



CCSM News

News and information for people involved with managing chronic conditions from

Flinders Human Behaviour & Health Research Unit

Please circulate as widely as possible

Current subscription **4,861**

March 2006

Vol 3 Issue 2

This issue, together with past issues may be found on the web @

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

In this edition:

- 📧 FHBHRU visits beautiful Brisbane
 - 📧 Graduate Certificate in Health (Self-Management) – Update
 - 📧 From the Field – Repatriation General Hospital, Daw Park
 - 📧 Chronic Condition Self-Management and Paediatrics
 - 📧 Websites of Interest
 - 📧 Article of Interest – “Good general practitioners will continue to be essential”
 - 📧 Adelaide - Certificate of Competence in Chronic Condition Self-Management Workshop
 - 📧 Melbourne - Certificate of Competence in Chronic Condition Self-Management Workshop
 - 📧 Don't forget – care plans
 - 📧 Adelaide – Trainer Accreditation in Chronic Condition Self-Management Workshop
 - 📧 On a lighter note
-

Welcome

Welcome to our CCSM on-line Newsletter, which has been sent to you because of your interest in **Chronic Condition Self-Management**.

PLEASE NOTE: If we have sent this message to you in error we apologise for disturbing you. Please reply with the word **REMOVE** in the subject line and we will ensure you do not get any further mail from the Unit.

FHBHRU Visits *Beautiful Brisbane*

Sarah and Angela visited the not so sunny (or thankfully humid!) Brisbane last week to conduct both a Two Day Chronic Condition Self-Management workshop and a Trainer Accreditation workshop. The 2 day workshop was well attended, with a number of clinicians from Queensland Health and a diverse group of health professionals from a vast range of health settings and locations. A high level of enthusiasm and motivation for learning more about self-management, especially the Flinders Model of Chronic Condition Self-Management, was clearly evident.

Queensland Health also had good representation for the Trainer Accreditation workshop. This group were very keen to introduce the use of the Flinders Model tools in their team. Dominique Bird from the Queensland University of Technology also attended and made a valuable contribution to the group! We look forward to working with these trainers in the near future!

We would particularly like to acknowledge **Beth Hunter** from *Arthritis Queensland*, for greatly assisting with the organisation and the smooth running of both of these workshops!! Beth also attended the Trainer Accreditation workshop as a participant and we look forward to her continued progress with the Flinders Model. Thanks Beth!

This month, Malcolm and the team are off to New Zealand!

Graduate Certificate in Health (Self-Management) ~ Update

We are excited to have 14 enrolments for Semester 1 2006, comprising a diverse range of health workers from around Australia and from a broad range of services and professional disciplines.

This semester will also be the first time delivery of our completely online version of MHSC 8101, the topic that is aligned with the Certificate of Competence Two day workshop in which people learn about how to use the Flinders Model tools. We are keen to have feedback from the students enrolled in this topic, particularly about how they are finding it.

We are also looking forward to our first international student starting in Semester 2, which may also see our first Aboriginal Health Workers enrolled.

The 10 Department of Health Scholarships for the Graduate Certificate in Health (Self-Management) have been successfully filled, with recipients enrolling across both semesters.

And by the time you read this, our first completing student will have submitted all of his requirements for the Graduate Certificate and will become our first graduating student! And that goes to **Sean Lowry of Northern Queensland!** Well done Sean! A fantastic result!

The Graduate Certificate in Health (self-management) aims 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. It 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.

The course is offered in external mode through distance education. The course is only available part-time and will be available as fully web-based study. The course is offered on a fee-paying basis.

Further details are available at ~

<http://som.flinders.edu.au/FUSA/CCTU/On%20Line%20Training.htm>.

Sharon Lawn, our course coordinator, will be busy over the next three months continuing the development of a Graduate Diploma, developing the topic aligned with the Trainer Accreditation workshop for complete online delivery, and to develop further elective topic options. So, watch this space!!

From the field ~ Repatriation General Hospital, Daw Park

Louise Checkley from Ward 17, Veteran Mental Health Rehabilitation Unit, Repatriation General Hospital in Adelaide, completed her Certificate of Competence in October 2005. This enabled Louise to attend a Trainer Accreditation Workshop in November. Since then, Louise has trained six staff members at the Repat in the Two Day Certificate of Competence Workshop and has another round of workshops scheduled in March, for seven staff in psychiatry. Keep up the great work Louise! We look forward to hearing your progress.

Chronic Condition Self-Management and Paediatrics

Many of our readers have expressed interest in how we can utilise the Flinders Model in different circumstances, including with people with a congenital chronic condition (such as Spina Bifida), those with cognitive impairment, children and how carers' roles may be further incorporated. Recently, we discussed initiatives by the FHBHRU to investigate the use of the tool with Spina Bifida patients.

More recent developments are regarding paediatrics.

The Unit has been following up on British attempts to utilise a chronic condition self-management approach in children. This approach is being run under the auspices of the Expert Patient Programme in the United Kingdom. It has been adapted and written by principal trainer Jim Phillips and Kathy Hawley from the Stanford Model. The course is delivered by specially trained volunteer tutors who include parents of children with chronic conditions. They are trialling this system in thirty different sites in ten jurisdictions in the United Kingdom. The aim of the exercise

is to evaluate the efficacy of this program and then to make it available to any organisation who wish to use it.

For those of you, including myself, who have an interest in paediatrics, it is good to know that we will be eagerly awaiting the outcome of this study. We will keep you posted.

Sarah Blunden

Websites of Interest

Council of Australian Governments' Meeting 10 February 2006 -
<http://www.coag.gov.au/meetings/100206/index.htm> retrieved 1 March 2006.

Promoting Good Health, Disease Prevention and Early Intervention

COAG recognises the importance of good health, disease prevention and early intervention and has announced the Australian Better Health Initiative that will start to re-focus the health system and will see the Commonwealth and States and Territories working together, and with the community, to promote good health and tackle chronic disease. This component of the package is linked to the National Reform Agenda in that over time it will assist in raising productivity and workforce participation.

From 1 July 2006, \$500 million will be provided over four years, comprising \$250 million from the Commonwealth and \$250 million from States and Territories, for:

- promoting healthy lifestyles through nationally-consistent messages on health, implementing nationally-consistent school canteen guidelines and school-based and local programs to facilitate and support lifestyle changes;
- supporting early detection of lifestyles risks and chronic disease through a new Well Person's Health Check which will be available nationally people around 45 years old with one or more identifiable risks that lead to chronic disease;
- supporting lifestyle and risk modification through referral to services that assist people wanting to make changes to their lifestyle. Assistance could include nutritional advice, advice on weight management, support to give up smoking, and counselling;
- encouraging active self-management of chronic disease with services ranging from group-based courses to different forms of counselling; and
- improving integration and coordination of care so that people with chronic conditions can receive more flexible and innovative support.

Auseinet – Australian Network for Promotion, Prevention and Early Intervention for Mental Health – http://www.auseinet.com/toolkit/rec_plans.php



Care Plans

Care planning plays an important role in contributing to wellness and setting goals for recovery. Helen Glover* has produced the following paper for Auseinet as a starting point for discussion about care planning. It contains principles, processes and examples for: managed care, person centred care and self-directed/self managed care...

- **[Click here to view the document: "Care Planning Processes: From managed care to self-directed care"](#)**

**Helen Glover currently works as an independent consultant and educator in the areas of mental health and disability. Her profession of social work, and her lived experience of recovery from mental illness, informs her work.*

New Online Recovery Toolkit

The need for practical resources to support an increasing understanding of recovery approaches was identified during a series of national consultations in 2004. These consultations (carried out by Auseinet and Debra Rickwood) were based on the discussion paper 'Pathways to Recovery' commissioned by the Promotion and Prevention Working Party. As a result of feedback during this time Auseinet has developed an online toolkit containing examples of recovery based

activities, resources, practical tools, protocols and an online discussion forum. To access the toolkit and join the discussion forum go to <http://www.auseinet.com/toolkit>.

<http://www.auseinet.com/index.php>

Article of interest

Lakhani, M. and M. Baker (2006). "Good general practitioners will continue to be essential." BMJ 332(7532): 41-43.

What will English primary care look like in 2015? The proposed new white paper on health and community services in England will affect all of our futures—public, patients, and health professionals. The future is uncertain, but we can be sure that people will still get sick, or think they may be sick, and then they will value care from a doctor they know and who knows them. We present a vision of a values based, patient centred primary healthcare system that is consistently of high quality, safe, accessible, and accountable. We recognise that our aspiration will require considerable investment, system reform, and support for implementation but believe that it is a much needed yet achievable model to improve patient care.

Adelaide ~ Certificate of Competence in Chronic Condition Self-Management

The next date for training here at Flinders University, South Australia is:

27 – 28 July 2006

Full details and registration form are available @
<http://som.flinders.edu.au/FUSA/CCTU/Chronicconditionselfmanagement.htm>.

**These workshops are being filled four weeks out from the workshop,
so book now!**

Melbourne ~ Certificate of Competence in Chronic Condition Self-Management

The next date for training in Melbourne is:

4 & 5 May 2006

For further information regarding the next training in Melbourne, please go to <http://som.flinders.edu.au/FUSA/CCTU/Melbourne.htm> or contact:

Naomi Kubina
Consultant & Accredited Trainer with Flinders Human Behaviour & Health Research Unit
Healthy Active Partners
Ph/Fax 03 9503 4775
Mob 0425 855 303
Email: healthyactivepartners@optusnet.com.au



**If you have participated in a two day
workshop, don't forget to send your Trainer
three care plans for assessment and
feedback, in order to obtain your
*Certificate of Competence***

Adelaide ~ Trainer Accreditation in Chronic Condition Self-Management

You are eligible to undertake our Trainer Accreditation training in Chronic Condition Self-Management if you have obtained a ***Flinders Human Behaviour & Health Research Unit Certificate of Competence in self-management***.

The next date for Trainer Accreditation here at **Flinders University**, is:

3 – 4 August 2006

Full details are available @

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

If you have already completed the Trainer Accreditation workshop and have not received official notification that you are an accredited trainer, please contact Angela Eastwood on 08 8404 2319 or angela.eastwood@fmc.sa.gov.au.

On a lighter note ~

A woman went to the doctor's office where she was seen by one of the younger doctors. After about four minutes in the examination room, she burst out, screaming as she ran down the hall.

An older doctor stopped her and asked what the problem was and she told him her story. After listening, he had her sit down and relax in another room. The older doctor marched down the hallway to the back where the young doctor was writing on his clipboard.

"What's the matter with you?" the older doctor demanded. "Mrs. Reid is 62 years old, has four grown children and seven grandchildren and you told her she was pregnant?"

The younger doctor continued writing and without looking up said, "Does she still have the hiccups?"

Should you require any further information, please visit our website @ <http://som.flinders.edu.au/FUSA/CCTU/Home.html>. We welcome your feedback.