

**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**  
Full Day**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**  
Half Day**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**  
Two Days**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**  
Full Day**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](mailto: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, &amp; 3

**Multiple dates**

- 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

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**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.

**Health Literacy – Write it Right! (How to Create Effective Written Materials)****Sep 19 or Nov 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!*

**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.

**Health Literacy – Provider Skills-Building Workshop****November 06 or December 08, 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.

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**Person Centred Practice using HealthChange® Methodology**  
Full Day**Sep 15 or Nov 02 or Dec 06, 2017**  
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](mailto: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**  
Full Day**November 22, 2017**  
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