Facilitating Self-management Behaviors in Cardiac Patients

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With the ageing of our population and the increased rates of chronic conditions such as Cardiac Conditions, our Health Services have a growing need to better manage chronic disease. Effective support for self-management is an important component of such change.

Aims of the Workshop

To introduce to the health care professionals with the knowledge, skills in applying self-management strategies in care of cardiac patients.

Content

1. Key health theories in relating to self-management and behavioural change
2. Self-management support provided by the health care professionals
3. Acquiring some of the practical skills in facilitating self-managing health behavior

Objectives of the Workshop

By the end of the workshop, the participants will be able to:

1. Identify the key principles and strategies in facilitating patient's self-managing health behaviour
2. Identify the core self-management skills in the patient educational and rehabilitation programs.
3. Acquire the steps in conducting an important self management strategy – Action Planning and Problem Solving.

Program Approach and Format

It consists of presentation, interactive and participatory discussion, demonstration and practice.

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