

Chronic Conditions Prevention and Management (CCPM)

E-update – March 2009 Issue No. 1

Welcome to the first E-update of the CCPM Team

The E-update has been developed to provide a regular way of communicating with you about activities being undertaken by our team and inform you about upcoming training and education opportunities, resources and news relating to chronic conditions prevention and management.

About the CCPM Team

The CCPM team is part of Health Priorities within POPULATION HEALTH, DHHS. Health Priorities consists of a number of areas which aim to support the development of policies, programs and initiatives to enhance and promote the wellbeing of the Tasmanian Population. The CCPM team was established in 2007 as part of the Australian Better Health Initiative (ABHI) to address state and national priorities relating to the prevention and management of chronic disease. The team has 5 key focus areas including: policy and planning, partnership development, capacity building, program development and support and research and evaluation.

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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	Sharon Griffiths	Level 5, 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
South	Shelley Moor	3/25 Argyle Street Hobart	Ph: 6222 7708 or email shelley.moor@dhhs.tas.gov.au

Update from the CCPM Team

2008 was a busy year for our team with the completion of a state wide mapping process and the organisation of training in the Flinders Model of Chronic Conditions Self Management (Practitioner Certificate of Competence) delivered in Launceston and Hobart for 47 health professionals in May. The mapping report highlighted a number of areas that required further support and action and these have been incorporated into our future planning and priorities. We would like to thank everyone who participated in the mapping process. If you would like to know more about the outcomes from the Mapping process please contact the CCPM team member in your region for a copy of the report or you can download a copy of the Executive Summary:

- [Click here to see Executive Summary of the report](#)

In 2009 some of the key priorities for the CCPM Team include:

- Development of a state wide Self Management Framework
- Support to health professionals through:
 - Further training and education in self management including the self management models of Stanford, Flinders and Health Coaching
 - Establishment of mechanisms for ongoing communication, support and professional development (including the e-update and proposed regional professional development networks)
- Ongoing support for the coordination of Stanford Chronic Disease Self management Programs ("Get the most out of life") as part of the Tasmanian Self Management Alliance.

News

As many of you would be aware we are organising a forum on **Chronic Conditions Self Management on 5 March 2009, in Launceston**. The forum is designed for managers, health practitioners and workers who have an interest in self management.

A number of interstate and state-based speakers will be presenting.

[For more information on the Forum click here \(page 9\)](#)
Over 160 people from across the state have registered to attend the Forum.

News – continued

Stanford Chronic Disease Self Management Program (Get the Most out of Life) Leader Training – was held in Launceston on 11-12 and 17-18 February. 13 Health Professionals from across DHHS attended the training. The leaders will be putting their training into practice by starting to run programs during this year.

The International Congress on Chronic Disease Self Management was held in Melbourne from 26-28 November 2008

- [Highlights from the conference \(feedback from the CCPM team\)](#)
- Link to website (copies of presentations available): <http://www.cdsm2008.com/>

A CDSM Workshop hosted by the Australian Government Department of Health and Ageing was held in Canberra on 9 December 2008. This was attended by representatives from state and territory government jurisdictions and non-government stakeholders who provided updates on CDSM initiatives and activities underway in their local jurisdictions. For more on Australian Government directions on CDSM go to: <http://www.health.gov.au/>

Resources

Manuals/Guidelines

Navigating Self Management – A practical approach to implementation for Australian health care agencies: http://som.flinders.edu.au/FUSA/CCTU/pdf/Navigating_self_management%20March%202008.pdf

Websites

Health Coaching Australia Website: www.healthcoachingaustralia.com.au

Newsletters

Flinders University Chronic Conditions Self Management Newsletter – December 2008.

Click here for the latest edition:

<http://som.flinders.edu.au/FUSA/CCTU/newsletters.htm>

Articles:

Chronic Disease and participation in work

New Report released through Australian Institute of Health and Welfare 2009

This report is a timely reminder of the cost of chronic disease to both the community and economy and provides further evidence for national action to prevent chronic disease.

See: <http://www.aihw.gov.au/publications/index.cfm/title/10442>

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Future Self Management Training and Education Opportunities

In Tasmania

Health Coaching

Introduction to Health Coaching (2-day) Workshop – 30-31 March 2009, Hobart
Cost: \$110 for 2 days

Health Coaching Skills Consolidation Workshop – 2 April 2009, Hobart
(NB This is open only for people who have completed the 2-day introductory workshop. There is no cost for this workshop due to an Allied Health Professional Development Grant)

** please note there are limited places available for both these workshops*

For information regarding these workshops please contact Shelley Moor on Ph: 6222 7708 or email shelley.moor@dhhs.tas.gov.au

For information on the Health Coaching: www.healthcoachingaustralia.com.au

The Flinders Model Chronic Condition Self-Management (CCSM)

Certificate of Competence Workshop (2 days) to be held on 5-6 May 2009, Launceston
Cost: \$150 for 2-days

** please note there are limited places available for this workshop*

For information regarding this workshop please contact Sharon Griffiths on ph: 6440 7134 or email sharon.griffiths@dhhs.tas.gov.au

For information on the Flinders Model CCSM: <http://som.flinders.edu.au/FUSA/CCTU/workshops.htm#Timetable>

Diabetes Management in the General Care Setting - Diabetes Tasmania

This is a nationally recognised and accredited training program that has already been conducted on a number of occasions in Tasmania in 2008 and was extremely well received.

On satisfactory completion of the course, participants gain a Statement of Attainment which is equivalent to Australian Qualifications Framework Level 3. In Tasmania the course is conducted by Parkside Training (a Registered Training Organisation) in collaboration with Diabetes Tasmania.

The next course will run on 4 consecutive Tuesdays - 17th March, 24th March, 31st March and 7th April 2009. At Parkside Training, The Quay Building, Bellerive, Hobart.

All enquiries to them on 62332288 or enquiries@trainwithparkside.com.au
Cost (for this time only) \$250

For more information click here to see the course brochure:



Generic NADC brochure.pdf

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Future Self Management Training and Education Opportunities

Interstate

Health Coaching Australia

Introduction to Health Coaching for Health Professionals Workshop

Melbourne, 16 & 17 March 2009

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

Health Coaching Integration into Organisations Workshop (free ½ day)

Melbourne, 18 March 2009

Workshop is now open for registration. Please contact Janette Gale, Director, Health Coaching Australia on 02 4465 2185 or email janette_gale@optusnet.com.au

Flinders University – Post Graduate Programs in Chronic Condition Management and Chronic Condition Self Management

Flinders University currently offer a **Graduate Certificate in Health (Self-Management)** (4 topics totalling 18 units) and a **Graduate Diploma in Chronic Condition Management** (8 topics totalling 36 units). These programs are offered online across Australia (International students may also apply) and are both Commonwealth Supported at present within the University. This means that students will receive substantial savings on fees, when ordinarily they are full fee paying post graduate courses.

For further information about these courses see:

http://som.flinders.edu.au/FUSA/CCTU/postgraduate_programs.htm

Short course in chronic disease:

epidemiology and prevention - offered by the

School of Public Health and Preventive Medicine (SPHPM)

Monash Uni Melbourne:

Date: 5-6 March:

For specific course information and registration details see:

<http://www.med.monash.edu.au/epidemiology/shortcrs/2009/cde02-course-summaryhtml.html>

There is an extensive short course program being offered in a variety of subjects across the year, and the full 2009 timetable (updated regularly) can be found

www.med.monash.edu.au/epidemiology/shortcrs

<<http://www.med.monash.edu.au/epidemiology/shortcrs>>.

NOTE: Discounts apply

<<http://www.med.monash.edu.au/epidemiology/shortcrs/2009/discounts.pdf>>

Enquiries to shortcrs@med.monash.edu.au

<<mailto:shortcrs@med.monash.edu.au>> or tel: 03 99030892

The Heart Research Centre is offering a range of training for health professionals who are working with patients who have a chronic disease.

- Changing health behaviour: a practical application of cognitive behaviour therapy (see below)
- Motivational interviewing: helping patients improve their health behaviours
- Five day training program in cardiovascular disease rehabilitation and prevention
- Psychosocial issues in coronary heart disease
- Effective leadership of groups for patients with chronic disease
- Helping patients manage negative emotions: a practical application of cognitive behaviour therapy
- Integrated disease management for patients with chronic heart failure

For more information on the above courses please click [here](#)

Heart Research Centre

Box 2137 Post Office
THE ROYAL MELBOURNE HOSPITAL VIC 3050
T: 03 9326 8544
F: 03 9326 5066
W: www.heartresearchcentre.org

Changing health behaviour: a practical application of cognitive behaviour therapy

Melbourne (30-31 March) & Brisbane (2-3 April)

Cost: \$550

Covering: healthy eating, physical activity, adherence to medication, harnessing social support
Suitable for ALL health professionals.

Patients' beliefs can act as barriers to successful lifestyle change. Cognitive behaviour therapy (CBT) can be used to increase awareness and support their change of these beliefs. This workshop aims to help health professionals learn to apply a number of basic CBT techniques when working with their patients.

A companion workshop will address the role of CBT in preventing and managing negative emotions, including depression.

For more information, visit

www.heartresearchcentre.org

contact Emma Llewelyn on (03) 9326 8544 or via email emma.llewelyn@heartresearchcentre.org

Programs for people with chronic conditions

Stanford Chronic Disease Self Management Program - also known as "Get the Most Out of Life"

Upcoming programs:

- **St Helens** – commenced 20 February 2009
- **Devonport** – commencing 4 March 2009
- **Queenstown** – commencing 12 March 2009 (to register for this program contact 6471 4749)
- **Clarence** – commencing 14 April 2009

Registration for the programs can be made by contacting Arthritis Tasmania on 1800 011 041

For more information about the program see: [Stanford Chronic Disease Self Management Program](#)

For more information on upcoming programs <http://www.arthritistasmania.com.au/courses/self-management.html>

Reset Your Life – new program for people at high risk of diabetes

Program consists of 7 group sessions over 6 months, featuring goal setting skills and information about physical activity and nutrition. The first course started in Tasmania on 22nd January 2009. This same course is being run all over Australia.

Potential participants need to fill in the *Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)* and then go to their GP to get a check for diabetes. Hard copies of AUSDRISK can be obtained by emailing resourcekits@health.gov.au

Who can come to the program? people who:

- get a high score of over 15 on the AUSDRISK tool (attached) **and**;
- have had a check by their GP to exclude type 2 diabetes **and**;
- have obtained a GP referral to the program

For further information on the program please contact Yvonne Wilkins, Diabetes Tasmania on 6215 9000 or email ywilkins@diabetestas.com.au

Living With Cancer Education Program

Free four week education program for people with cancer, their family and friends and is designed to provide information and develop skills to enhance the quality of life for cancer patients and their families.

The program is for small groups and usually runs for 2 hours a week for 4 to 8 weeks. A half-day program is also available. Programs are held in most Tasmanian hospitals (both public and private) some community health centres and in many country hospitals and health services.

For further information on the program please contact Sharon Murcott, Cancer Council Nurse, on 6421 7894 or 6336 2030.

Relay For Life 2009 ... a team event to fight cancer
Hobart: 28 February-March 1
Eastern Region: 28 February-March 1
Launceston: 14-15 March – Penguin: 21-22 March
To register a team or for more info call 1300 65 65 85
www.relayforlife.com.au

Give Diabetes the Flick – Women's Program – new program coordinated by Diabetes Education North West, commencing 5 March 2009, Devonport

This six week program (2½ hrs per week) is aimed at women diagnosed as at risk of developing Type 2 Diabetes or who have had gestational diabetes, and is for both staff and clients.

The program aims to provide skills to change lifestyle habits and improve the way that you eat and choose to exercise.

For more information or to register for this program please call the Diabetes Centre, DHHS, on 6430 6591.

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Stanford Chronic Disease Self Management Program – also known as “Get the Most Out of Life”

About the program: The Stanford Chronic Disease Self Management (CDSM) Program has been developed to provide support for people with one or more chronic conditions, such as arthritis, diabetes, respiratory and cardiovascular disease. The aim of the program is to build participant’s confidence to manage their health and maintain active lives despite their chronic condition. The program takes place once a week for six weeks. Each session runs from 2½ hours, with between 10-15 participants. The program is co-facilitated by two trained leaders. Carers / support people are welcome to attend as participants.

Leader training: The leader training course provides skills for people to become accredited leaders in the CDSM Program. The training covers all aspects of running a CDSM Program as well as familiarising participants with the program content and self management strategies, such as:

- goal setting and making an action plan
- techniques to deal with frustration, fatigue and isolation
- appropriate exercise for maintaining and improving strength, flexibility and endurance
- appropriate use of medications
- communicating effectively
- nutrition
- use of community resources

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Chronic Conditions Prevention and Management in Tasmania

A Statewide Mapping Report - August 2008

Executive Summary (from Report)

In July 2007 the Chronic Conditions Prevention and Management Team was established within Population Health. One of the first priorities identified was the need to better understand the current level of knowledge, skills, activities and programs around the state in relation to chronic conditions prevention and management (CCPM). As a result a mapping exercise was undertaken at a regional level with the aim to:

- provide the team with a good understanding of activities underway in each of the regions relating to the prevention and management of chronic conditions
- identify the range of stakeholders, services, activities and resources relating to CCPM
- identify gaps, assess current and future needs, and identify opportunities and potential future developments.

The mapping process took place over a 6 month period from September 2007 to February 2008 and involved consultation with numerous stakeholders around the state. Information was gathered using a template to assist consistency and also to enable further analysis of information. This report is a reflection of the findings of those consultations and provides valuable insight into the gaps, barriers, enablers and potential opportunities to inform the planning and development of future CCPM activities and priorities both regionally and statewide. It is not intended to be used as a comparison between the regions, although regional issues have been identified as part of the analysis.

The following key themes were identified from the mapping process:

- level of knowledge and understanding of CCPM and a recognised need to raise the general understanding and knowledge around the state
- access to training and education that is flexible, affordable and ongoing to prepare the current and future workforce in providing best practice, evidence informed chronic care
- program sustainability factors including the impact of short term funding, key worker reliance and the lack of qualified trainers
- resourcing issues including limited access to adequate and appropriate tools to assist provision and participation in CCPM activities, the impact of workforce shortages and the lack of cohesive planning and communication
- the current climate and the impact of uncertainty and a rapidly changing workplace environment on organisational and individual ability to integrate CCPM into service delivery.

Potential actions were identified which addressed the themes, with the key action areas relating to communication, resources, training and education.

2008 International Congress on Chronic Disease Self Management

The Tasmanian contingent at the conference included the CCPM team, who attended a range of workshop strands. Some of the key messages from the conference included:

- To continue to spread the word about Self Management among health practitioners and the wider community, including the need to share a common language
- The importance of health literacy & people's understanding of health messages was noted as critical in people's ability to manage their conditions
- To develop a menu of various self management options and encourage people to choose, while specifically catering for high risk populations
- The benefits and obligation for workplace based programs
- Self management should be fully integrated as part of a patient's journey, and incorporated into the training for all health professionals
- Gaps continue between research and practice areas and questions about whether we are measuring the right things in evaluation
- The similarities between prevention, health promotion and self management and the complementary roles they play
- Self management should be a regular part of chronic care rather than addition to care - people should "opt out" not "opt in" to self management

The overwhelming message was that regardless of the setting, be it community, health service or work based program – self management and behaviour change take time.

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POPULATION HEALTH – Chronic Conditions Prevention and Management Team

Chronic Conditions Self Management Forum

for managers, health practitioners and workers interested in the management of chronic conditions

Limited places available for this great opportunity!

If you have a role / interest in the prevention and management of chronic conditions and particularly self management approaches, this forum is for you!

Presenters will provide current information on self management which will include:

- principles and underlying elements
- different models/approaches
- self management in context
- skill sets for health professionals
- a consumers perspective – what does self management mean to me?
- examples of self management in practice

* One of the highlights of the Forum will be the free workshop on a systems approach to putting self management into practice

Keynote Presenters:

Professor Malcolm Battersby

Director of Flinders Human Behaviour and Health Research Unit
Flinders University

Naomi Kubina

Consultant for Chronic Disease Management & Primary Author of Navigating Self-Management

Helen Cameron-Tucker - tbc

PhD Candidate, Menzies Research Institute & Physiotherapist, Royal Hobart Hospital



Date: Thursday, 5 March 2009

Time: 9.30am to 4.00pm

Venue: Launceston Tramshed Function Centre
4 Invermay Road
Inveresk (near the Museum and Art Gallery)

Cost: Free

(funded by Population Health as part of the Australian Better Health Initiative)

Lunch will be provided!

Enquiries:

Sharon Griffiths
Area Coordinator CCPM North West
Ph: 6440 7134
Email: sharon.griffiths@dhhs.tas.gov.au

Registration essential: Limited places available so be quick!

To register please complete the registration form attached and return to:

Email: shelley.moor@dhhs.tas.gov.au

Fax: 6222 7252

By: **19 February 2009**

Email registrations preferred

