

Self-Management in Theory and Practice

Presented by: Mike Hindmarsh, President, Hindsight Healthcare Strategies

About Mike Hindmarsh:

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.