing through involvement in physical activity, and encourage healthy eating habits. For more information contact Di McShane on 6391 8237 or 0428 390 089 or visit the website at www.wsrt.org.au.

A Facilitator training is planned in the South of the State in the next couple of months and more trainings can be organised for other areas if enough interest is shown.

Working with men - Practice development workshop - Campbell Town, Tasmania

When: Friday 3rd September 2010 from 9.30- 4.30pm

Where: The Grange Meeting and Function Centre, 87 High St (Midlands Hwy) Campbell Town, Tasmania

Cost: \$143.00 (GST included). Morning tea and lunch is provided.

Andrew King 0437 749 390

info@groupworksolutions.com.au

Tai Chi for Arthritis- Leader Training Program

Arthritis Tas are running a number of leaders and leader update trainings around the state for more information please contact info@arthritistasmania.com.au

Interstate

Training and Education:

Health Coaching Australia – www.healthcoachingaustralia.com

The Flinders Program- Chronic Conditions Self Management Workshops/Training

Motivational Interviewing Workshop for Health Professionals:

Half-day session held on: 27th May 2010

Margaret Tobin Centre

Flinders University, Bedford Park SA

For queries regarding these workshops, please do not hesitate to contact the administrative assistant on (08) 8404 2538.

Conferences and Seminars:

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

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:

3rd May – Strahan – Contact Maggie Johnson
11th May – Smithton- Contact Joan Van Loon
5th July – Rosebery- Contact Maggie Johnson
20th Sept- Queenstown- Contact Gordon Roberts

North:

13th May-Campbell Town – Contact Tim Smith
6th August – St Helens- Contact Helen Jennings

South:

26th July – Ouse- Contact Sandy Elliott

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



This is a 7 week program for sedentary adults with chronic conditions to get active. More information can be found at www.active-launceston.com.au or by calling Lucy Marshall on 6324 4027.