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# **Meeting the Challenge of Chronic Disease**

## **VON Canada Chronic Disease Prevention & Management Resource Toolkit**

**Canadian Community Health Nurse Conference  
May 2011  
Karen Curry RN BSN  
VON Canada**

# Agenda

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- Chronic Disease Prevention and Management Toolkit Project**
- Project Development**
- Community Visits**
- Feedback from Site Visits**
- Final Product Communication**





# Chronic Disease Prevention and Management Project Goals

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## **Project Goals:**

**To gather and analyze information on CDPM models, to develop a toolkit that First Nations communities could use to implement CDPM models, and to disseminate information on recognized models while promoting the toolkit.**



# Goals of the Toolkit

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**To identify resources to support the planning of chronic disease prevention and management programs**

**To provide information on models of care to support CDPM work**

**To provide resource to support the planning of CDPM programs**



# Project Phases

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**Phase 1 : Development of AC Committee  
Literature Review**

**Phase 2: Development of CDPM Toolkit**

**Phase 3: Community Visits for Education and  
Planning Dissemination Strategy**



# Methodology

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## **Phase 1 : Literature Review**

- **Talked with provincial and regional representatives working with First Nation health**
- **Reviewed National /Regional Frameworks and Strategies for First Nations health**
- **First Nation Organizations : AFN, NAHO, NIICHO, Diabetes Strategies**



# Chronic Disease Is an International Concern

**Chronic disease has become the major cause of death and disability affecting populations of both developed and developing countries.**

**59% of the 57,000,000 deaths each year**  
**46% of global burden of disease**  
**By 2020, almost 75% of all deaths worldwide will be from chronic diseases**

World Health Organization 2005 Report

# Methodology

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## **Phase 2: Development of draft toolkit resources**

- **AC Committee recommendations**
- **Best Practices in Chronic Disease and Health Promotion**
- **First Nation health activates, resources , research and frameworks**
- **Chronic Care Model**
- **Toolkit : 1 ) information and 2 ) inventory of resources to support work of chronic disease**





# Methodology

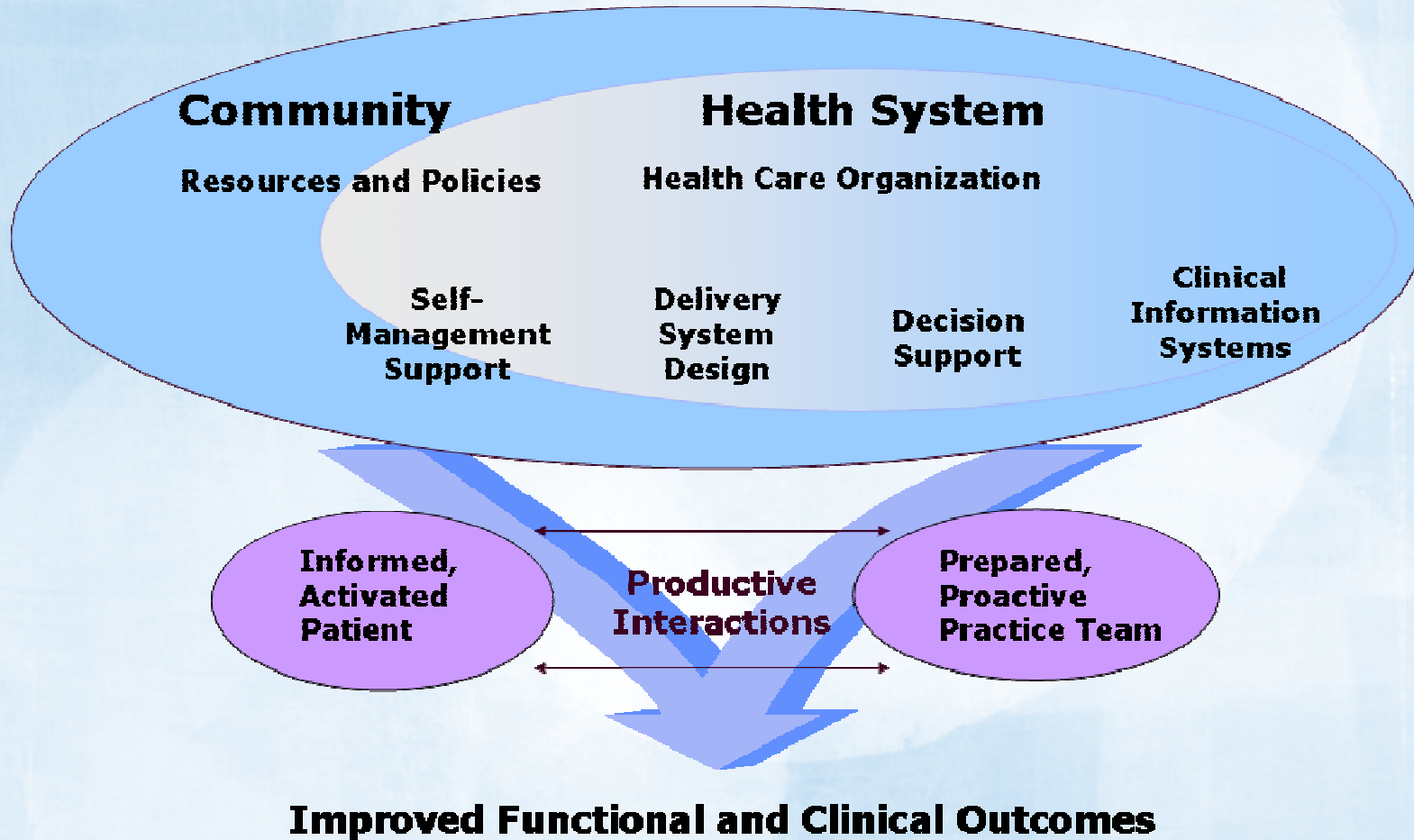
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## **Phase 3 : Community Visits for CDPM Workshop and introduction of the Toolkit**

- **Visit to each AC community to provide workshop on chronic disease and introduce the toolkit**
- **Focus on holistic health, Chronic Care Model, holistic healing, breaking down silos,**
- **Self Management Support : Goal Setting**
- **Determinants of health approach to collaboration of health services**



# Wagner's Chronic Care Model Evidence-based Guide to System Change





# Advisory Committee





# Advisory Committee Membership

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- **St.Mary's First Nation Fredericton NB**
- **Chiasasibi Quebec**
- **Meadow Lake Tribal Council Saskatchewan**
- **Blood Tribe Department of Health Standoff Alb**
- **Pikani First Nation , Brocket Alberta**
- **Alexander First Nation, Morinville Alberta**
- **St. Mary's Indian Band Cranbrook**
- **NIICHRO Executive Director**
- **Respect ED Coordinator ,Ontario Red Cross**

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# The Journey of the Community Visits



VON NAHI CDPM Toolkit



# Objectives : Community Visits

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- **To provide an introduction to the toolkit resources.**
- **To provide education on Chronic Care Best Practices and Self Management Support**
- **To provide opportunity to provide stories and feedback on the resource to ensure final product is useful**



*It takes a village .....*



- **The Chronic Care Model is based on a philosophy of patients taking an active role in their care, supported by health care providers, within a responsive and supportive community environment**
- **It take a village to reduce the personal and social impact of chronic disease**

(Health Council of Canada ,2010)



# Community Visit Workshop Experience

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- **Focus on Best Practice in Chronic Disease Prevention and Management**
- **Overview of Chronic Care Model**
- **Discussion of what current chronic care prevention and management activities are happening in the community and health center**





# Community Visits

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- **Self Management Support and Goal Setting Focus**
- **How to incorporate Self Management Support into current practice or programs**
- **Activities : 24 hr Recall**
  - Action Planning with partner**
  - Case Study : Time to review the toolkit**



# Chronic Disease Effects

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**Physical**

**Psychological**

**Social**

**Spiritual**



# The Power of Empowerment

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**Chronic Disease Prevention and Management success accountability resides primarily with primary care providers and patients.**

**Empowering patients with knowledge that enables them to be active , involved participants in their care is the underlying principle of the Chronic Care model and necessary for success**

**( Morgan et al ,2007)**



# **Toolkit Table of Contents**

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**Introduction**

**Context of CDPM in First Nations**

**Healing and Health**

**Models for CDPM**

**Health Promotion Models**

**Self Management and Self Management Support**

**Chronic Care Programming**

**Inventory of Resources**

**Certifications**

# 7 Behaviors for Self Management Support

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# Toolkit Final



- **Reorganization of Information**
- **Guideline for use of Tools Added**
- **Color and a few more graphics added**
- **Increased white space**
- **Inventory List : small bibliography for each site**
- **Health Promotion Community Stories added**



# Workshop Comments

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- **Very informative**
- **Reinforced that we all need to work together to solve health issues**
- **The Action Plan will be very helpful and can be used in our chronic care program**
- **Excellent info and tools. I am ready to go out with new tools in my plans for our chronic care program.**



# Workshop Comments

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- **The inventory of resources and the suggested resources was very good.**
- **Self Management Support Programs (Stanford) may be a spark in our community to get people together and talking about chronic illness**
- **Useful information that can be used in our workplace**
- **I can use this and take what I need and don't have to "read the whole thing" I like that**





# Dissemination



- **One Health Website :Will need AC members to support this linkage**
- **NURSE ONE website : FNIHB resource link**
- **Presentation at Conferences ( Canadian Home Care Association, Aboriginal Nurse Association)**
- **Aboriginal Media**
- **Provincial Health Regions / District**
- **Regional Native Friendship Centers**
- **Aboriginal Associations ( provincial and regional)**

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*Change will not come if  
we wait for some other  
person or some other  
time*

~ Barack Obama





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## **VON Canada National Aboriginal Health Initiative**

***Visit the project pages on the VON website!***

**<http://www.von.ca/nahi>**

***Email us: [nahi@von.ca](mailto:nahi@von.ca)***

***Call us: 1-888-866-9862***



**THANK  
YOU**

**It was a privilege to be part of this project**

**I am grateful to the advisory committee for you teaching me, and you for sharing their wisdom, knowledge and experiences with such openness and kindness.**