

INTERNATIONAL CONFERENCE ON PROMOTING CHRONIC CARE

PRE-CONFERENCE WORKSHOPS
6 & 7 JANUARY 2010



香港復康會
The Hong Kong Society
for Rehabilitation

Anniversary

HALF-DAY WORKSHOP

Venue: The Hong Kong Polytechnic University
Fee: HK\$600 / US\$77
Enrolment: Please complete the attached Registration Form and return it with appropriate payment to Conference Secretariat
Tel: 2559 9973 **Fax:** 2547 9528 **Email:** reg@Chronic-Care2010.org
Deadline: 21 December 2009 (first come first served)



You are recommended to register through online system at www.Chronic-Care2010.org

WORKSHOP A

**Using Participatory Approaches in Rural China:
Experience in Health and Disability Projects**

Date: 6 January 2010, Wednesday
Time: 09:00 – 12:00

by Prof. LIU Lin (China)

Prof. Liu worked at the Scientific Research Management Office of the Beijing Agricultural University as an agronomist and responsible program manager for rural development & extension. He initiated and coordinated many rural development projects funded by the central government. As a senior development consultant, he has been working for many rural development projects funded by national, international donors and NGOs. Since 2004, he has started his research and consultancy on person with disabilities for CDPF, Handicap International, Kadoorie Charitable Foundation HK & Hong Kong Society for Rehabilitation project in China. Presently, Prof. Liu Lin was employment at Department of Development Management, College of Humanities & Development in China Agricultural University.

The workshop will have two components. The first part will introduce the situation of rural development in China and reality of living in rural China with a disability or chronic health condition, with time for questions and answers. The second part will present some cases using participatory approaches and PRA (Participatory Rural Appraisal) tools for a disability project and an AIDS prevention project. Participants' discussion will focus on selection and use of methods to increase participation in disability projects and training programmes in rural China. The workshop will be conducted in Mandarin with some English.

✓ **Target Audience:** *Health Care Professionals, Social Work Professionals, Community-based Rehabilitation Practitioners, Project Workers and anyone that is involved or interested in CBR projects*

WORKSHOP B

Pain Management in Primary Care

Date: 6 January 2010, Wednesday
Time: 09:00 – 12:00

by Prof. Joanne CHUNG (Hong Kong)

Professor Chung is currently the Chair Professor and Head of the Department of Health and Physical Education of The Hong Kong Institute of Education. Prof. Chung's clinical expertise is in pain management. She has started the first pain clinic in PolyU in 2002.

The Pain Management in Primary Care workshop focuses on managing pain for community dwelling older adults. Participants will have the opportunities to learn new information and skills, discuss ideas and share experiences in pain management. The workshop is designed to improve participants' understanding of pain assessment and pain relief methods for older adults in primary care setting. This workshop will combine lecture with case studies so as to reflect real world dilemmas for practice.

✓ **Target Audience:** *Health Care Practitioners and Social Service Practitioners that are working in Primary Care Setting and/or for those that are engaged in Pain Management Services/Projects*

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WORKSHOP C

Effective Health Education and Health Promotion

by Prof. Albert LEE (Hong Kong)

Date: 6 January 2010, Wednesday
Time: 14:00 – 17:00

Professor Albert Lee is Professor and Director of Centre for Health Education and Health Promotion of School of Public Health and Primary Care, The Chinese University of Hong Kong. He is consultant in Family Medicine and also holds adjunct professorship at various leading academic institutions locally and abroad. He has served as WHO temporary advisors on many occasions in health promotion.

There is a paradigm shift of public health intervention from addressing the devastating effects of the living and working conditions on population health to the modification of health risk behaviours by the individuals and improvement of health literacy. The emphasis on health education and health promotion should help the individuals to build up the personal, cognitive and social skills which determine the ability of the individuals to gain access to, understand and make use of the information to promote and maintain good health. Effective health education and health promotion also needs to address the determinants of health and making healthy choices easier choices. In this workshop, the participants will understand the skills required to deliver effective health education and health promotion programmes.

✓ **Target Audience:** *Health Care Professionals and Social Service Professionals that are involved in health education and health promotion*

WORKSHOP D

Pain Control by Integrative Hypnotherapy

by Ms. Pauline WAN (Hong Kong)

Date: 6 January 2010, Wednesday
Time: 14:00 – 17:00

Ms Wan is an experienced social worker who has been working for people with chronic illness and their families over 15 years. She has been trained in clinical hypnotherapy and in the utilization of it with different psychotherapies into clinical practice. She also provides professional training on integrative hypnotherapy. She is now the team leader of Hypnotherapy Professional Training and Counseling Centre that under the supervision of the Centre on Health and Wellness, the Hong Kong Society for Rehabilitation; and the practicum supervisor on hypnotherapy of the Centre on Behavioral Health, the University of Hong Kong

Although there remains to be learnt, a great deal is now known about the experiences of pain and its management by utilizing hypnotherapy. The mechanisms of pain, no matter the physiological and psychological ones that presented in different symptoms, have important implications for understanding the person's underlying problems as well as for organizing intervention during clinical practice. This 3 hour-experiential workshop focuses on (1) eliciting the implications of pain from the perspectives of conscious and unconscious (2) exploring how integrative hypnotherapy manage pain; and let the participants be (3) experiencing the hypnotic analgesia and suggestion throughout the trance state.

✓ **Target Audience:** *Health Care Professionals and Social Service Professionals that are interested in using integrative hypnotherapy as a pain control modality.*

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WORKSHOP E

Clinicians Capabilities for Self-management Support of People with Chronic Condition

by Prof. Malcolm BATTERSBY (Australia)

Date: 7 January 2010, Thursday
Time: 09:00 – 12:00

Professor Malcolm Battersby is Professor of Psychiatry and Director of the Flinders Human Behaviour and Health Research Unit and Course Leader of the Mental Health Science programs at Flinders University. He is also Director of the State-wide Gambling Therapy Service. He trained with Professor Isaac Marks at the Institute of Psychiatry, London in behavioural treatment of anxiety disorders and severe neurotic conditions.

He was awarded a Harkness Research Fellowship in the study of chronic conditions self-management in the United States during 2003-2004 and has led the development of the Flinders program of chronic condition management, now provided across Australia and internationally.

This workshop will describe the Australian government's strategy for chronic disease management and self-management support. Self-management support is seen as a key element of reducing the impact of chronic disease and conditions through education of the current and future health workforce in self-management support skills. The workshop will describe the development of the national definitions of self-management and self-management support and the 19 capabilities of clinicians to provide effective self-management support. The Flinders Programme will be used as an example of how the capabilities can be provided through education and as useful clinical tools for clinicians to assist their patients to improve their health outcomes and quality of life.

✓ **Target Audience:** *Health Service Administrators, Service Providers, Clinicians that are interested in Flinders Model of Chronic Disease Self-management*

WORKSHOP F

What a Beautiful Life - Talking about Life and Death with our Patients

by Dr. Pamela LEUNG (Hong Kong)

Date: 7 January 2010, Thursday
Time: 09:00 – 12:00

Dr. Pamela Leung is currently Assistant Professor, Department of Social Work and Social Administration, and Honorary Research Fellow, Centre on Behavioral Health, the University of Hong Kong. She has been an experienced social work practitioner and supervisor in Hong Kong. Her areas of interest are integrative body-mind-spirit approach, healthcare intervention, psychosocial oncology and palliative care.

While death is an inevitable part of life, it is considered a taboo subject in many cultures. Avoiding talking about death may result in difficulties in coping and adjustment when people are unprepared for it. According to Tomer and Eliason (2000), death anxiety can be reduced by exploring meaning of life and death as well as addressing life regrets. Activities such as life review and life planning are effective means to reduce psychological morbidity and improve spiritual well-being among patients (Ando, et al., 2008, Chochinov, et al, 2005; Eliason, 2000).

In this workshop, the use of life review and a life celebration approach in facilitating patients to talk about life and death will be introduced. The techniques that help to foster an acknowledgement of patients' past contribution, purpose in life, as well as explore ways for positive death preparation will be discussed. Participants will have the opportunity to participate in experiential and reflective activities that promote a sense of integrity of self, and appreciate that life is beautiful and death can manifest a blissful sense of completion.

✓ **Target Audience:** *Health Care Professionals and Social Service Professionals that are interested in using life review and a life celebration approach in facilitating patients to talk about life and death*

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WORKSHOP G

Nothing about us without us: Being an Empowered Patient

by Mr. Harry CAYTON (United Kingdom)

Date: 7 January 2010, Thursday
Time: 14:00 – 17:00

Harry Cayton has worked in patient empowerment and supporting families and carers through his career. He is chief executive of the Council for Healthcare Regulatory Excellence which oversees health professional regulation in the UK on behalf of patient and the public. From 2003-07 He was National Director for Patients & the Public at the Department of Health. From 1992 to 2003 he was chief executive of the Alzheimer's Society and from 1981-1992 Director of the National Deaf Children's Society.

He is chair of the National Information Governance Board for Health and Social Care, an advisor to The Health Foundation and to Macmillan Cancer Support and a trustee of Comic Relief. He is a member of the Design Council Advisory Board on Public Services by Design and was chair of the Expert Patient Programme.

This workshop will provide an opportunity for participants to learn about self-management strategies for people with long-term conditions. Drawing on the experience of the Expert Patient Programme in England and other models of self-management Harry Cayton will work with participants to think about how they can bring about change in their own situations and countries. Using self-management techniques participants will be able to identify obstacles to change and to set goals for overcoming them.

✓ **Target Audience:** *Health Service Administrators, Service Providers, Clinicians that are interested in the Expert Patient Programme in England and other models of self-management*

WORKSHOP H

Evaluating Chronic Disease Self-Management Programmes

by Dr. Andrew SIU (Hong Kong)

Date: 7 January 2010, Thursday
Time: 14:00 – 17:00

Dr. Andrew Siu (PDOT, MSc, MSc, PhD) is Assistant Professor in the Department of Rehabilitation Sciences, The Hong Kong Polytechnic University. Dr. Siu is an occupational therapist who specializes in mental health and rehabilitation counseling. His clinical and research interests are in the areas of self-management of chronic illness, development of rehabilitation outcome measures, and counseling for persons with disabilities, chronic illness, and substance abuse.

This workshop aims to introduce the background and development of the package of evaluation tools developed by Stanford Patient Education Center. In collaboration with the Hong Kong Society for Rehabilitation, many of these tools have been translated and validated by the speaker for evaluation of the CDSMP in Hong Kong. The speaker will present local validation results of the Chinese instrument, discuss on how to choose and apply appropriate measures for program evaluation, and practical issues in administration of the instruments and research design.

✓ **Target Audience:** *Service Providers, Clinicians and Academics that are planning to undertake evaluative studies on patient education and self-management programmes*

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