

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

**Choices and Changes****February 26, 2018**

Full Day

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](mailto:CDM.ProvincialEducation@albertahealthservices.ca) or call 1-855-943-2366

**Chronic Pain****April 16, 2018**

Full Day

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**

Multiple dates

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

**Depression****March 12, 2018**

Full Day

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

**Multiple dates**

9:00 a.m. – 4:30 p.m.

Participants in this workshop will:

- Explore their individual diversity dimensions
- 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

**Health Literacy**

Full Day

**Multiple dates**

9:00 a.m. – 4:00 p.m.

This full-day workshop explores the impact that health literacy skills have on the patient's experience with health care. In the morning, workshop 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. The importance of clear communication between patient and provider will also be discussed. The afternoon focuses on specific skills that health care providers need, centering on document design principles that support health literacy and make education handouts more usable for the patient.

**Lower Leg Assessment****March 27, 2018**

8:30 a.m. – 1:00 p.m.

**This course will cover:** Chronic Venous Insufficiency, Peripheral Arterial Disease, The High Risk foot, Orthotics & Footwear, Referrals and Community Resources

**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.

**Person Centred Practice using HealthChange® Methodology****Multiple dates**

Full Day

9:00 a.m. – 3:00 p.m.

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](mailto:CDM.ProvincialEducation@albertahealthservices.ca) or call 1-855-943-2366

**Prenatal Review**

**May 15, 2018**

8:30 a.m. – 12:30 p.m.

**This course will cover:** Physiologic Changes & Common Complaints, Complications of Pregnancy, Genetic Screening options, Alberta Prenatal Record & Diagnostic tests, Diet & Exercise considerations

**Well Child Assessment and Breastfeeding**

**April 9, 2018**

8:30 a.m. – 4:30 p.m.

**This course will cover:** The Rourke Baby Record, Evidence for Exam Items, Normal Growth, Nutrition & Development, Psychological concerns in childhood and Physical Exam consideration