

Self-Management in Theory and Practice - A Guide for Healthcare Providers

Want to improve your ability to help patients who are struggling?

Consider any or all of the following:

1. Registering at www.selfmanagementtoolkit.ca ;
2. Participating in an online 'community of practice' where case studies that present unique challenges in self-management support will be discussed using the chat functionality of www.selfmanagementtoolkit.ca ;
3. Register for a half day lecture session.

About the Website

The Self Management Toolkit website is a **practical actionable toolkit** using a mix of videos, reference reading and downloadable resources and quizzes. It provides the option to review the basics quickly or follow links to more in-depth resources. *Register any time and work at your convenience!*

About the Community of Practice

Using the chat feature of the self-management toolkit website, a facilitated conversation regarding challenging self-management support scenarios will be presented. The case studies will employ the need for special self-management skills such as motivational interviewing, patient empowerment and activation to tackle not only medical management adherence issues, but also those related to social determinants of poor health. The goal of the case reviews will be to share knowledge providing participants with a host of possible approaches to managing complex patient needs. *Join now!*

About the Half Day Sessions

Participants will:

- Be introduced to an overview of self-management theory and practice
- Become acquainted with the LHIN sponsored Toolkit – hard and electronic versions
- Engage in experiential learning of self-management approaches
- Discuss detailed case studies that present unique challenges in self-management support.

There is no cost to attend a session!

Presenter: Mike Hindmarsh, President, Hindsight Healthcare Strategies¹

Choose a venue close to you:

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| • Marconi Club, London | February 11, 2010, 1pm – 4pm |
| • River Garden Inn, Stratford | February 24, 2010, 1pm – 4pm |
| • Regional Equine and Agricultural Centre, Clinton | March 2, 2010, 1pm – 4pm |
| • Grey Bruce Health Unit, Owen Sound | March 10, 2010, 1pm – 4pm |

To Register: visit www.thehealthline.ca or contact Sue McLean, Tel 519-641-5521, Fax 519-472-1059, or email: susan.mclean@sw.ccac-ont.ca

¹ About Mike:

Prior to establishing his own practice, Mike worked at the MacColl Institute for Healthcare Innovation at Group Health Cooperative of Puget Sound, Seattle, Washington in the United States.

While at Group Health, Mike directed various internal clinical improvement efforts including the creation of one of the country's first electronic registries for chronic disease. Along with Ed Wagner, Mike and his colleagues created the Chronic Care Model—a system redesign strategy to improve care for patients with chronic illness.

Mike directs and consults on clinical improvement efforts in chronic care, nationally and internationally, focusing on design and implementation of quality improvement strategies in ambulatory care and design of evaluative activities to assess impact of implementations. Mike also has expertise in the delivery of self-management support for patients. He runs workshops that prepare healthcare providers to deliver the basics in assisting patients to set lifestyle goals and action plans to meet those goals. Currently, his work involves overseeing the South West LHIN sponsored Partnerships for Health initiative, a three year project to implement improved chronic disease within primary care and in collaboration with the health system partners.