

## Overview of

### CHRONIC DISEASE SELF MANAGEMENT TRAINING

Chronic disease self-management education programs aim to empower patients via providing information and via teaching skills and techniques to improve self-care and doctor-patient interaction, with the ultimate goal of improving quality of life.

Previous attempts in other countries to incorporate self-management education activities into the health care sector have faced setbacks because of inadequate integration into primary care. Engagement of health care professionals and their endorsement of self-management activities are critical to success (Jordan & Osborne, 2007, p1).

The following summarises the key training programs available for chronic disease self management for service providers.

#### 1. FLINDERS MODEL OF CHRONIC CARE SELF MANAGEMENT

**Flinders Model:** a health professional-initiated assessment that aims to highlight strengths in self-management & identify areas of need leading to the development of a care plan, which can be monitored. Flinders University or Train the Trainers of the Flinders Model may facilitate this two day program.

CCSM is widely recognised as a key strategy for improving the management of chronic conditions. The Flinders Model of CCSM is a generic approach applicable to a wide range of chronic conditions. It involves the health professional supporting individuals to self-manage by:

- \*Assessment of self-management capacity
- \*Collaborative problem identification
- \*Client-based goal setting
- \*Integrated care planning
- \*Motivational techniques
- \*Outcome measurement

**The workshop program will provide you with the knowledge and skills to:**

- \*Understand the theory and evidence of CCSM
- \*Use a self-management assessment, including the Partners in Health Scale © and Cue & Response interview ©
- \*Apply the motivational Problem & Goals approach
- \*Develop a self-management Care Plan
- \*Utilise a range of self-management interventions and strategies
- \*Enhance your partnerships with clients with chronic conditions

For further information: see Flinders University Human Behaviour & Health Research Unit Arlene Ackland on [Arlene.Ackland@fmc.sa.gov.au](mailto:Arlene.Ackland@fmc.sa.gov.au) or see website: <http://som.flinders.edu.au/FUSA/CCTU/>

**Cost** = for two day program by Flinders University is \$13,800 excluding catering for 24 participants.

Alternatively contact Megan McCleish, HARP Manager WDHS or Janine Dureau-Finn HARP Manager SWH “Accredited Trainers” for the Flinders Self Management Model.

## **2. The Better Health Self Management Course for people with Chronic Conditions - Facilitator’s Training for Health Professionals and Peer Leaders:**

The Better Health Self Management Course for people with Chronic Conditions is a group program aimed at improving patient self-management through teaching skills and using strategies such as role modelling & peer support. This can be used as an intervention identified on a Flinders care plan.

### **Why a self management course for people with chronic conditions?**

Most people with chronic conditions suffer fatigue and loss of energy. Some experience pain, while others have trouble breathing. Sleeping problems are common, and many people experience depression, often combined with concerns for the future.

So while there are many different chronic conditions, the problems people experience are often quite similar. No matter what the illness, clients face the challenges of overcoming day-to-day problems connected with it.

Known as the Stanford Model based work of Lorig KR, Sobel DS, Ritter PL, et al. (2001) Stanford University, US

The Arthritis Foundation Victoria conducts the facilitators training course: ‘The Better Health Self Management Program’ for consumers’:

- How to manage your symptoms
- How to communicate more effectively with your doctor/health professional
- How to lessen the frustration and deal with emotions
- How to fight fatigue
- How to get more out of life
- How to make daily tasks easier
- How to negotiate the healthcare system and select the most appropriate services and programs appropriate for your health care needs

**Cost** = approximately \$500 per person.

For further information contact Denise Philpott, Arthritis Victoria on ph: 85318000: <http://www.arthritisvic.org.au/>

Major findings from meta-analyses of self-management interventions across chronic conditions demonstrates that self management programs have clinically important benefits for diabetes, particularly Glycated Haemoglobin or Hba1C and Hypertension, with little or no effect found on osteoarthritis or arthritis (Jordan & Osborne, 2007, p85).

## **3. Health Coaching**

Participants completing this short course will be introduced to the knowledge and professional skills required to commence health coaching in their workplaces to enhance their current professional practice.

This course meets a growing need in the health sector for health professionals with Health Coaching skill sets who can deliver high-quality best practice health services and programs targeting the reduction of lifestyle risk factors and adherence to recommended medical treatment regimens for chronic illness self-management.

Participants in this course will be encouraged to develop networks with other Health Coaching health professionals and contribute to the ongoing development of the Health Coaching field.

### **Course Structure**

This is a two-day intensive course that combines formal lectures, demonstrations, discussion and practical sessions in health coaching from leading practitioners in the area of Health Coaching.

### **Teaching program**

The lectures and practical sessions will cover the following topics:

1. Fundamental principles of health behaviour change and barriers to change
2. Theoretical foundations of Health Coaching
3. Addressing negative thinking and enhancing motivation
4. Practical Health Coaching interventions (motivational interviewing, solution-focused coaching, cognitive therapy, goal-setting & striving techniques, use of worksheets etc.)
5. Health Coaching demonstrations
6. Health Coaching practice in pairs to build skills in enhancing patient's lifestyle behaviours
7. Incorporating Health Coaching practice into the health workplace

The coaching workshops will focus on developing the individual Health Coaching skills and techniques of the participants using case studies and real life situations. Comprehensive lecture notes and reading materials are provided and participants will have free access to all worksheets in electronic format for use with patients or clients.

Training conducted by Health Coaching Australia, NSW. There is no train the trainer program presently in place.

**Cost** = approximately \$500 per person plus travel expenses.

Reference: website: [www.healthcoachingaustralia.com](http://www.healthcoachingaustralia.com)

### **4. Motivational Interviewing:**

A component of Health Coaching, Motivational Interviewing is 'a person centred, directive method for enhancing a person's internal motivation to change. It aims to assist clients to work through their ambivalence to change. The method also enables health professionals to match effective strategies to clients' readiness to change. Research has shown these approaches to be significantly more effective than education and information alone (Kubina, 2007:1)

Training programs will usually be conducted over 1-2 days including practical activities, with follow up support and case study discussion. A minimum of 8 people is required to conduct the training workshop.

**Cost** = \$2500 for a full day session with consultancy fees of \$125/hour for follow up.

Reference: Naomi Kubina, Health active Partners, Bentleigh, [nkubina@healthyactivepartners.com](mailto:nkubina@healthyactivepartners.com); phone/FAX: (03) 95034775 or mobile: 0425 855303

## **References:**

Arthritis Victoria (June 2007) Website Arthritis Victoria 'Better Health Self Management Course' for people with Chronic Conditions. [www.arthritisvic.org.au](http://www.arthritisvic.org.au)

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Health Coaching Australia Website (June 2007) '*Health Coaching Australia (HCA) Model of Health Coaching for Chronic Condition Self-Management*', [www.healthcoachingaustralia.com](http://www.healthcoachingaustralia.com)

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