



Government of **Western Australia**  
Department of **Health**

# Chronic Condition Self-Management Support

Supporting people to be actively involved  
in their own health care



## Online Training Options

[health.wa.gov.au](http://health.wa.gov.au)

Reference	EXECUTIVE	SERVICE MGRS	EMERGENCY	WARD/ INPATIENT	SPECIALTY	OUTPATIENT	DISCHARGERS	PRIMARY CARE	COMMUNITY Health	NGOS, LGOVT	RURAL-REMOTE	TRAINING MODULES/OPTIONS	TOOLS, RESOURCES For CCSM SUPPORT	DETAILS
T1	 <p style="color: red; text-align: center;">Primary generic training package recommended by NMHS for quick overview of CCSM</p>											<p><a href="#">Chronic Condition Self- Management</a> : 6 x Online modules, Royal Australian and New Zealand College of Psychiatrists (<b>RANZCP</b>)</p> <p>FREE, online, brief, clinician focussed. ~1-2 hours</p>	<p><b>MODULE TOPICS:</b></p> <ol style="list-style-type: none"> <li>1. Optimising Wellness for Patients with Chronic (Mental Health) Conditions</li> <li>2. Supporting Self-management</li> <li>3. Self-management Care Planning</li> <li>4. Patient and Carer Education for Self-management</li> <li>5. Implementing Self-management Support in Your Practice</li> <li>6. Psychiatrists' Self-care</li> </ol>	<ul style="list-style-type: none"> <li>• FREE, online, brief , clinician focussed, ~1-2 hours</li> <li>• Authored by Lawn, Battersby et al, Flinders University, SA</li> <li>• Has generic focus as well as providing information on chronic mental health conditions.</li> <li>• Notes Interim version only</li> <li>• Primary generic training package to be recommended by NMHS due to size, online and alignment with Flinders CCSM Skills set.</li> </ul>
T2												<p><a href="#">Patient Self Management</a> brief overview website/module, <b>DOQ-IT University</b> (Doctors Office Quality – Information Technology). FREE, online, brief &lt;1hour</p>		<p>FREE, online, brief &lt;1hour</p>
T3												<p><a href="#">CCSM and CCSM Support</a> 1 Pager from broader online <b>CVD</b> Prevention and Rehabilitation training package. <b>Heart Foundation</b> Australia. Free. Online.</p>	<p><b>TOPICS:</b></p> <ul style="list-style-type: none"> <li>• What is CCSM?</li> <li>• Individual self-management tasks</li> <li>• Clinician tasks</li> <li>• Health Provider skills for CCSM Support</li> <li>• CCSM Program components</li> </ul>	<p>FREE, online. 1 webpage Contextual information from website very useful</p>

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T4												<p><a href="#">Patient Self Management Support</a> Training Module of 4 units. Healthcare Workforce for Transformation. <b>Cuyahoga</b> Community College. Free. Total 1 hour or by topic ~10minutes each.</p>	<p><b>TOPICS:</b></p> <ol style="list-style-type: none"> <li>1. Overview of Patient Self-Management Support</li> <li>2. Role of Patient-Centred Medical Home in Patient Self-Management (USA)</li> <li>3. Interaction Skills in Patient Self-Management</li> <li>4. Patient Self-Management Assessment</li> <li>5. Patient Self-Management Goal-Setting and Action Planning</li> </ol>	<ul style="list-style-type: none"> <li>• Free, online.</li> <li>• Total 1 hour or by topic ~10minutes each.</li> <li>• Requires <a href="#">Registration</a> first.               <ol style="list-style-type: none"> <li>2. Then Click on' Access Learning Resources now'.</li> <li>3. Scroll down to 'Patient Self-Management Support Training Module'</li> </ol> </li> </ul>
T5												<p><a href="#">CCSM – A resource for HPs</a> by School of Nursing and Midwifery, <b>Curtin University</b> 7 Online Training Modules (All modules relevant) FREE, online, ~15 hours to complete, but can be done piecemeal [For Face to Face version commissioned by SMHS Refer p152 <a href="#">of SMHS training directory.</a>]</p>	<p><b>MODULE TOPICS:</b></p> <ol style="list-style-type: none"> <li>1. Client-Centred Care</li> <li>2. Communication Skills</li> <li>3. Behaviour Change Techniques</li> <li>4. Assessment Skills</li> <li>5. Collaborative Care Planning</li> <li>6. Self-Management in Diverse Groups</li> <li>7. Evaluating Self-Management</li> </ol>	<ul style="list-style-type: none"> <li>• Currently FREE online.</li> <li>• Need to register.</li> <li>• Can be done piecemeal over time.</li> </ul>

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T6												<p><a href="#">CDSM Online Training</a> Heart Research Centre</p> <p>5 Modules in 5 hours. Cost \$125ea., less for groups. Primary Care focus</p>	<p><b>MODULES</b> include:</p> <ul style="list-style-type: none"> <li>Understanding CDSM (What is..., Policy context, Wagner, Behaviour Change, Evidence...)</li> <li>Behavioural Goal Setting</li> <li>Effective Communication</li> <li>Cognitive strategies to support CDSM</li> <li>Motivational Interviewing</li> </ul>	<ul style="list-style-type: none"> <li>Relevant to hospital setting however with primary care focus for HPs with more time and repeat visits.</li> <li>FEE based. Individual: \$125.00, Group: 3-20 \$95.00 pp, 21-100 \$75.00 pp, Over 100: by arrangement Organisation/group licence: by arrangement</li> <li>Brief, easy to digest, draws from Flinders skills</li> </ul>
T7												<p><a href="#">ACCRM RRME0</a> –CDSM 6 Online modules (Modules 1,2 and part of 3) FREE with ACCRM membership or RRME0 subscribers, else \$100 for Associate Membership fee. Rural GP focus</p>	<p><b>TOPICS:</b></p> <ol style="list-style-type: none"> <li>CDSM Models</li> <li>Patient Self-Management</li> <li>Tools and Standards</li> <li>Lifestyle and Risk Modification</li> <li>State/ National Mgmt Programs</li> <li>Cultural Awareness</li> </ol>	<ul style="list-style-type: none"> <li>FREE with ACCRM membership or RRME0 subscribers, else \$100 for Associate Membership fee</li> <li>Rural GP focus Referenced by Rural Inter-professional Self-Management Education Network (<a href="#">RISEN</a>)</li> </ul>
T8												<p><a href="#">SW Canada Self-Management Support</a> modules , toolkits and resources. FREE. Registration required</p>	<p><a href="#">UK Health Foundation Self Management Support Resource Site</a></p>	
T9												<p><a href="#">Flinders Chronic Condition Care Planning</a> (using Flinders model) Online; 15hrs+3 care plans, \$450</p>	<p>Scottish CCSM toolkit <a href="http://www.selfmanagement.scot.nhs.uk/">http://www.selfmanagement.scot.nhs.uk/</a></p>	

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T10												Victoria Health <a href="#">Incorporating Self Management Support</a> How to Information Sheet.		
T11												<a href="#">ORTRAN Self-Management Solutions</a> CDSM Support Tools ; Behaviour Change (Mar/PAR); Managing Communications. Each topic ~\$275ea		
T12												<a href="#">Coordinated Veterans Care Program</a> – incl. Chronic Care, CCSM, Care Planning. Free to HPs working with Gold card veterans		
T13												<a href="#">Heart Foundation online training</a> incl. key CCSM topics. Heart Foundation Australia. Free. Online.	Assessment incl. Psychosocial, Risk factors; Intervention; Education; Behaviour change incl Motivational interviewing; Evaluation/QI.	
T14												<a href="#">Heart Failure Mgmt</a> incl. key CCSM topics. Heart Foundation Australia. Free. Online.	Refer above	
T15												<a href="#">CVD Prevention and Rehab.</a> incl. key CCSM topics. Heart Foundation Australia. Free. Online.	Refer above	
T16												<a href="#">End of Life Online Training Modules:</a> Advanced Care Planning, Assessment, Communication, Symptom Management.		



**This document can be made available in alternative formats on request for a person with a disability.**

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