

SELF-PACED ONLINE LEARNING

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FLINDERS CHRONIC CONDITION MANAGEMENT (CCM) ONLINE COURSES

Enrol now:

<http://fctgp.flinders.edu.au/login/index.php>

Flinders Chronic Condition Management, Closing the Gap & Living Well, Smoke Free Programs for health practitioners

This series of ten short courses has been developed to provide you with self-management support skills. You will learn about the process of behaviour change and applying communication and motivational interviewing skills in developing Care Plans with clients using the Flinders Program tools.

Upon successful completion of these courses you will receive a certificate of completion and be licensed to use the Flinders Program Tools.

Cost: \$880 (gst inc.)

Flinders Chronic Condition Management program and Closing the Gap Programs for health practitioners

This package provides you with training in the Flinders Chronic Condition Management Program and Flinders closing the Gap Program tools. This does not include the Living Well, Smoke free component.

Cost: \$660 (gst inc.)

Living Well, Smoke Free Program

This course will develop your understanding of why people smoke and demonstrates how to start the conversation with your client about smoking. The second course then explores influences on smoking behaviour and how to support people to make positive changes to their smoking.

Cost: \$330 (gst inc.)



ONLINE COURSE MODULES

Visit <http://fctgp.flinders.edu.au/login/index.php> to preview courses and to register. **“Course 1 - Background to the Flinders Program” can be previewed using a guest login.** All courses count toward professional development and CPD.

Background to the Flinders Program

The Flinders Human Behaviour and Health Research Unit (FHBHRU) at Flinders University has developed a generic set of tools and structured processes known as the Flinders Program. This course provides a summary of the Flinders Program development and its aim to promote chronic disease self-management and risk factor prevention.



Self-Management and Self-Management Support

Supporting clients to self-manage is central to a system that is proactive and focused on keeping people as healthy as possible and is central to the Flinders Chronic Condition Management Program. In this course the principles of self-management within the My Health Story (Flinders Program), self-management support aims and strategies and assessment of self-management capacity, including strengths and barriers are addressed.

Communication and Motivation in the Flinders Program

Supporting self-management begins with establishing respectful relationships. Positive working relationships are non-judgemental and are built on trust, engagement and rapport. This course addresses how personal values, assumptions and beliefs can influence interactions with clients. The process of behaviour change and applying communication and motivational skills in using the Flinders Program are presented.



Starting My Health Story

In this course, you will learn about two tools which can support clients in self-managing their health problems and you will meet Ethel, an Aboriginal woman living with several chronic conditions. We follow her story as she begins developing her Health Story using the Flinders Chronic Condition Management Program.

My Strengths, Needs and Worries

The focus for this course is assessing barriers and enablers for a client's self-management of their health and lifestyle. In partnership with client and using the My Strengths, Needs and Worries (Partners in Health and Cue and Response) tool the issues to be included within the Care Plan are identified.





My Worry, Goal and Care Plan

We continue to follow Ethel's story as you learn about the remaining tool for assessing self-management, My Journey (Problem and Goals). Working together with clients to address what they see as their main worry is an essential aspect of developing goals for managing their chronic conditions and for behaviour change. This is then linked to the development of a client-centred self-management Care Plan.

Coordination and Review

Once a Care Plan is collaboratively developed, coordinated monitoring and review assists the client to build their self-management capacity for behaviour change. A case study approach is used to show how a health care team manage the ongoing review, coordination and monitoring processes. This course also covers identifying causes of relapse and relapse prevention strategies within the Flinders Program.



Flinders Program™
Tobacco Management Care Plan

First Name: _____ Date of birth: _____

Gender: ☐ Male ☐ Female ☐ Other _____

MCare No: _____ Aboriginal: ☐ Torres Strait Islander: ☐ (Yes/No)

Type: _____ DVA No: _____ Type: ☐ Gold Card ☐ White Card ☐ Other: _____

Phone: _____ Address: _____

Emergency / Authority / Administration approved? (please specify) Yes ☐ No ☐ N/A ☐ If yes, provide details: _____

Admission / Accident & Emergency Department Visits

Admitted	Discharged	Reason for Presentation
1	2	3
4	5	6
7	8	9

Record (include prescription and care plan)

Strength	Frequency	Prescribing Doctor	Date Commenced	OT Car
M L D N PRN				

Application to Practice

This course provides the opportunity to interact with other learners and with experienced practitioners as you progress toward certification for competency in the Flinders Program. Learning activities include a moderated discussion forum and are designed to provide feedback as you use the Flinders Program tools and processes in your clinical practice. Upon successful completion of activities your certificate can be generated online.

Flinders Living Well, Smoke Free -Starting to talk about smoking

This course helps develop our understanding of why people smoke tobacco and the challenges they face when trying to quit or cut back. Starting the conversation about smoking can be the first step towards supporting clients to make positive changes to their smoking behaviour.



Flinders Living Well, Smoke Free -Promoting positive changes to smoking

We continue to explore what influences people's smoking behaviours. In this course a case study provides the framework for understanding these influences, how to provide information about smoking cessation and how to support people making positive changes to their smoking.

Flinders Living Well, Smoke Free -Application to Practice

This course provides the opportunity to achieve a Certificate of Competency in the Flinders Program, based on the Living Well, Smoke Free tools. Through a series of activities you will demonstrate your knowledge of the tools through to the care planning stage, gaining feedback from other learners and experienced practitioners. Upon successful completion of activities your certificate can be generated online.

