

Online learning



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Partnered the Heart Research Centre in the development of this training program

Cost:

Individual: \$125.00

Group:

3-20 \$95.00 pp

21-100 \$75.00 pp

Over 100 -
by arrangement

Organisation/
group licence -
by arrangement

Length of course:

Approximately 5 hours

Validity period:

Registration allows for
45 days to complete
course

Includes:

Course manual

E-learning for health professionals supporting chronic disease self management

Chronic disease self management (CDSM) requires clients to make many changes to their lives. While many clients successfully make changes in the short term, most find it hard to maintain these changes. To support clients to make lasting lifestyle changes, health professionals need additional skills in CDSM. Our comprehensive five hour, five module online training program embraces evidence based strategies based on motivational interviewing and cognitive behaviour therapy. These strategies can be used with both groups and individuals. The package includes a manual with tools for 'hands on' use with your clients.

Modules include:

- Understanding CDSM
- Behavioural goal setting
- Effective communication
- Motivational Interviewing
- Cognitive strategies to support behaviour change

This Supporting Chronic Disease Self Management online learning program developed by the Heart Research Centre in association with Hunter New England Area Health Service is supported by funding from the Australian Government under the Australian Better Health Initiative.



This activity has been endorsed by the Australian Practice Nurses Association, according to approved criteria. Completion of this educational activity entitles eligible participants to claim 5 CPD hours.



Online learning is simple!

- Practise with easy to use tools
- Read, re-read case studies
- View video clips
- Answer quiz questions
- Complete interactive activities
- Reflect on your practice
- Review modules to recap important points
- Check your learning with two assessments

This E-learning package developed by the Heart Research Centre and Hunter New England Health Service is:

- User friendly
- Practical
- Flexible
- Self-paced
- Cost effective

If you would like to know more, please contact Dr Rosemary Higgins or Ms Emma Llewelyn at

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