



CCSM News

News and information for people involved with managing chronic conditions

Please circulate as widely as possible

Current subscription 6,474

April/May 2010

Vol 7 Issue 2

In this edition:

- ❖ Welcome
- ❖ A Word from our new Health Services Manager
- ❖ Flinders Chronic Condition Management workshop online soon!
- ❖ How to Initiate an Organisational Workshop
- ❖ An Article of interest published by the FHBHRU
- ❖ Information on Scheduled Workshops
- ❖ FHBHRU meets with Professor Ilona Kickbusch
- ❖ Stanford Training
- ❖ New Publications
- ❖ Enrol now for postgraduate study in 2010!
- ❖ Articles and publications of interest
- ❖ Mental Health Sciences Programs

Welcome

The Education and Training Team at the Unit have been very busy with workshops and the subsequent care plans; we apologise for the delay in getting your assessments to you, but keep up the good work!!

There are a couple of new faces in the Unit. We now have a dedicated Manager for the E&T Team, Paula Harris, who comes to us from Lyell McEwin Hospital and has a background in physiotherapy and management. We also have our own Administration Support, Vivien Ratcliffe, who has spent many years in admin roles and is currently reorganising us so that we may provide a more consistent service to you.

A Word from our new Health Services Manager, Paula Harris

It has been an action packed four months since I started here at Flinders Human Behaviour and Health Research Unit. I have learned to say this fast and without drawing breath! It has been great getting to know all of the ins and outs of this place, working out the systems and finding my way into the database. The Education and Training Team have been fabulous with their explanations, support and understanding with all of my questions, obtuse or otherwise.

We are providing several workshops here at the unit, interstate and overseas. We have started training with our Living Well prevention program; instituted a number of Bridging courses for the Living Well program and refreshers for CCSM. Please see the workshops information below. We have had fewer requests for interstate training this year but this will likely to pick up in the near future.

Further links have been established with Canada and China with potential in Switzerland, Thailand and Scotland.

Volunteers needed! If you can help, please download [the poster](#) available on the website.

Should you require further information about our Unit or wish to access past issues, please visit our website <http://som.flinders.edu.au/FUSA/CCTU> or you can email self.management@flinders.edu.au.

Flinders Chronic Condition Management workshop online soon!

As part of the Commonwealth Department of Health and Ageing funded Flinders University Inter-Professional Learning Activities for Chronic Condition and Self-Management Support project, Kay Ross (Research Officer) is currently working on putting the two day Flinders Chronic Condition Self-Management (CCSM) workshop into an online format. Eight participants recently completed the Pilot Online Training Program. Participants commented on the usefulness of being able to share their ideas, questions and feedback with each other in the Forums (online discussion) and the flexibility of 'logging on' at any time! Overall feedback has been positive and we are currently updating the web site for the expected launch in a few months time.

The online course contains the same content as the two day workshop and will be an option for those who want to complete the training but who are unable to attend the face-face workshop. More details will be available soon.

News on further developments will be available over the next months! If you have any questions, please contact Kay (kay.ross@flinders.edu.au)

How to initiate an organisational workshop:

Did you know that we can come to you to hold one of our workshops at your organisation? You will firstly need to contact Vivien Ratcliffe or Paula Harris on self.management@flinders.edu.au or on either of our personal emails: vivien.ratcliffe@flinders.edu.au or paula.harris@flinders.edu.au.

We will need to know the numbers of participants; where you want to hold the workshop; details about what you expect from the workshop; and how you see this training fitting into your service provision. We will need to establish a contract with your organisation so we need to know who has the authority to sign off on it. The pricing structure is based on numbers so it is a good idea to have the numbers confirmed if you can. For full details on the pricing structure, please visit our website: <http://som.flinders.edu.au/FUSA/CCTU/workshops.htm>

A very valuable aspect of the training is the opportunity for the participants to experience using the Flinders Program™ tools with a volunteer client who has a chronic health condition. The interview usually occurs on the morning of Day 2 of the training. You might want to approach a support group or volunteer group in your area to recruit from. When holding in house workshops here, we offer a stipend to our volunteers to cover any out of pocket costs they may incur in attending the workshop. You may wish to consider this for your workshop.

An article recently published by FHBHRU:

A randomised trial of the Flinders Program™ to improve patient self-management competencies in a range of chronic conditions: study rationale and protocol.

Supporting self management is seen as an important health service strategy in dealing with the large and increasing health burden of chronic conditions. Several types of self-management programs are available. Evidence to date suggests that disease-specific and lay-led self management programs provide only part of the support needed for improved outcomes. The Flinders Program™ is promising as a generic self management intervention, which can be combined with targeted disease-specific and lay-led interventions, but it has yet to be evaluated for a range of chronic conditions using a rigorous controlled trial design. This paper give the rationale for a randomised controlled trial and process evaluation of the Flinders Program™ of chronic condition self-management in community practice, and details and justifies the design of such a study.

For the full article please follow the link:

<http://www.amj.net.au/index.php?journal=AMJ&page=article&op=viewFile&path%5B%5D=250&path%5B%5D=540>

Our Workshops:

Certificate of Competence in Chronic Condition Self-Management Workshop

With the ageing of our population and the increased rates of chronic conditions, our Health Services have a growing need to better manage chronic disease. Effective support for self-management is an important component of such change.

The two day workshop is designed to enable participants to:

- ❖ understand a structural framework for better chronic condition management;
- ❖ understand the theory and evidence for self-management;
- ❖ develop understanding and skill in the use of the Flinders Program™;
- ❖ gain a Certificate of Competence – Flinders Program™

Dates: 1 & 2 June 2010
6 & 7 September 2010
11 & 12 November 2010

Venue: Margaret Tobin Centre, Flinders University, Adelaide South Australia

Trainer Accreditation in Chronic Condition Self-Management

Trainer Accreditation (with pre-requisites*) is a further 2-day workshop that with subsequent assignments equips the health professional to deliver the Certificate of Competence Program.

You will be required to do a presentation to the other workshop participants to fulfill your assessment requirements.

Dates: 2 & 3 August 2010
8 & 9 November 2010

Venue: Margaret Tobin Centre, Flinders University, Adelaide South Australia

*You are only eligible to undertake our Trainer Accreditation training in Chronic Condition Self-Management if you have obtained a Certificate IV or equivalent, together with the Flinders Certificate of Competence in Self-Management.

Communication & Motivation Skills Workshop

FHBHRU Education and Training Team is offering a **1-Day Communication and Motivation Skills workshop** as an adjunct to the Flinders Program™ Certificate of Competence in Self-management.

The Communication and Motivation Skills workshop aims to enhance the health professional's ability to support the individual to self-manage by:

- ❖ Setting the agenda
- ❖ Active listening
- ❖ Finding triggers for change
- ❖ Using motivational interviewing
- ❖ Guiding the discussion
- ❖ Structured problem solving

Dates: 7 July 2010

10 November 2010

Venue: Margaret Tobin Centre, Flinders University, Adelaide South Australia

Living Well Workshop

In 2010 we are offering a new and innovative approach that enables health professionals to better support people with risk factors such as smoking, poor nutrition, alcohol misuse, physical inactivity and stress (SNAPS).

This 2 day workshop is for people who have **not** achieved a Certificate of Competence in Flinders Program™ Chronic Conditions Self-Management Support.

The workshop aims to:

- ❖ assess and address chronic condition prevention behaviours or risk factors associated with lifestyle;
- ❖ enable clients to become more actively involved in managing their health; and
- ❖ motivate clients to significantly improve their lifestyle and wellbeing.

Dates: 22 & 23 June 2010

11 & 12 October 2010

Venue: Margaret Tobin Centre, Flinders University, Adelaide South Australia

Living Well (Bridging) Workshop

This workshop is for people who have already achieved a Certificate of Competence in Flinders Program™ Chronic Condition Self-Management Support.

The workshop aims to:

- ❖ assess and address chronic condition prevention behaviours or risk factors associated with lifestyle;
- ❖ enable clients to become more actively involved in managing their health; and
- ❖ motivate clients to significantly improve their lifestyle and wellbeing.

Dates: 8 June 2010

Venue: Margaret Tobin Centre, Flinders University, Adelaide South Australia

For further information on any of the above workshops please contact: Flinders Human Behaviour & Health Research Unit: self.management@flinders.edu.au or phone: (08) 8404 2318
Full details and registration forms also available at <http://som.flinders.edu.au/FUSA/CCTU/workshops.htm>

FHBHRU meets with Prof Ilona Kickbusch

Prof Kickbusch is on the board of Careum, an organisation which plays a major role in training allied health professionals (and now promoting patient involvement) in Switzerland.



Prof Ilona Kickbusch (second from left) met with Dr Sharon Lawn, Dr Melanie Harris and Ms Paula Harris during her visit to the Margaret Tobin Centre where they discussed the possibility of introducing the Flinders Program™ to Switzerland.

Stanford Training in Adelaide

Combined Master/Leader/LIFE training in Adelaide. Monday 26th—Friday 30th July 2010 in Adelaide

Organisations that have Master Trainers have the ongoing capacity to train leaders where and when it suits the organisation.

The Aboriginal LIFE leader training will be conducted by Kate Warren is open to any leaders or master trainers who have previously undertaken the 4 or 4.5 day training or anyone attending the training in July.

See our website for registration forms or more information – www.cdsmprtraining.com.au or contact us at admin@cdsmprtraining.com.au for any further information.

Enrol now for postgraduate study in 2010!

If you are interested in the **Postgraduate Program in Chronic Condition Management and Self-Management** enrolments are currently open for the Graduate Certificate of Health (Self-Management) and the Graduate Diploma in Chronic Condition Management) for 2010.

The post-graduate courses aim to meet the extended professional development needs of graduates involved in the provision of policy, planning or delivery of services to people with chronic physical or mental health conditions.

The **Graduate Certificate of Health (Self-Management)** course (Grad Start Code: **2GC059**) also seeks to offer students an understanding of the core principles and skills involved in the development and implementation of self-management enhancing programs in diverse settings for health professionals and service consumers / patients. This 18 unit course is equivalent to one semester of full-time study and is available as fully web-based study, with the exception of MHSC 8103 which is attached to trainer accreditation and is an elective topic. Many students working concurrently with study choose to complete the course part-time over 1-2 years.

The **Graduate Diploma in Chronic Condition Management** course (Grad Start Code: **2GD030**) also offers students an advanced understanding of the principles and skills involved in the development and implementation of chronic condition management and self-management-enhancing programs in diverse practice setting for health professionals and service consumers/patients.

If you require further information on the programs please visit the Flinders University website at <http://www.flinders.edu.au/courses/postgrad/self.htm>. Or contact SATAC for enrolment <http://www.satac.edu.au/uniweb/sect02/default.asp?NavBar=Section2>.

If you require further information on the programs please visit the Flinders University website at <http://www.flinders.edu.au/courses/postgrad/self.htm>.

NEW PROGRAM FOR 2010!

In 2010 Flinders University is offering a new program, **The Master of Public Health (Chronic Conditions Management)** (Grad Start Code: **2CM109**).

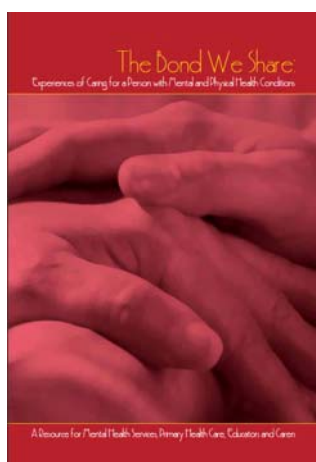
In the Masters program students will be able to combine the Graduate Certificate core topics with an important range of Public Health core topics focusing on social determinants of health, community and health system change, and dedicated research methods topics in order to achieve this Masters by coursework. The combined topics will support students to undertake a dedicated piece of research of their choice, relevant to their area of interest, experience and expertise and of meaningful use to the sectors and organisations in which they work specific to chronic condition management and/or self-management. In this way, we aim to build research and evaluation in practice and build health professionals' capacity to support the many chronic condition prevention, management and self-management support initiatives and changes being attempted in the field of practice.

Enquiries regarding The Master of Public Health (Chronic Conditions Management) can be made in the first instance to Carol Gibb ph. (08) 7221 8427 carol.gibb@flinders.edu.au or contact Sharon Lawn, Coordinator, (08) 84042321, sharon.lawn@flinders.edu.au. Contact SATAC for enrolment [SATAC enrolments](#).

Articles and publications of interest:

- Bair, M. J., Matthias, M. S., Nyland, K. A., Huffman, M. A., Stubbs, D. L., Kroenke, K., Damush, T M. (2009) Barriers and Facilitators to Chronic Pain Self-Management: A Qualitative Study of Primary Care Patients with Comorbid Musculoskeletal Pain and Depression. *Pain Medicine*, 10(7),1280-1290.
- Barnett, M. (2009) Promoting self-management for patients with COPD. *Journal of Community Nursing*, 23.
- Dziedzic, K. S., Hill, J. C., Porcheret, M. & Croft, P. R. (2009) New models for primary care are needed for osteoarthritis. *Physical Therapy*, 89, 1371-1378.
- Glasgow, R. E. (2009). "Reach and effectiveness of DVD and in-person diabetes self-management education." *Chronic Illness* 5(4): 243.
- Jarvis, J., Skinner, T. C., Carey, M. E. & Davies, M. J. How can structured self-management patient education improve outcomes in people with type 2 diabetes? *Diabetes, Obesity and Metabolism*, 12, 12-19.
- Lau-Walker, M. & Thompson, D. R. (2009) Self-management in long-term health conditions-A complex concept poorly understood and applied? *Patient Education and Counseling*, 75, 290-292.
- Mead, H., Andres, E., Ramos, C., Siegel, B. & Regenstein, M. Barriers to effective self-management in cardiac patients: The patient's experience. *Patient Education and Counseling*.
- Powers, B. J., Olsen, M. K., Oddone, E. Z. & Bosworth, H. B. (2009) The Effect of a Hypertension Self-Management Intervention on Diabetes and Cholesterol Control. *American Journal of Medicine*, 122, 639-646.
- Rosser, B. A., Vowles, K. E., Keogh, E., Eccleston, C. & Mountain, G. A. (2009) Technologically-assisted behaviour change: A systematic review of studies of novel technologies for the management of chronic illness. *Journal of Telemedicine and Telecare*, 15, 327-338.
- Sequist, T. D., von Glahn, T., Li, A., Rogers, W. H. & Safran, D. G. (2009) Statewide Evaluation of Measuring Physician Delivery of Self-Management Support in Chronic Disease Care. *Journal of General Internal Medicine*, 1-7.
- Smeulders, E. S. T. F., Van Haastregt, J. C. M., Ambergen, T., Janssen-Boyne, J. J. J., Van Eijk, J. T. M. & Kempen, G. I. J. M. (2009) The impact of a self-management group programme on health behaviour and healthcare utilization among congestive heart failure patients. *European Journal of Heart Failure*, 11, 609-616.
- Vrijhoef, H. J. M., Berbee, R., Wagner, Edward H., Steuten, L. (2009) Quality of integrated chronic care measured by patient survey: identification, selection and application of most appropriate instruments. *Health Expectations*, 12(4), 417-429.

AVAILABLE NOW:



The Australian Government Department of Health and Ageing, through the Australian Better Health Initiative (ABHI), determined that education and training of the existing and future health workforce was a key element in assisting people with chronic conditions and their family carers. This DVD (and resource booklet) represents a key resource developed from the findings of a series of consultations involving focus groups, a survey and individual in-depth interviews with South Australian mental health carers, informed by a literature review of national and international research and policy in this field.

The resource booklet includes:

- ❖ Learning objectives;
- ❖ A summary of the literature and consultation outcomes;
- ❖ Suggestions for how to use the DVD and booklet with health professionals, support organisations, and students;
- ❖ Questions for reflection; and
- ❖ Links for further resources.

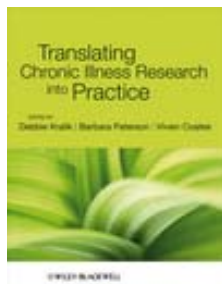
The aim of this DVD and resource booklet is to help the workforce to:

- ❖ Understand the significant impact of caring for someone with a mental and physical health conditions, from the carer's perspective;
- ❖ Understand the day to day issues facing mental health carers and how carers can contribute as positive partners in supporting people with mental and physical health conditions;
- ❖ Critically analyse and reflect on their practice, in particular, their consideration of carers' input to enhance their work with people with mental and physical health conditions; and

- ❖ Recognise what are the most important things that the carers need Mental Health Service providers and other health professionals to understand about their needs.

It may be of particular use to:

- ❖ Clinical Mental Health Service providers
- ❖ Psychosocial Rehabilitation service providers across public and private non-government organisations
- ❖ Primary Health Care service providers
- ❖ Managers of services in determining training offered to their employees
- ❖ Carers and Carer Support Organisations
- ❖ Undergraduate and post-graduate students



AVAILABLE SOON:

Translating Chronic Illness Research into Practice
Debbie Kralik (Editor), Barbara Paterson (Editor), Vivien Coates (Editor)
ISBN: 978-1-4051-5965-4 February 2010, Wiley-Blackwell

Translating Chronic Illness Research into Practice presents recent developments in chronic illness research and their implications for clinical practice. It delivers both a synthesis and a critique of current chronic illness research and its applications to chronic illness prevention, treatment and care. It promotes advances in knowledge about chronic illness, including discussion of the future directions for chronic illness research and gaps in present knowledge about effective chronic illness prevention, treatment and care.

Key features:

- Contains contributions from internationally renowned researchers in chronic illness
- Focuses on three key concepts, translating research into practice, chronic illness and practice, and bridges the boundaries between them
- Is applicable to an international, multi-disciplinary readership
- For researchers and practitioners across health disciplines

The book includes a chapter on Conceptualisation of Self-Management by *Malcolm Battersby, Sharon Lawn and Rene Pols* from FHBHRU.

The chapter covers:

- Background to the use of the term self-management
- Historical developments in self-management
- Associated concepts or models that overlap with or inform self-management
- Alternative definitions of self-management
- Conclusions: the future for chronic condition self-management

If you would like to provide feedback or suggestions to improve the newsletter please email us at self.management@flinders.edu.au.

Mental Health Sciences Programs

Graduate Certificate in Health (Mental Health Sciences)
Graduate Diploma in Mental Health Sciences
Master of Mental Health Sciences



The Mental Health Sciences Postgraduate Program offered at Flinders University, was established in 2000. It was the first course in Australia for non-psychologists devoted to the development of skills in behavioural and cognitive therapies for a wide range of conditions including anxiety disorders, psychosis, depression and problem gambling. Mental health professionals such as nurses, GPs, psychiatrists, psychologists, occupational therapists social workers, counsellors and teachers can learn these skills full-time or part-time while continuing to work.

The postgraduate programs in mental health sciences provide opportunities for people from mental health backgrounds to enhance their knowledge, skills and attitudes in the area of mental health sciences. The course aims to equip graduates from a variety of health professions with profound knowledge and understanding of the theory, principles and practice of mental health sciences with an emphasis on Cognitive-Behavioural Therapy (CBT).

Applications for Semester 2 2010 are now open.

See <http://www.flinders.edu.au/courses/postgrad/mhs/> for further information.

Workshops for Health Professionals

Presented in conjunction with Centre for Anxiety and Related Disorders and Statewide Problem Gambling Service

Cognitive-Behavioural Therapy for Anxiety & Related Disorders Workshop I (2, 4 and 5 day program)

The CBT for Anxiety Disorders workshop program aims to equip Health Professionals with an introductory knowledge of CBT as applied to the anxiety disorders. The focus of this workshop is to provide an understanding of anxiety and overview of the anxiety disorders, teach participants how to perform a structured CBT-based interview to determine suitability for a behavioural treatment program, and enable participants to inform suitable clients about the nature of exposure therapy.

20 to 24 September 2010

Cognitive-Behavioural Therapy for Anxiety & Related Disorders Workshop II (2, 4 and 5 day program)

In this advanced skills workshop applications of CBT will be examined with consideration to Depression, Generalised Anxiety Disorder, Psychosis and Metacognitive Therapy. The workshop will provide Health Professionals with an introduction to basic cognitive theory and then introduce participants to evidence-based best practice techniques and appropriate outcome measurement.

26 to 30 July 2010

Problem Gambling Workshop (1 day program)

This gambling workshop teaches how gambling can develop into a chronic and uncontrollable clinical problem. It equips therapists with skills to identify and assess problem gamblers, provides a treatment overview using a specific CBT model, educates on the importance of relapse prevention strategies and evidence based treatment, and provides practical ways to support clients with problem gambling.

12 August 2010

Managing Comorbid Mental Health and Substance Use Disorders (4 and 5 day program)

This workshop provides knowledge and practical skills in the assessment and cognitive-behavioural treatment of comorbid mental health and substance use disorders. Participants will gain a working knowledge of the principles and issues relevant to comorbid mental health and substance use disorders, gain knowledge and skills in the assessment of comorbid disorders, learn motivational interviewing techniques for substance use disorders, gain knowledge and skills in the cognitive-behavioural treatment of comorbid disorders.

16 to 20 August 2010

Ring or email for registration form.

Contact: Rachele Draper: 8404 2538 or Gabby Sheppard: 8204 3930

Email: mhsc.programs@health.sa.gov.au