

Mapping self-management interventions in the Outer East

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Department of Human Services requires all
Primary Care Partnerships (PCPs) to:

**“map self-management
interventions provided by
agencies within the
catchment.”**

- Client-specific
- Internal
- GPs & stakeholders

Planning for EliCD


OCTOBER

Assessment of Chronic Illness Care Report							
Preliminary consultation local consumer groups							
Collect Population Data	Dental Service Chronic Disease Audit					Key Stakeholder Forum	Implem. Planning Pres. to DHS

NOVEMBER

Consumer Focus Groups		Convene Internal Reference Group	Knox Division COPD Seminar	Internal CD Screening	Internal Client Satisf'n Survey	All Staff Meeting: E-Referral and Chronic Disease Care
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DECEMBER

Implem-entation Plan to DHS	Internal Reference Group	Self-Management Mapping	Chronic Disease DHS Seminar	Internal Reference Group	
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JANUARY

Approval of Imp. Plan		Mapping Report	Present to Outer East PCP
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Project Officer

employed for 95 hours / 12 days

Plan and recruit		24
1. Identify a framework for the mapping exercise	8	8
2. Locate agencies and individuals	16	4
3. Undertake phone interviews with people who deliver self-management programs	56	8
4. Report on the results	16	40
Communicate results		40

Methodology

- Green, S. et al. 2006, 'Closing the gap between research and practice in self-management of osteoarthritis', Monash Institute of Health Service Research
<www.health.vic.gov.au/researchprograms/>

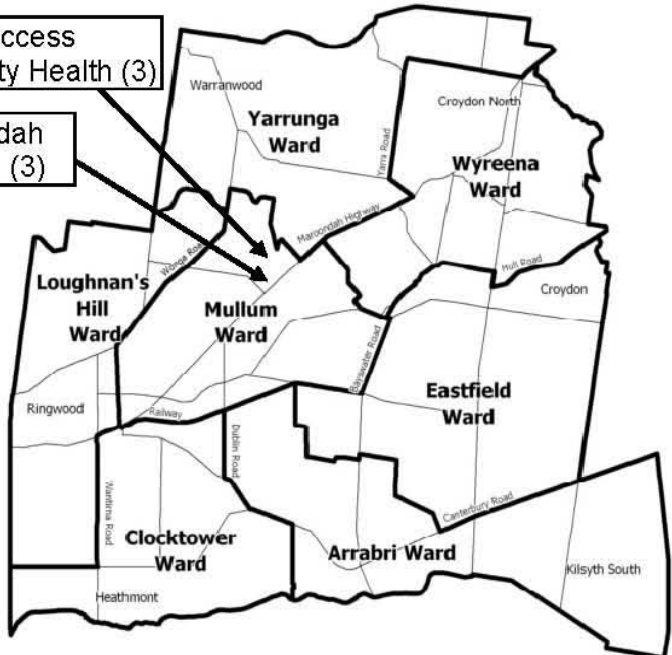
Program Name	
Name and designation of the person interviewed	
Location	
Contact Details for potential clients	
Target population	
Exclusion criteria	
Referral requirement (eg from a medical practitioner)	
Delivery setting (hospital, community health, private)	
Cost	
Program duration (each session; how many sessions)	
Mode (individual/group)	
Number of courses run per year	
Waiting list	
Self-management components: (Y/N)	
Education – disease specific	
Education – healthy lifestyle	
Interacting with healthcare professionals	
Negotiate a plan with health care workers/goal setting	
Identifying symptoms and appropriate self-management	
Managing the impact of chronic illness on broad aspects of life, e.g. family, social	
Specific Self-management training, e.g. Flinders, Stanford, motivational interviewing, telephone coaching	
Comments	

Results

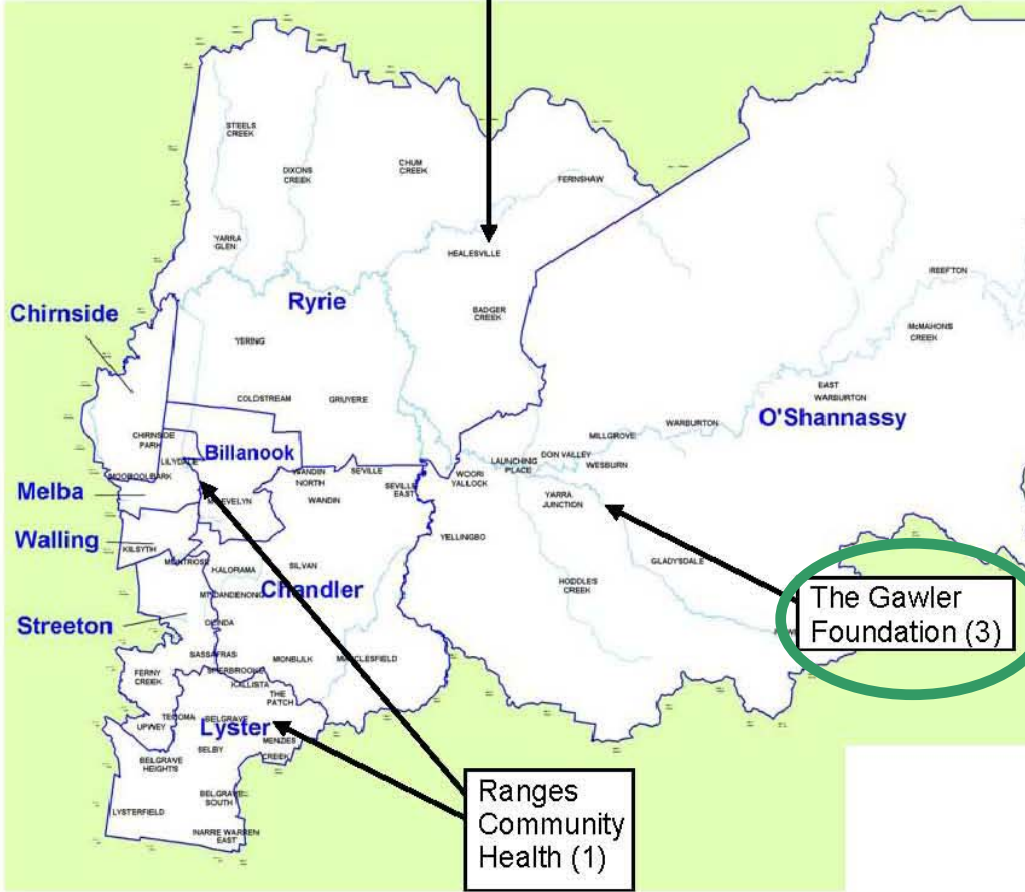
- 29 active programs in 2006
- + 4 programs planned for delivery in 2007
- 9 of 34 agencies contacted

Eastern Access
Community Health (3)

Maroondah
Hospital (3)

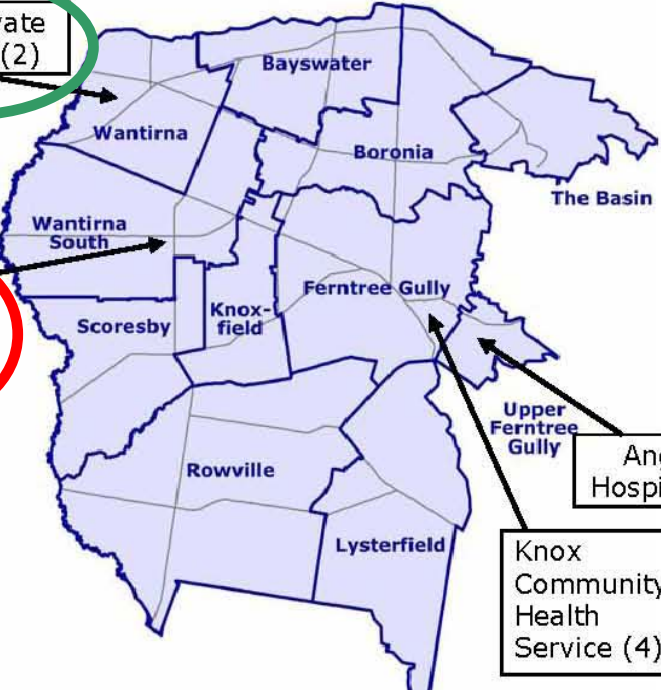


Yarra Valley
Community Health (3)



Knox Private
Hospital (2)

Villa Maria
(6)



The Gawler
Foundation (3)

Ranges
Community
Health (1)

Angliss
Hospital (4)

Knox
Community
Health
Service (4)

Nature

- Generic/Evidence-based/Stanford model/
Better Health Self-Management - 2
- Disease-specific:
 - Musculoskeletal – 8
 - Cardiac – 5
 - Pulmonary rehabilitation – 3
 - Diabetes education – 5
 - Cancer – 2
 - Multiple sclerosis – 1
 - Weight loss – 2

Key Findings

1. Subjective classification of programs as self-management
2. Barriers to delivery of evidence-based programs
3. Training in Self-Management Interventions
4. The Mapping Process
5. Raising Awareness of 'Self-Management'

Mapping Self-Management Interventions in the Outer Eastern Metropolitan Region of Melbourne

**A PROJECT OF THE OUTER EAST PRIMARY CARE
PARTNERSHIP AND KNOX COMMUNITY HEALTH SERVICE**

FEBRUARY 2007

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→ Publications

→ Early Intervention
in Chronic Disease

Learnings from mapping exercise

- Building relationships
- Clarity of purpose of exercise - EliCD development; pathways for clients; opportunities for shared training.
- Verifying 'self-management' label
- Client-centred approach = ALL relevant agencies regardless of funding stream
- Sensitivity re training and effectiveness
- Mapping individual interventions

After the mapping...

- Results presented to the Alliance
- Report distributed to:
 - All interviewees
 - Knox EliCD Project Newsletter and Website
 - DHS
- Abstract to **ADMA** conference
- Informed promotion of Knox BHSM course
- Self-management awareness raising resources
- **EliCD Reference Group** members from agencies found to be active in self-management
- Shared training opportunities