

Better Choices Better Health ®

Community Self-Management Workshops

**Kathryn Brosseau BSW RSW
Health Promotion Facilitator
Primary Care and Chronic Disease Management
Alberta Health Services
September 2018**

Better Choices Better Health®



Better Choices Better Health®

- Better Choices Better Health® was developed by Stanford Patient Education Center
- The program is evidence-based and internationally recognized
- It is suitable for adults who have one or more chronic health condition and their caregivers and adult family members.
- It is an interactive program where participants learn and practice techniques or “tools” to manage their daily challenges of living with a chronic condition.

Alberta Self-Management Programs

- Better Choices, Better Health®- Chronic Disease
- Better Choices, Better Health® - Chronic Pain
- Better Choices, Better Health® - Diabetes
- Better Choices, Better Health® - Online



Patient Education vs Self-Management

- Health care providers are seen as the experts
- Provides information and technical skills about the condition
- Patient's role is to adhere to the plan
- Patient is the expert in their chronic pain experience
- Teaches problem solving skills to manage the impact on daily life
- Patient is in control of how they manage, day to day

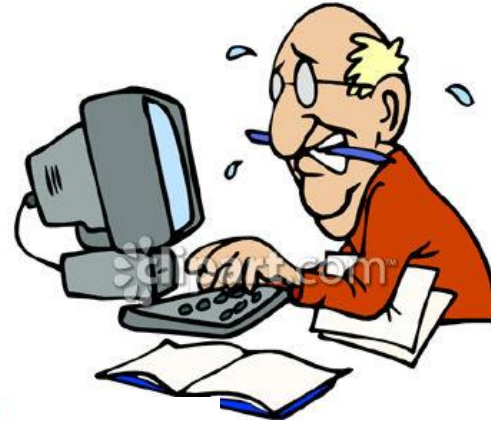
What is Self Management ?



What are the Goals of Self-Management?



Life Roles and Social Activities



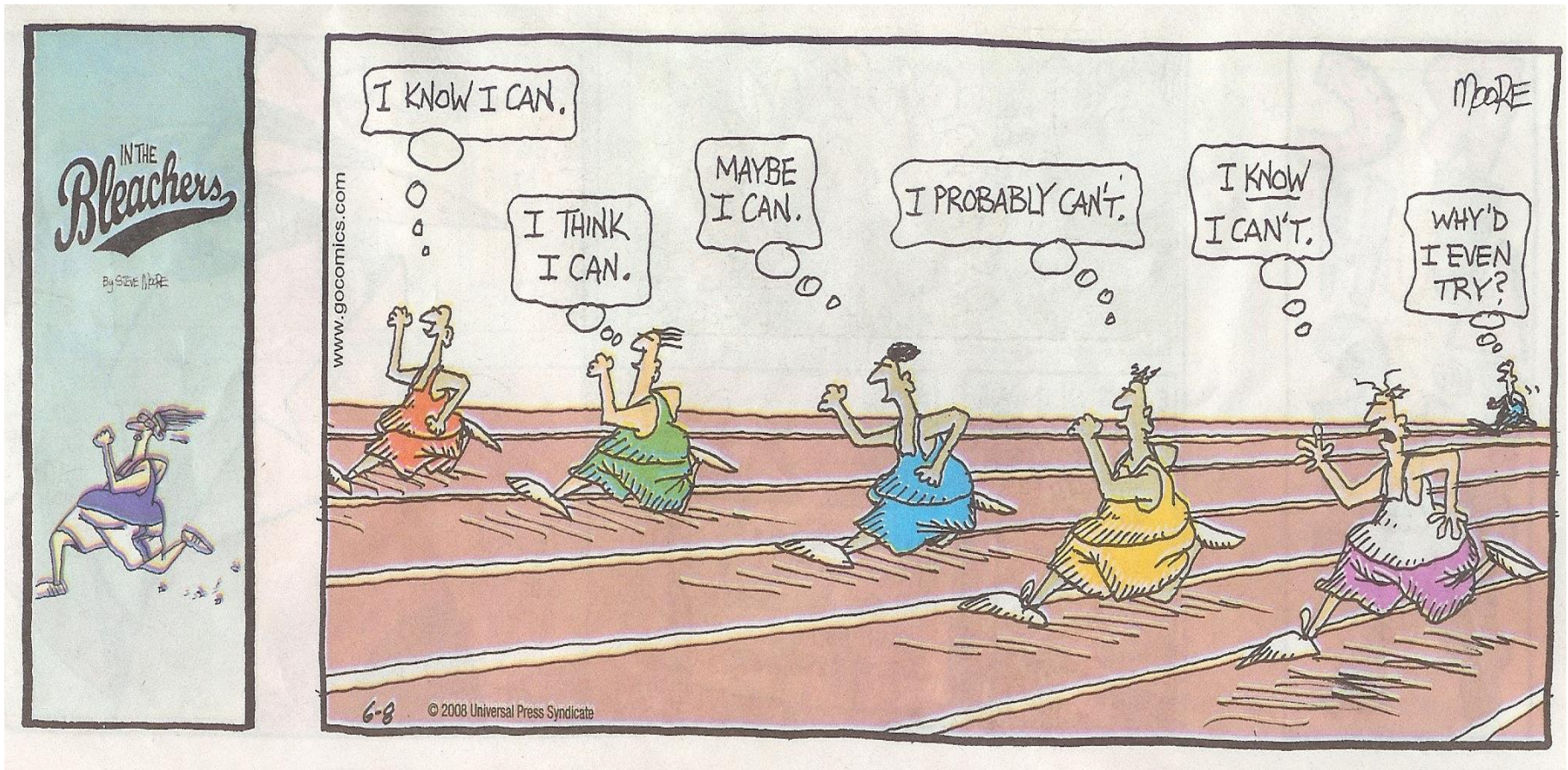
Emotional Management



Self-Efficacy



Self-Efficacy



Better Choices Better Health ®

Workshop Format:

- Led by two trained lay leaders
- Small groups of 10 to 15 participants
- Delivered in community settings
- Participative sessions
- 6 weeks
- 2 ½ hours



Self-Management Tool Box



Chronic Pain Self-Management Tool Box

Physical Activity

Pacing and Planning

Decision-Making

Action Planning

Breathing Techniques

Understanding Emotions

Working with Health Professionals

Problem-Solving

Using your Mind

Sleep

Communication

Healthy Eating

Medications

Week One



- What is pain
- The differences between acute and chronic pain
- Chronic Pain Symptom Cycle
- Mind-Body Connection
- Getting a good night's sleep
- Introduction to action plans

Week Two



- Dealing with Difficult Emotions
- Introduction to Physical Activity
- Better Breathing Techniques
- Fatigue Management
- Making an Action Plan



Week Three



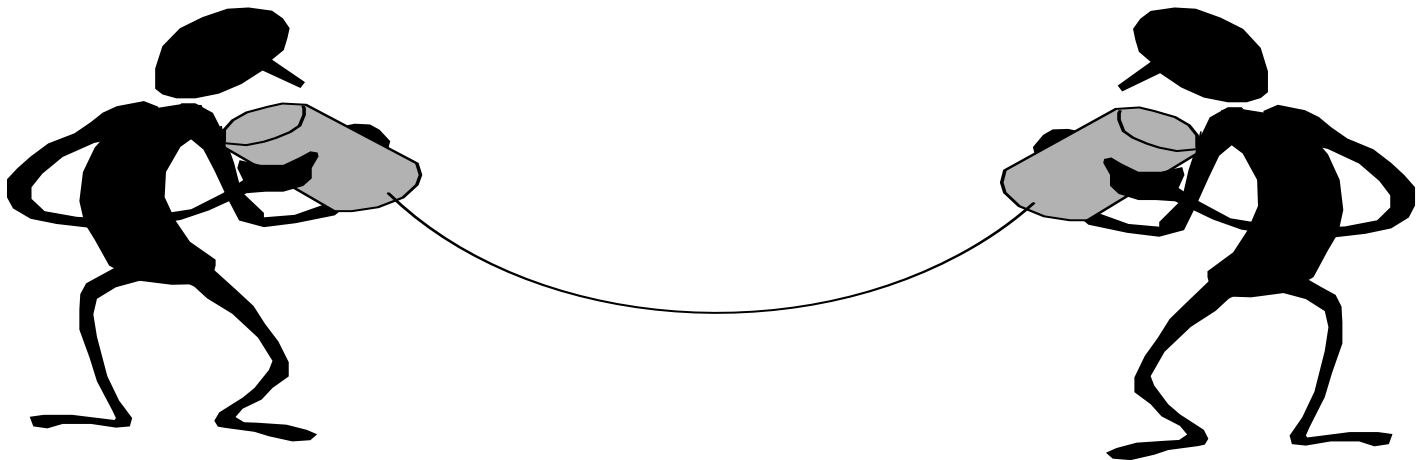
- Moving Easy Program
- Pacing and Planning
- Evaluating Treatments
- Making Decisions
- Making an Action Plan





Week Four

- Communication Skills
- Healthy Eating
- Problem-Solving
- Making an Action Plan



Week Five



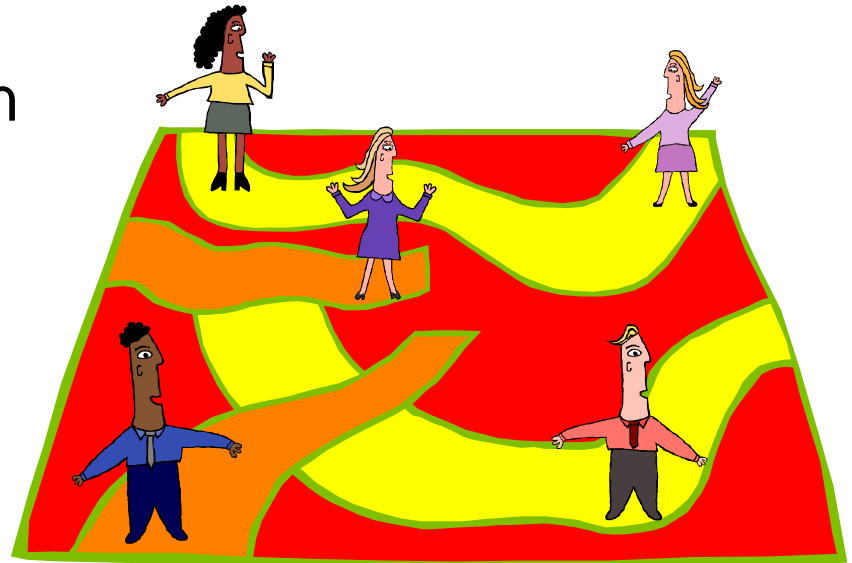
- Medications
- Depression
- Positive Thinking
- Managing stress
- Making an Action Plan



Week Six



- Working With Health Care Professionals
- Communicating About Pain
- Weight Management
- Setting Future Goals



Chronic Pain Program: Outcomes

- Less pain and disability
- Less dependency
- Improved social and physical functioning
- Improved mental health
- Higher life satisfaction
- Improved self-efficacy



The Alberta Experience: Outcomes

- Increase in Self-efficacy
- Improved communication with health care providers
- New health behaviors (i.e. exercise)
- No change in medication adherence
- Improvement in health status (Self-reported)

Better Choices Better Health®

Same Program, Different Names Across Canada

British Columbia: Chronic Pain Self-Management
Chronic Disease Self Management

Saskatchewan: Live Well with Chronic Conditions/Pain

Manitoba: Get Better Together

Ontario: Self-Management Ontario

Nova Scotia: Your Way to Wellness

Newfoundland and Labrador: Improving Health: My Way

Yukon: Your Health! Your Way!

Better Choices Better Health®

Website for Alberta is:

MyHealth.Alberta.ca

What questions do you have?

