The Primary Care - Chronic Disease Management (PC-CDM) department offers workshops that are designed to provide evidence based information and practical tools for primary care clinicians who are:

- New to their role in CDM or Primary Care
- Needing a refresher
- Starting in a different role

### Asthma

**October 25, 2017**

**9:00 a.m. – 4:00 p.m.**

- Anatomy & physiology of asthma
- What is asthma control?  Evaluating success
- Current treatment guidelines/ medication applied to case studies
- Hands on demonstration of proper technique for all inhaler devices
- Spirometry vs. pulmonary function testing

### Chronic Obstructive Pulmonary Disease

**October 26, 2017**

**8:00 a.m. – 1:00 p.m.**

*The COPD session builds on learning from the Asthma workshop. Registration in both sessions is recommended.*

- Definition of COPD: differences from asthma
- Role of primary care in diagnosis and management
- Comprehensive management including: exercise, education, medication, pulmonary rehabilitation
- Discussion of management applied to case studies

### Cardiovascular Risk

**November 16 & 17, 2017**

**8:30 a.m. – 4:00 p.m.**

- Cardiac risk profile and associated strategies
- Assessment of hypertension and dyslipidemia
- Treatment targets for hypertension and dyslipidemia
- Framingham Risk Scoring
- Functional considerations post cardiac event
- Nutrition considerations
- Physical Activity

### Choices and Changes

**September 22 or December 11, 2017**

**9:00 a.m. – 4:00 p.m.**

- Role of clinicians in facilitating health behaviour change
- Two models of change that can guide change conversations
- Motivational Interviewing skills to develop rapport and increase likelihood of change
- Opportunity to practice skills & techniques

**NOTE:** This course requires special registration procedures.

- **AHS learners:** please register for Choices & Changes on MyLearningLink (on Insite).
- **Non-AHS learners:** please register by emailing CDM.ProvincialEducation@albertahealthservices.ca or call 1-855-943-2366
Chronic Pain
Full Day  
October 23, 2017
8:30 a.m. – 4:00 p.m.

- Key features of chronic pain: helping your patients understand chronic pain
- Preventing functional decline in patients with pain
- Pain assessment tools
- Medications for treating non-cancer pain and considerations for monitoring
- Self-management support for patients/families dealing with chronic pain

Diabetes
Levels 1, 2, & 3

- Please see http://www.albertahealthservices.ca/info/Page13227.aspx for workshop descriptions and registration information.

Depression
Full Day  
September 29, 2017
8:30 a.m. – 4:00 p.m.

*This course is not meant to provide training in clinical treatment of depression.
- Recognizing depression and responding appropriately
- The impact of depression on management of other chronic diseases
- PHQ 9 screening tool applied to case histories
- Strategies and resources for mild to moderate depression
- Assessing for suicide risk

Diversity and Cultural Competency in the Workplace
Full Day  
November 20, 2017
9:00 a.m. – 4:30 p.m.

Participants in this workshop will:
- Explore their individual diversity dimensions
- Understand the difference between tolerating diversity and embracing diversity
- Analyze the impact of culture on communication, health, provider-patient relationships, and conflict resolution
- Understand the principles of cultural competency, cultural humility, and cultural safety
- Identify their position of power in the society using the Power Flower

Group Facilitation
Full Day  
October 03, 2017
8:30 a.m. - 4:00 p.m.

- The role of the facilitator in patient/ family groups
- Facilitation techniques
- Regulating group dynamics
- Working with challenging participants
Health Literacy – Introduction to Health Literacy  
*September 14, 2017*  
*Half Day*  
*9:00 a.m. – 12:00 p.m.*

- This half-day workshop provides a brief overview of the field of health literacy.  
- Participants will learn about the scope of health literacy, the impact health literacy has on their practice, and the role that providers play in helping to support health literacy.

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Health Literacy – Write it Right! (How to Create Effective Written Materials)  
*September 19 or November 27, 2017*  
*Full Day*  
*9:00 a.m. – 4:00 p.m.*

- Are your patient education handouts as effective as they can be?  
- This full-day workshop explores the impact that written health information can have on patient adherence to provider recommendations—but only when the handouts are done right.  
- Participants in this interactive, hands-on workshop will learn all about document design principles that support health literacy and make education handouts more usable.  
- Whether you’re creating a document from scratch or looking to edit existing documents, this workshop will provide the skills needed to *write it right!*

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Health Literacy – Clear Communication  
*October 11, 2017*  
*Half Day*  
*9:00 a.m. – 12:00 p.m.*

- Let’s talk about talking!  
- This half-day workshop examines how communication impacts patient care.  
- It explores the types of communication, the elements of effective communication, and various strategies to dealing with communication problems.

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Health Literacy – Provider Skills-Building Workshop  
*November 6 or December 8, 2017*  
*Full Day*  
*9:00 a.m. – 4:00 p.m.*

- Have you ever wondered what you can do to help support and build your patient’s health literacy?  
- This highly interactive, fun, full-day skills-building “boot camp” provides you with what you need.  
- Through demonstration, game play, case study, and hands-on practice, participants will learn how to incorporate health literacy techniques into their practice.  
- These techniques improve patient-provider interactions, enhance understanding, and lead to improved outcomes for both provider and patient alike.
Person Centred Practice using HealthChange® Methodology  Sep 15 or Nov 02 or Dec 06, 2017  Full Day  9:00 a.m. – 3:00 p.m.

“It is suggested that registrants participate in the Choices & Changes workshop prior to this workshop.

The HealthChange® Methodology can be applied to any setting where clients or patients are required to take some action to achieve better health or quality of life outcomes.

• Supporting client engagement and decision-making
• Increasing client adherence to evidence-based lifestyle & treatment advice
• Integration of patient-centered communication & behavior change support into clinical practice in an effective and time-efficient way

NOTE: This course requires special registration procedures.

• AHS learners: please register for HealthChange® Methodology on MyLearningLink (on Insite).
• Non-AHS learners: please register by emailing CDM.ProvincialEducation@albertahealthservices.ca or call 1-855-943-2366

Obesity Management Workshops  Multiple dates

Workshops offered include:

• Foundations of Obesity
• 5 A’s of Obesity
• Binge Eating, ADHD, and Obesity Management
• Don’t Weight to Address Bias

Please see http://www.albertahealthservices.ca/info/Page3749.aspx for workshop descriptions and registration information.

Stroke  November 22, 2017  Full Day  8:30 a.m. – 4:00 p.m.

• Stroke Overview, Stroke Anatomy & Physiology, TIA Recognition & Management
• Stroke Risk Factors & Best Practice Guidelines
• Medication Commonly Used in Stroke Prevention
• Post-Stroke Depression & Cognitive Screening
• Stroke Resources for Providers & Patients
• Patient Story