

# Integrated Chronic Disease Management Newsletter

Autumn 2008

No. 4

## Special points of interest:

- Home Medicines Reviews

- Rural Health Conference (Bendigo)

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## A word from the Project Coordinator

Welcome to the Autumn ICDM Newsletter. It has been a while since the last newsletter and there has been a lot happening during that time so I thought it was time to fill you all in on the project as well as other training opportunities, confer-

ences, resources and information that you may find useful in your work.

I welcome your feedback on the newsletter, and on other things you may like to see in upcoming issues. The newsletter will be emailed out

quarterly for distribution within your agencies. If you would like to be added to the mailing list or make suggestions for further issues please contact me Monday to Wednesday on ☎ 58570243 or

✉ [droberts@kyhealth.org.au](mailto:droberts@kyhealth.org.au)

## Project Update

- Flinders Model of Chronic Disease Self-Management Workshop held in Echuca 17-18 October 2007. 24 Health Professionals trained in the care planning process and currently in various stages of attaining their competency certificates to use these tools.
- Better Health Self Management leader Training held in Kyabram 13-15 November 2007, facilitated by Arthritis Victoria. 16 health professionals attended and are now able to co-lead a 6 week self-management program for people with chronic conditions. Campaspe PCP has been offered a licensing agreement on behalf of all member agencies and is finalising these arrangements with Stanford University for agencies to run these programs across the catchment.
- 9 member agencies participated in the DHS Self Management Mapping Exercise conducted during December 2007. The SM Mapping aimed to provide greater understanding of the sector by identifying the type of activity occurring across the catchment, service capacity, barriers and enablers and training needs in relation to self management. It is anticipated that DHS will provide summary feedback to each PCP early in 2008 to inform future ICDM Planning. A **big thank you** to all those agencies who completed the template during such a busy end to the year, your efforts are much appreciated.
- Future Work will be concentrating on the development and implementation of a Campaspe/Regional Diabetes Pathway. It is envisaged that a Forum will be conducted in May 2008 to commence this work and all relevant agencies will be contacted to participate.

## Why HMRs?

140,000 Australians are admitted to hospital each year because of medication related problems.

Up to 69% are considered avoidable.

Older people are particularly at risk of drug related problems.

## What is HMR?

HMR is a consumer focused collaborative service involving a GP referral to the community pharmacist of the patient's choice, a pharmacist interview with a consumer, (preferably in the consumer's home), and a clinical assessment with a written report back to the GP.

## Who needs a HMR?

If you, or someone you know;

- Is confused about their medication (eg generics)
- Doesn't always remember to take their medication.
- Is concerned about their medication (eg, adverse effects or drug interactions).
- Takes more than 5 medications a day or;
- Has recently spent time in hospital.

## Consumer benefits and feedback

Many consumers have already benefited from HMRs simply by a pharmacist;

- Showing them how to take their medicines correctly.
- Explaining why, when and how they should take their medication.
- Explaining where medication should be stored.
- Checking their equipment is in working order and checking they are using the correct technique (eg, asthma inhalers or nebulisers)

Consumers have reported that having an HMR provided;

- Better understanding and self-management of their condition and reduced visits to GPs.
- Better understanding and self-management of their medication.
- A plan that enabled them to know when they actually needed to see their GP.

**Further information can be obtained from your Division of General Practice or the Pharmacy Guild of Australia**

*“140,000  
Australians are  
admitted to  
hospital each year  
because of  
medication related  
problems”  
HMR Factsheet*

## Rural Health Conference

**Wednesday 30 April—Friday 2 May 2008**

### **Bendigo**

The third biennial Rural Health Conference will focus on chronic disease, including current issues and strategies for rural health services.

### **Who should attend?**

Board members and senior manager of rural health services, consumers, policy makers, health professionals, academics and peak organizations—anyone with an interest in the prevention and management of chronic disease.

### **Keynote speakers**

Speakers will include Professor Andrew Morris,

Professor Kerin O’Dea, Dr. Peter O’Leary, Professor Boyd Swinburn and Sandra Slater.

### **Workshops**

Workshops will be held on the conference themes:

- The role of health services in health promotion and the prevention of chronic disease.
- How to respond to chronic disease as a coordinated health system.

For more information, registrations and abstract submissions  
[www.ruralhealth2008.com.au/program.php](http://www.ruralhealth2008.com.au/program.php)

## International Congress on Chronic Disease Self-Management

26th to 28th November 2008

Grand Hyatt, Melbourne

**‘Chronic Disease Self-Management : Innovation and evidence of effectiveness.’**

### **Conference themes:**

- The workplace—an untapped opportunity for chronic disease self-management.
- Innovations in chronic dis-

ease self-management program content and delivery.

- Optimising the role and impact of primary care.
- The needs of indigenous people and those from culturally and linguistically diverse backgrounds.
- Chronic disease self-management for young people.

- Health literacy: the foundation of self-care and self-management support.

- Introduction of innovation-making chronic disease self management sustainable.

This conference is hosted by the University of Melbourne, for more information email [conference@union.unimelb.edu.au](mailto:conference@union.unimelb.edu.au)

## Health Coaching Network Workshop

The Chronic Disease Self-Management Special Interest Group and Kinect Australia are facilitating a workshop to explore establishing a Health Coaching Network..

The Workshop will be held :

**Tuesday 15 April, 2-4pm**

**Room G04 City Campus, La Trobe University**

**215 Franklin Street, Melbourne**

RSVP to [cwalker@chronicillness.org.au](mailto:cwalker@chronicillness.org.au) or Christine Walker, Chronic Illness Alliance

☎ 03 9882 4654.

### **Who should attend:**

- Health professionals from hospitals and community health services working with people with chronic illnesses
- Interested consumers with chronic illness and carers.
- Researchers in self-management.

*The Australian Institute of Health and Welfare projects that government expenditure on Type 2 diabetes will need to increase by over 600 per cent between 2001 and 2031*



'Working Together for Healthy Communities'

### Campaspe Primary Care Partnership

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## Service Coordination Steering Committee 2008 Meeting Dates

Monday 14th April	9:30am	Echuca Shire Offices, Tower Room
Monday 16th June	9:30am	GVH Waranga Campus, Meeting Room
Monday 18th August	9:30am	Kyabram District Health Services
Monday 20th October	9:30am	Echuca Primary Care, Meeting Room
Monday 15th December	9:30am	Campaspe Shire Council, Rochester, Chamber Rooms

## Useful Resources

### National Heart Foundation

Updated resource '*Living Well With Chronic Heart Failure*'

The booklet can be ordered from the Heart Foundation's heart health information service on ☎ 1300 36 27 87. A summary version of the booklet (Information Sheet "Living Well With Heart Failure") is also available in English with other languages available by mid year.

If you would like to receive further updates on the Heart Foundation's work in chronic heart failure, be notified of the launch of other language versions or for any queries, please email [clinical-issues@heartfoundation.org.au](mailto:clinical-issues@heartfoundation.org.au) or visit the website [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

### Better Health Care in Gippsland Chronic Disease Management Resource Kit

This resource is now available on the DHS Community Health website. The resource has a diabetes focus and contains some great tools and information useful for agencies looking at models of care for diabetes. You will find the resource at

<http://www.health.vic.gov.au/communityhealth/cdm/resources.htm>

## Professional Development

### Respiratory Nurse Course

Wed 20-Fri 22 Aug & Wed 17-Thur 18 Sept

Ashley Ricketson Centre, Caulfield

Presented by Lung Health Promotion Centre *at the Alfred*

Cost \$425

Contact: Sue Reiff ☎ 03 9076 2382

Or visit [www.lunghealth.org](http://www.lunghealth.org)

### Diabetes Australia—Victoria & International Diabetes Institute

#### Professional Symposium

#### *Diabetes Management: a team sport*

Friday 23 May 2008

Sofitel Hotel

Collins Street, Melbourne

Cost \$240

Early bird \$220 before 5 April

Visit [www.dav.org.au](http://www.dav.org.au) for more information

### Introduction to Health Coaching for Health Professionals

16 & 17 April 2008

Rendevous Hotel, Melbourne

328 Flinders Street, Melbourne

Presented by Health Coaching Australia

Early bird \$625

Full Price \$695

Contact: Registration enquiries

✉ [hcaoffice@optusnet.com.au](mailto:hcaoffice@optusnet.com.au)

Or visit

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