

Condition Specific Self Management Programs: Facilitator Training for Health Care Professionals

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Presentation Overview:

- Introduction and setting the context
- Baycrest approach to self management & exercise for arthritis, Parkinson's & stroke
- Facilitator training program (FTP) goals
- FTP format & materials
- FTP core components
- Capacity building to date

Baycrest Self Management Programs (SMPs):

Offered by Physiotherapy through the Community & Ambulatory Program

- **Arthritis** – Program for Arthritis Control through Education & Exercise (PACE-Ex) since 1994
- **Parkinson** – Parkinson’s Early Management Program (PEMP) since 1997
- **Stroke** – Moving On after STroke (MOST) since 1999

Baycrest Self Management Emphasis

Collaborative learning partnership involving clients, care partners and health care professionals

Participants take back control of their lives & learn to:

- Actively manage their chronic condition
- Set meaningful personal goals
- Create & implement goal action plans
- Develop problem solving skills
- Practice self management behaviours
- Participate in exercise
- Identify community resources & supports

Referral & Intake Process:

- Self-referral process
 - **Indicates readiness to take action**
- Call the SMP Telephone Information Line
- Call returned by Program Coordinator and telephone screen conducted
- Medical clearance required for exercises in the warm water pool
- **Care partners are welcome to attend educational discussion portion of program**

General SMP Format:

- 16 to 20 sessions
- 2 hour sessions held twice a week
- 2 health professional facilitators and a volunteer program graduate
- Educational discussions, skill & goal setting practice, and problem solving
- Exercise component (land and/or water)
- Care partners encouraged to attend
- Comprehensive participant manual

Sample SMP Discussion Topics from PACE-Ex:

1. Program Introduction & Evaluations
2. Goal Setting
3. Coping with Arthritis
4. Exercise
5. Understanding Arthritis & Related Conditions
6. Communicating with Health Professionals
7. Meal Preparation
8. Self-Care, Grooming & Dressing
9. Household Management
10. “Hand”-Y-Hints
11. Medications
12. Heat & Cold
13. Relaxation & Mind Over Matter
14. Sleep
15. Alternative Therapies
16. Community Resources
17. Nutrition
18. Walking Aids & Falls Prevention
19. Osteoporosis
20. LTG Goal Review & Evaluations

Goal Setting Practice:

Focus on lifestyle changes & condition management rather than impairments

- **Short term goals (STG)** set and reviewed weekly during the education session
- **Long term goal (LTG)** set in first 3 weeks
 - Individual 30 minute appointment
 - Goal attainment scaling (GAS) format
Stolee, et al, 1992
 - Personal goal attainment action plan
 - LTG review at the end of the program

SMP GOAL ATTAINMENT SCALING

NAME:

DATE GOAL SET:

DATE GOAL EVALUATED:

Step 1: Document client goal as the expected level

Step 2: Document goal levels for below and above expected level

Step 3: Document client plan to achieve goal and any relevant comments

Step 4: At end of program time frame, check off goal attainment level achieved by the client

Attainment levels	Level	My Goal	Level reached
Much Less Than Expected	-2	In 2 months, I will walk for 30 minutes at a time, once a week	
Somewhat Less Than Expected	-1	In 2 months, I will walk for 30 minutes at a time, twice a week	
Expected Level	0	In 2 months, I will walk for 30 minutes at a time, 3x/week	
Somewhat Better Than Expected	+1	In 2 months, I will walk for 30 minutes at a time, >3x/week	
Much Better Than Expected	+2	In 2 months, I will walk for > 30 minutes at a time, >3x/week	
Plan/Comments: I will walk with a friend I will take my pain medication regularly and time my walk accordingly Alternate walking days and other physical activity Build up gradually, and keep an exercise log			Confidence Level% 75%

SMP Exercise Component

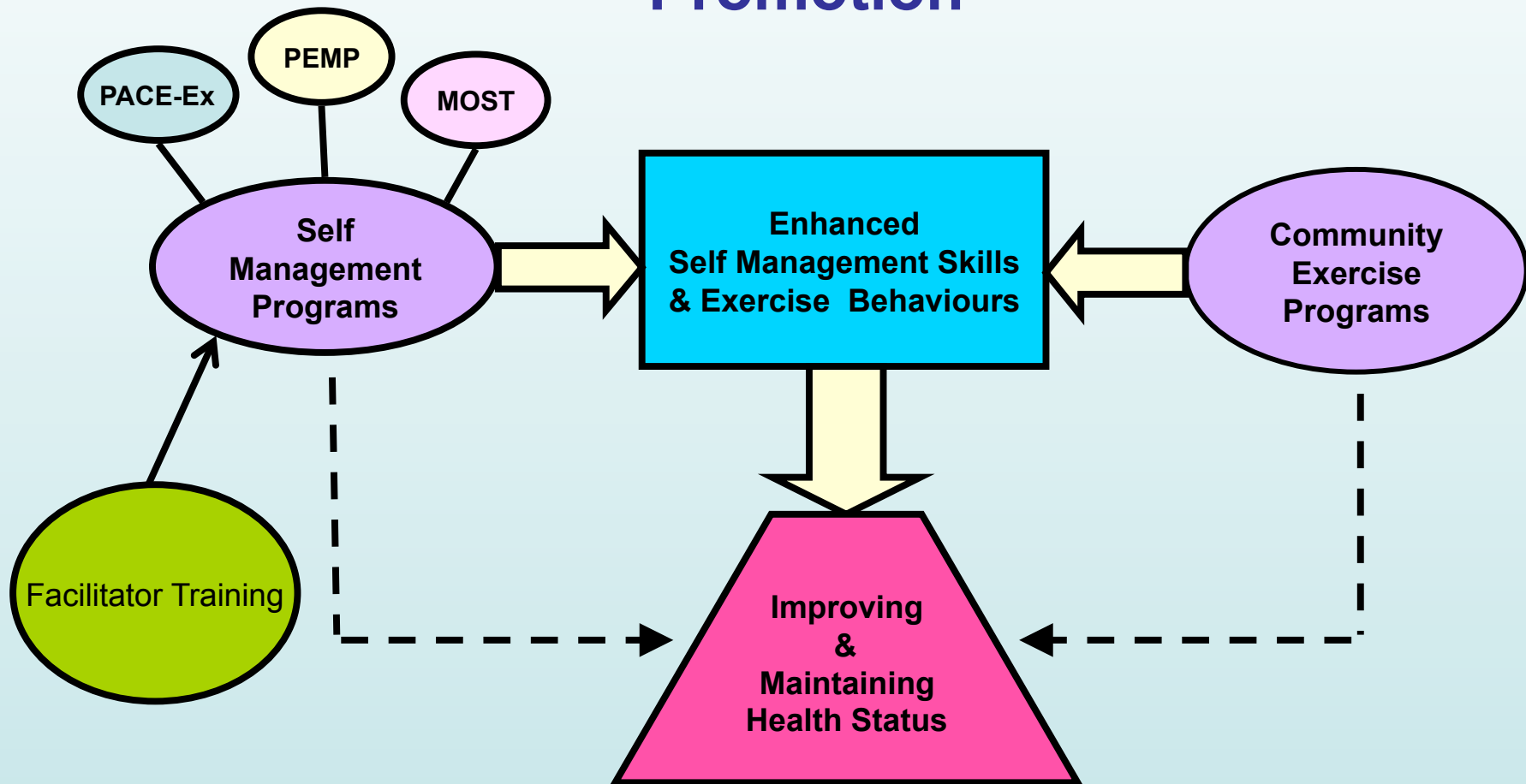
PACE-Ex	PEMP	MOST	
Warm water exercise (93°F)	Land exercise & one pool session	Alternating land & pool exercise	
<ul style="list-style-type: none"> •Joint range of motion •Strengthening •Aerobics •Stretching •Relaxation 	<ul style="list-style-type: none"> •Axial mobility (Schenkman, 1994) •Stretching → Offset postural & MSK changes 	<p>Circuit</p> <ul style="list-style-type: none"> •Mobility •Function •Fitness •Stretching 	<p>Pool</p> <ul style="list-style-type: none"> •Balance •Mobility •Aerobics •Stretching
Builds confidence, develops healthy exercise behaviours and prepares participants for ongoing community based physical activity and fitness			







Integrating Self Management with Health Promotion



SMP Facilitator Training Program (FTP)

Developed to support delivery of the 3 SMPs in response to interest from other organizations

FTP Goals:

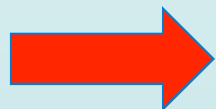
- Facilitator skill development & training to deliver each condition specific SMP
- Retain content integrity of each program
- Ensure consistent program delivery
- Promote ongoing program evaluation and improvements

Facilitator Training

- Combined theory & practical
- Experiential learning emphasized
- Adult learning principles

Upon completion:

- Certified to delivery specific program



PACE-Ex, PEMP or MOST

FTP Format & Materials

- Six 3 hour on-site training sessions
- 1:1 instruction of program theory, content, delivery and administrative processes
- Observation/participation in program sessions and goal setting meetings
- Video observation of assessment and exercise program
- Reference binder: instructional materials, presentations and reference articles/lists
- Facilitator program manual and client manuals

FTP Core Components

- Theoretical framework of self management concepts
- Role of the facilitator in self management groups
- Program specific content for PACE-Ex, MOST, PEMP
- Exercise component (condition specific)

FTP Core Components cont'd

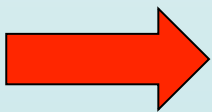
- Outcome measures and training to administer (including physical assessment and questionnaires)
- Goal setting concepts & strategies
 - Short term & long term goal setting

FTP Core Components cont'd

- Administrative processes
 - Marketing, triage/intake, registration & documentation, data collection (qualitative and quantitative)
- Program Evaluation
 - remote evaluation/report optional
- FTP evaluation/feedback

Facilitator Training

- **STG:** Transitioning from provider directed interventions to supporting participants in making healthy behaviour change
- **LTG:** Promotes dissemination, greater access & builds capacity



**Empowering people to
live better with chronic disease**

Capacity Building to Date

- MOST to Thunder Bay and remote areas via Tele-health
- PACE-Ex to support arthritis research at University of Ottawa
- PEMP to Movement Disorders Clinic in Markham

Baycrest Self Management Telephone Information Line (416) 785-2500 x 2683

