

## Who should attend?

Health care professionals understand the importance of encouraging patients to make healthy lifestyle choices, however additional training and skill development can be helpful to enhance learning on how to implement this successfully into clinical practice. Our workshops are appropriate for health care professionals in the Central East LHIN who have a role in motivating individuals to make healthy changes. This includes but is not limited to:

- Physicians
- Nurses/Nurse Practitioners
- Physiotherapists
- Registered Dietitians
- Occupational therapists
- Social workers
- Pharmacists
- Recreational therapists
- Personal Support Workers

Front line health care professionals, administrators and students are welcome to register.

All training and workshops are:

- Focused on developing communication skills to motivate patients to make health behaviour changes
- Evidence-based, interactive with opportunities to practice skills in a supportive learning environment
- Funded by the Central East LHIN through the Ministry of Health and Long-Term Care Ontario Diabetes Strategy

## Register for A Workshop

For more information about any of these programs or to register for a training workshop please contact

**Central East LHIN  
Self-Management Program**

**Phone: 1 866 971 5545** or

**Email: [ce.hcpreregistration@lhins.on.ca](mailto:ce.hcpreregistration@lhins.on.ca)**

**Website: [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)**

## Looking for a Workshop for Patients?

Do you work with patients living with chronic pain, diabetes and other chronic conditions who are ready to make changes in their daily behaviours to improve their health?

The Central East LHIN Self-Management program also offers workshops for patients. We encourage you to recommend the "Living a Healthy Life" workshops to your patients, where they can learn strategies for better managing their diet, physical activity, medications and communicating with their health care team.

Patient workshops do not require a referral, please ask your patients to call 1 866 971 5545 to register.



Self-Management Program  Ontario

# Self-Management Support Training for Health Care Professionals

Learn Strategies to Empower Patients with Chronic Diseases

*Central East LHIN Self-Management Program*



**No charge for participation**

# Training Opportunities

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## Choices and Changes: Motivating Healthy Behaviours Workshop

*Developed by the Institute for Healthcare Communication*

Health care professionals will:

- Review patient engagement skills that develop rapport and promote adherence to the treatment plan
- Learn how to assess patient readiness to make changes and intervene appropriately
- Receive a certificate and Mainpro-M1 credits from the College of Family Physicians



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## Brief Action Planning Workshop (BAP)

*Developed by the Centre for Collaboration, Motivation and Innovation*

**(Completion of the Choices and Changes workshop is strongly recommended prior to registering for BAP)**

Health care professionals will:

- Learn an efficient model to facilitate patient goal setting and action planning that can be completed within 5-10 minutes
- Participate in at least 1 practice call by a skilled facilitator after the workshop in order to receive a certificate



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## Mentorship-Follow Up Support for Health Care Professionals

Once initial training is complete Health care professionals have opportunities to gain proficiency using the skills taught in the "Choices and Changes" and "Brief Action Planning" workshops by attending mentorship training.

We provide a variety of options including:

- Motivational Interviewing Workshops
- Self-Management Webinars
- Choices and Changes and BAP Refresher Sessions
- Choices and Changes and BAP Facilitator Training to become a leader
- Self-Management Support Tools and Resources
- Organizational Consultation



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I took the Choices and Changes workshop about 4-5 years ago. I have found the skills extremely helpful in my practice and started using them right away.

When I was introduced to the Brief Action Planning (BAP) model, it helped reinforce the concepts in Choices and Changes and taught me how to efficiently assist my clients with goal setting and action planning.



Some of my clients come back to see me because setting goals helps them move forward and implement what they already know. When this happens I feel that I have done a good job.

– REGISTERED DIETITIAN

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