

Parkinson Society British Columbia

John Murphy
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Parkinson Society BC

Agenda

1. Introductions
2. Definitions
3. UVic Self-Management BC
4. Programs & workshops
5. Benefits
6. Vancouver Coastal Region
7. Collaborative Partnerships
8. Top Ten Tips & Testimonials
9. Closing Remarks / Q&A

1. Introductions

John

- Coordinator, Vancouver Coastal Region
- Business, management & technology background
- Former volunteer workshop facilitator & MT
- Invited to join UVic on staff in March 2015
- MTBI & Concussion self-management experience

Doug

- Volunteer Program Leader, Fraser North & VCR
- Business, management & technology background
- Volunteer CP, CC & Diabetes workshop facilitator
- MS self-management experience

2. Definitions - Self-Management

- The tasks that individuals must undertake to live well with one or more chronic conditions
- These tasks include gaining confidence to deal with: medical management, role management, and emotional management



2. Definitions - Chronic Conditions

- Chronic health conditions are ongoing health conditions - heart disease, arthritis, diabetes, asthma, bronchitis, emphysema, MS, Parkinson's, chronic pain, others



2. Definitions - Acute vs Chronic Conditions

	Acute Conditions	Chronic Conditions
Beginning	Rapid	Gradual
Cause	Usually one	Many
Duration	Short	Indefinite
Diagnosis	Commonly accurate	Often uncertain, especially early
Diagnostic tests	Often decisive	Often of limited value
Treatment	Cure common	Cure rare
Role of professional	Select & conduct therapy	Teacher & Partner
Role of patient	Follow orders	Partner of health professionals, responsible for daily management

3. UVic Self-Management BC

- Founded in 2002 - non-profit organization.
- Fully funded by Province of BC.
- Founder & Program Director - Dr. Patrick McGowan.
- Offices in Ladner BC - 20 people on staff.
- Researchers, coordinators, administrators.

3. UVic Self-Management BC

- Programs delivered in 160 BC communities
- Self-management programs in 26 countries
- Developed & maintained by Stanford U / SMRC
- UVic has exclusive license with Stanford for BC
- 1 in 3 British Columbians have chronic conditions

3. Self-Management BC

April 2000 to Dec 2018 Statistics

Leader Training workshops	693
Leaders Trained	5,746
Workshops Conducted	3,407
Program Participants	38,478

4. Self-Management Workshops

- Chronic Pain
- Diabetes - English, Chinese, and Punjabi
- Chronic Conditions - English, Chinese, Punjabi
- On-line Chronic Conditions
- Cancer Thriving & Surviving
- Health Coach Program
- Regional coordinators - VCR, Vancouver Island, Interior, Sunshine Coast, Fraser North & South
- Provincial coordinators - Indigenous, Punjabi, Chinese & Health Coach programs



4. Self-Management Workshops

Common Participant Problems

- Problems with medications
- Not being able to do things
- Difficulty dealing with health care professionals
- Difficulty breathing
- Trouble sleeping
- Pain
- Fatigue
- Isolation
- Worry about work, finances
- Life seems unpredictable
- Depression, anger, frustration and fear



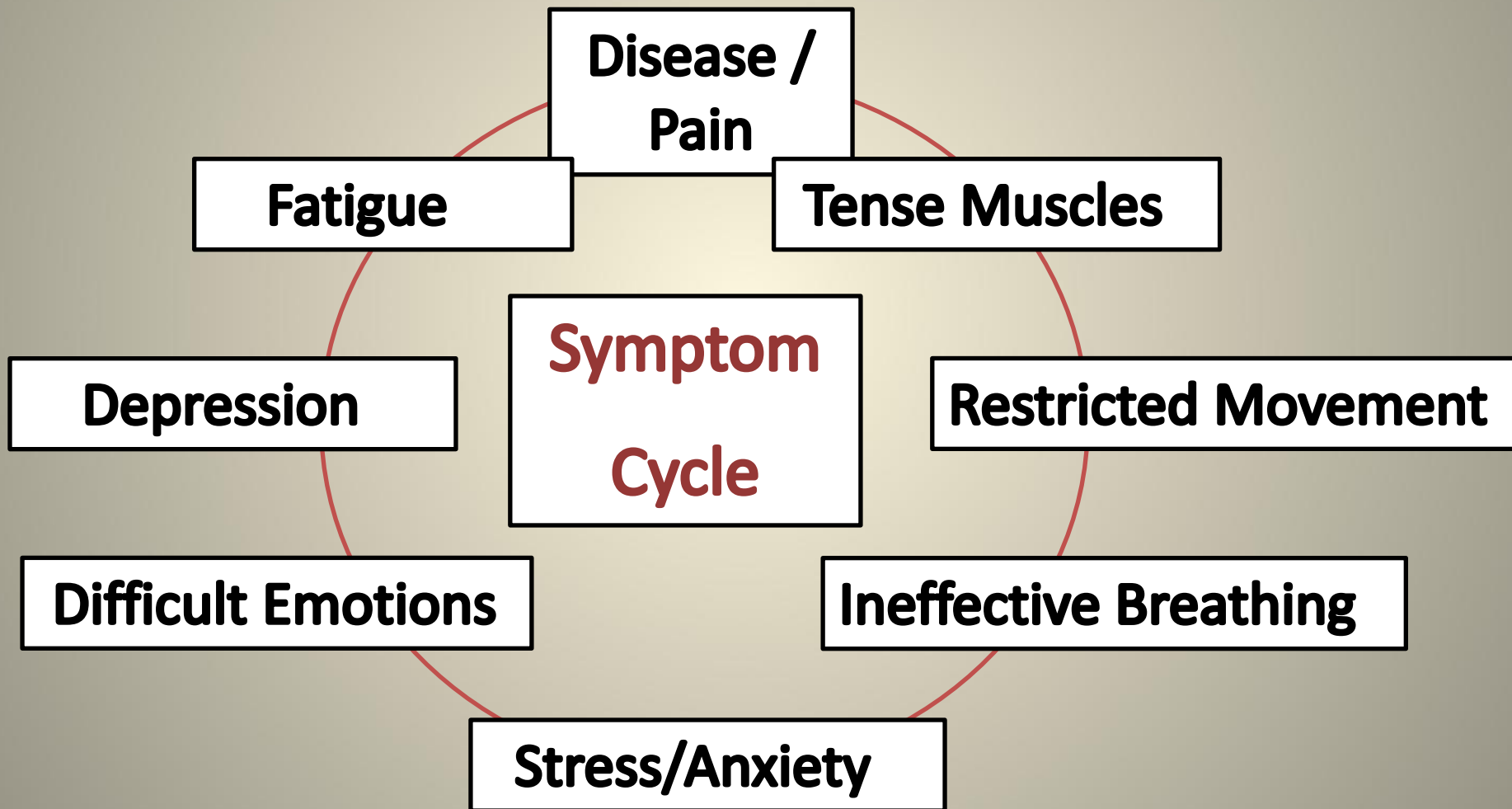
4. Self-Management Workshops

- Available FREE for all BC adults
- Adults with any type of chronic health condition
- Doctor referral not required - self-referral
- Spouses, partners and caregivers also welcome
- Co-led by pairs of lay persons, most have chronic health conditions themselves
- Leaders receive a 4-day training workshop

4. Self-Management Workshops

- Leaders follow a scripted Leader's Manual
- 6 x 2 ½ hour sessions weekly for 6 weeks
- Class size is 8 to 16 persons
- Participants receive *“Living a Healthy Life with Chronic Conditions”* workbook
- No cost to participants

Symptom Cycle



4. Self-Management Workshops

Self-Management Tool Box

1. Healthy eating
2. Fitness & exercise
3. Stress management
4. Visualization
5. Mind management
6. Communications skills
7. Difficult emotions
8. Medications
9. Health care professionals
10. Treatment decisions
11. Action planning
12. Brainstorming, problem solving, decision making

Chart 2

Workshop Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	•					
Making an action plan	•	•	•	•	•	•
Using your mind to manage symptoms	•		•		•	•
Feedback/problem-solving		•	•	•	•	•
Difficult Emotions		•				
Fitness/exercise		•	•			
Better breathing			•			
Pain			•			
Fatigue			•			
Nutrition				•		
Future plans for health care				•		
Communication				•		
Medications					•	
Making treatment decisions					•	
Depression					•	
Working with your health care professional						•
Working with the health care system						•
Future plans						•

4. Self-Management Workshops

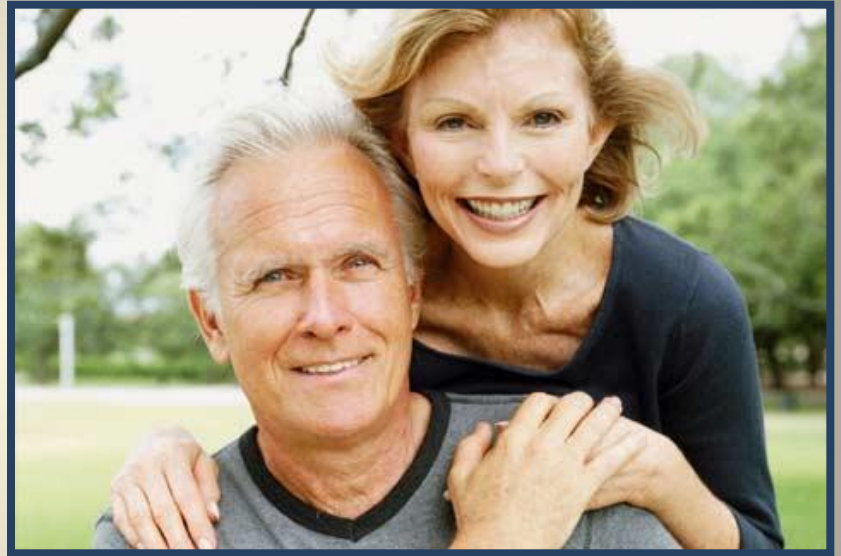
What Participants Learn

Information

- From the program
- From other participants

Practical Skills

- Getting started skills
- Problem-solving skills
- Communication skills
- Working with health care professionals
- Dealing with anger/fear/frustration



4. Self-Management Workshops

What Participants Learn

Practical Skills - Cont.

- Dealing with depression
- Dealing with fatigue
- Dealing with shortness of breath
- Evaluating treatment options

Cognitive Techniques

- Self-talk
- Muscle Relaxation
- Distraction
- Guided imagery
- Visualization





University
of Victoria

5. Benefits

Participant take-aways

- Symptom awareness
- Self-management toolkit
- Behavioral change experience
- Education and understanding
- Plans, hopes and dreams for the future
- Self-determination, commitment and belief
- Renewed energy, enthusiasm and self-confidence
- Ongoing support from classmates and UVic
- An opportunity to give back as a UVic Program Leader

5. Benefits

Participants understand that THEY are their biggest health care provider

- On average people see their doctor and health care professionals 12 hours a year
- We manage our own condition(s) 364 ½ days a year
- Self-management is essential - no one knows us and our needs better than we do



5. Benefits

Six-month Post-Program Evaluations

- Participants believed they had **better** health
- Were practicing **more** ways of coping with their symptoms
- Had a **higher** level of self-efficacy to manage their symptoms
- Had a **higher** level of self-efficacy to control/manage depression
- Had a **higher** level of self-efficacy to manage their disease
- Were **less** distressed about their health condition
- Were **less** limited in their daily activities
- Were experiencing **less** shortness of breath
- Were experiencing **less** pain
- Were **less** bothered by their illness
- Were using emergency and specialists less



6. Vancouver Coastal Region Overview

- Population of almost 1M people live within VHC Region
- Chronic pain & conditions afflicting thousands of adults
- Major adverse impact on individuals and families
- Huge burden on the economy and health care

6. Vancouver Coastal Region

2019/20 Objectives

- Grow our presence & offer more workshops
- Meet the growing need for self-management
- Support adults, families, economy & healthcare
- Here's what we plan to do:
 - ✓ Deliver more workshops annually (30+)
 - ✓ Mainly chronic pain, chronic conditions
 - ✓ Some Diabetes & Cancer Thriving & Surviving
 - ✓ Train and cross-train more leaders, 30+ active leaders
 - ✓ Maintain 15-20 regular venues for no cost rooms

6. Vancouver Coastal Region

2019/20 Objectives

- Venues will host 2-3 workshops annually
- Primarily healthcare & community centre venues
- Established VCR venues include:
 - ✓ BC Women's, St. Paul's, GF Strong
 - ✓ Roundhouse, Renfrew, Killarney
 - ✓ Richmond Centre for Disability, City Centre, Hamilton
 - ✓ Health Connections, The 55 Activity Centre
- Establish additional collaborative partnerships

7. Collaborative Partnerships

How we work together

- Ongoing informal collaborative working relationships
- Share information, promote program & workshops
- Current collaborators & partners include:
 - ✓ VCH depts & clinics e.g. VCH CEAN, St. Paul's Pain Clinic
 - ✓ Doctors, HCP groups e.g. BC Divisions of Family Practice
 - ✓ Support & advocacy groups e.g. BC Cancer, Diabetes Canada

7. Collaborative Partnerships

How we work together

- Many partners check upcoming workshops on our website
- Refer their clients & patients to our workshops
- Refer those managing well to our leader training
- Promote our workshops e.g. their website, posters, brochures
- Looking for collaborators within Vancouver Coastal Region
- Other BC regions looking for collaborators too
- Contact Regional Coordinators directly

7. Collaborative Partnerships

Regional & Provincial Coordinators

Mark Davies - Senior Coordinator, Vancouver Island

John Murphy - Coordinator, Vancouver Coastal

Charles Labun - Coordinator, Interior

Louise Rolland – Coordinator, Sunshine Coast

Casandra Banman - Coordinator, North

Rhonda Carrier – Coordinator, Fraser (South)

June Clearsky, Coordinator, Fraser (North) & Indigenous (BC)

Courtney Kang - Coordinator, Chinese (BC)

Jay Bains – Coordinator, South-Asian (BC)

Lana Barry – Coordinator, Online Chronic Conditions (BC)

Karen Hannah – Coordinator, Health Coach (BC)

Lander office: 604-940-1273

www.selfmanagementbc.ca



8. Doug & John's TOP TEN Tips & Testimonials

1. Weekly & 3-month action plans
2. Regular exercise program
3. Healthy eating choices
4. Meditation & relaxation
5. Pace yourself; learn to say no
6. Know your support team; ask for help
7. Brainstorm ideas, problems & decisions
8. Stay current; ongoing education & research
9. Take charge, become your own self-manager
10. Take a chronic conditions workshop

John & Doug's Testimonials

KNOWLEDGE+ SKILLS+ CONFIDENCE

put life back in your life

Chronic Conditions Self-Management Program



- ✓ Learn to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

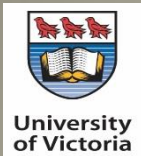
FREE SIX-SESSION WORKSHOPS FOR PERSONS WITH PARKINSON'S DISEASE and their Family, Friends and Caregivers

DATES/TIME: Thursdays, March 7 to April 11, 2019
1:30pm to 4:00pm

LOCATION: IMPACT Parkinson's
103-450 E. Columbia Street, New Westminster

TO REGISTER: 604-940-1273 or 1-866-902-3767
www.selfmanagementbc.ca

Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!



9. Closing Remarks / Q&A

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www.selfmanagementbc.ca

Thank you & warm wishes everyone!