

Improving Health: *My Way*

Chronic Disease Self-Management Program for
Newfoundland and Labrador



Presenters: *Melissa Edwards* BN RN CCHN (C) Master Trainer
Janet Fisher MN RN Master Trainer

Objectives

- To provide an overview of the Chronic Disease Self-Management Program “**Improving Health: *My Way***” in Newfoundland and Labrador, specifically within Eastern region.
- To describe how inter-professional and inter-sectoral partnerships are essential to the successful implementation of new programs and models of service delivery which help transform the healthcare system.
- To share our experiences and lessons learned from *Eastern Health*.
- Demonstrate relevance to Community Health Nursing.

Improving Health: *My Way*

Chronic Disease Self-Management Program for
Newfoundland and Labrador

Why is the Program Necessary?

- Chronic disease is responsible for 60% of deaths worldwide
- 59% of NL residents live with one or more chronic disease

About Our Program

Melanie Hiscock, Self-Management Coordinator

752-3946

(Toll-free) 1-866-880-8998

or

Email selfmanagement@easternhealth.ca

or

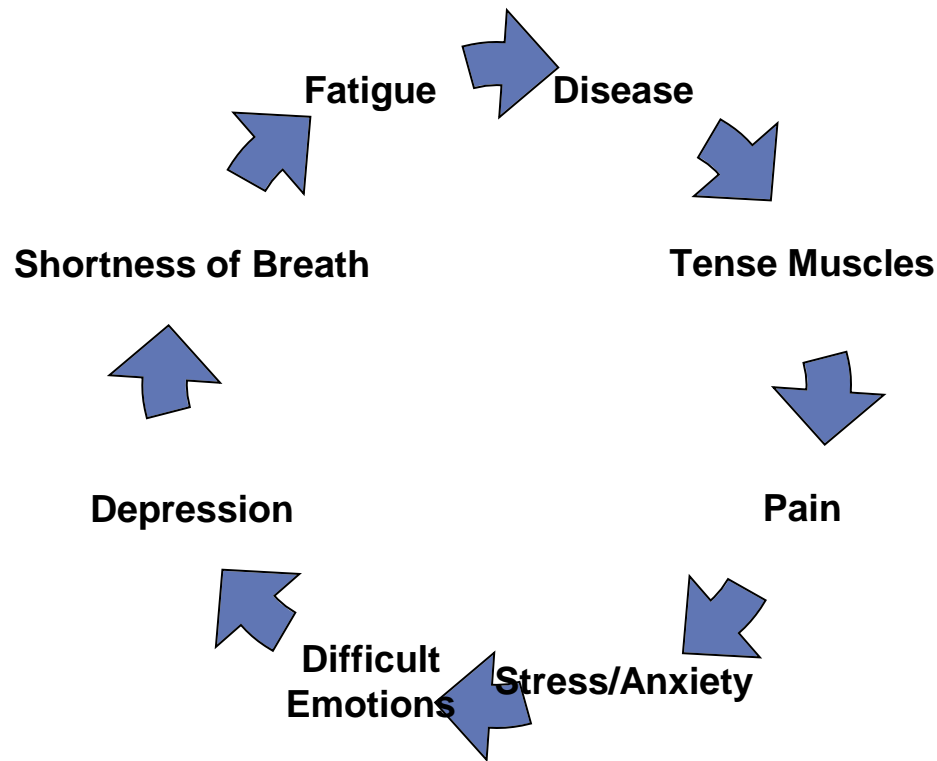
Website <http://www.easternhealth.ca/>

Community Quick Links

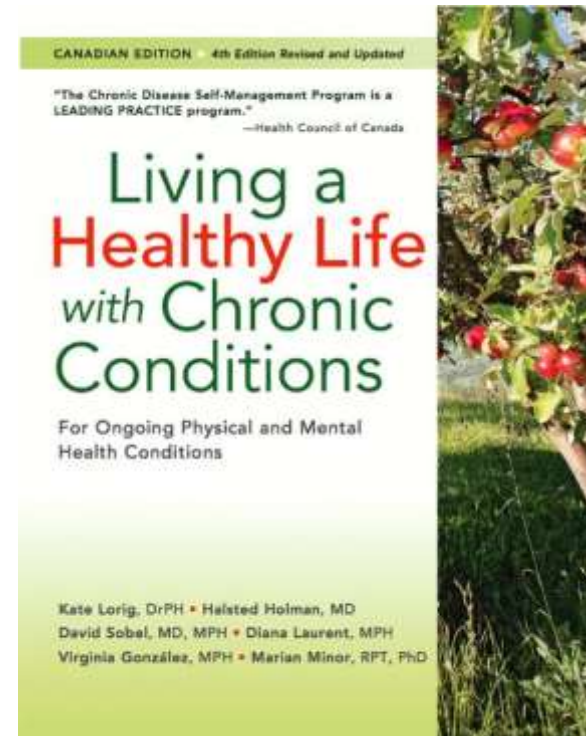
Chronic Disease Self-Management Workshops

Program References

The Symptom Cycle



Text Book



Self-Management Tool Box



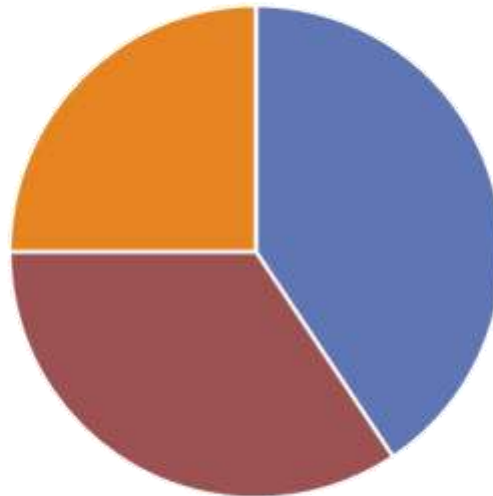
Workshops to Date



Participant Demographics

- 63% are 55 - 74 years of age
- 75% female and 21% male

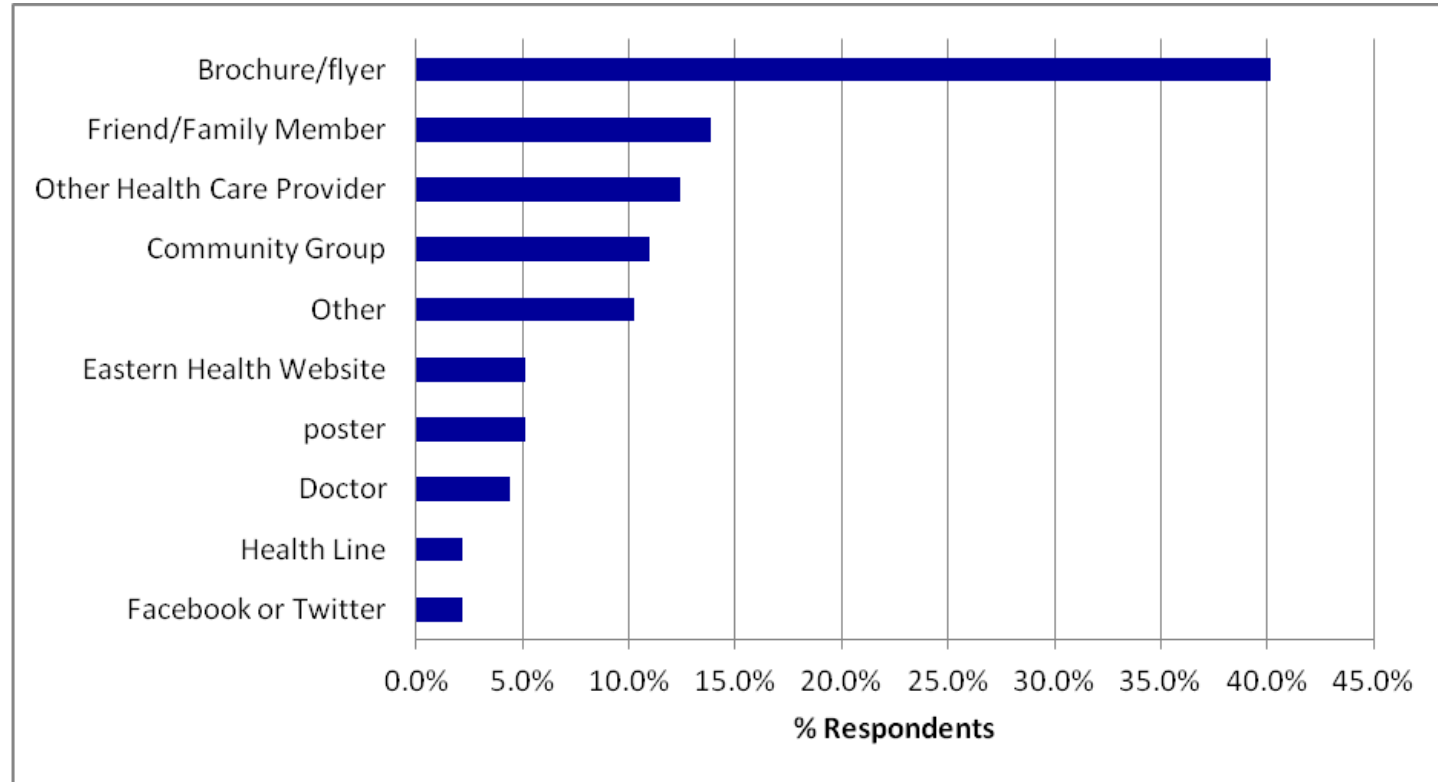
Geographic Distribution



■ Rural Avalon ■ St. John's Area ■ Peninsulas ■

Participant Recruitment

Most discovered the program via brochures & flyers



Participant Feedback at Eastern Health

- “I use breathing more to help my pain”
- “I have learned to set goals and have a more optimistic outlook”
- “I have taken control of my life”

Summary of health effects reported from other studies

- Increase energy & reduce fatigue
- Improve partnership with health care professionals
- Increase confidence about managing your health

(Centre for Disease Control and Prevention, 2011)

Newfoundland and Labrador Provincial Evaluation 2015

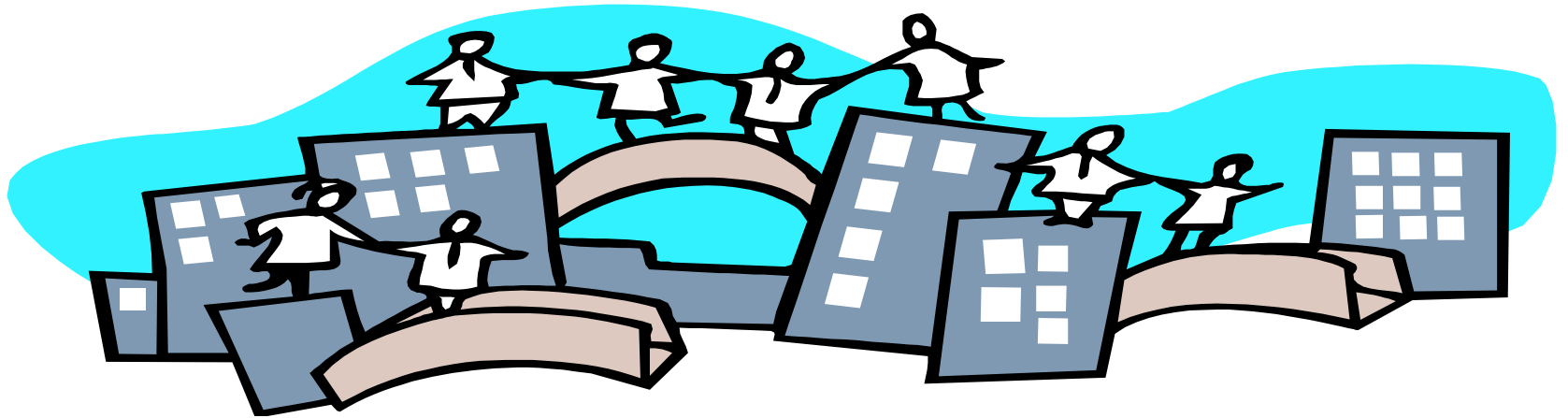


(LeFort, Twomey & Smith-Young, 2015)

Inter-Professional Partnerships



Inter-sectoral Partnerships



How Partners Support the Program



Health System Transformation

A journey
of a thousand
miles begins
with a single
step.



Why the program is relevant to Community Health Nurses





Our Contact Information:

Melissal.Edwards@easternhealth.ca or 709-229-1600

Janet.Fisher@easternhealth.ca or 709-468-5172