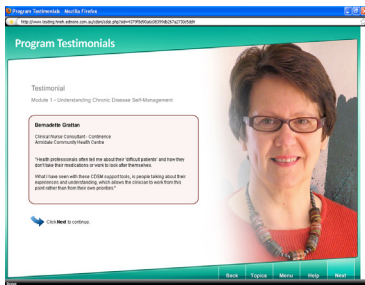
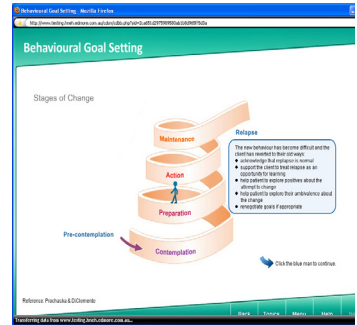


E-learning for health professionals Supporting Chronic Disease Self-Management

Chronic disease self-management (CDSM) requires clients to make many changes in their lives. While many clients make changes in the short term, most find it hard to maintain these changes. To support clients to make lasting lifestyle changes, health professionals need additional skills in CDSM.

Our comprehensive five hour, five module online training program embraces evidence based strategies based on motivational interviewing and cognitive behaviour therapy. These strategies can be used with both groups and individuals. The package includes a manual with tools for 'hands on' use with your clients.



Modules include:

- Understanding CDSM
- Behavioural goal setting
- Effective communication
- Motivational Interviewing
- Cognitive strategies to support behaviour change

It is simple!

- Practise with easy to use tools
- Read, re-read case studies
- View video clips
- Answer quiz questions
- Complete interactive activities
- Reflect on your practice
- Review modules to recap important points
- Check your learning with two assessments

This E-Learning package developed by the Heart Research Centre and Hunter New England Health Service is:

- User friendly
- Practical
- Flexible
- Self-paced
- Cost effective

Individual: \$125.00, **Group:** 3-20 \$95.00 pp, 21-100 \$75.00 pp, Over 100: by arrangement

Organisation/group licence: by arrangement

If you would like to know more please contact Rosemary Higgins or Emma Llewelyn at training@heartresearchcentre.org or Ph 03 9326 8544

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This Supporting Chronic Disease Self-Management online learning program developed by the Heart Research Centre in association with Hunter New England Area Health Service is supported by funding from the Australian Government under the Australian Better Health Initiative.

Endorsements



This online learning program has been endorsed by Royal College of Nursing, Australia, according to approved criteria. Participation attracts 5 RCNA Continuing Nurse Education (CNE) points as part of RCNA's Life Long Learning Program (3LP)



This activity has been endorsed by the Australian Practice Nurses Association, according to approved criteria. Completion of this educational activity entitles eligible participants to claim 5 CPD hours.



The Australian Cardiovascular Health and Rehabilitation Association endorse the Heart Research Centre on-line training program 'Supporting Chronic Disease Self-Management. www.acra.net.au



This activity has been endorsed by Kidney Health Australia



The Australian Lung Foundation provides a wide range of clinical resources and patient support services and information. Contact The Australian Lung Foundation on 1800 654 301 or enquiries@lungfoundation.com.au, or visit www.lungfoundation.com.au