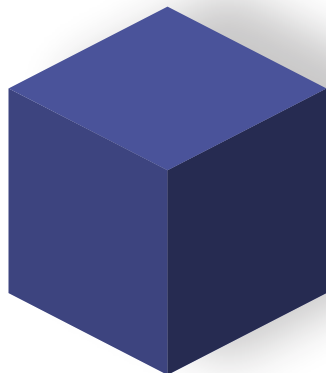
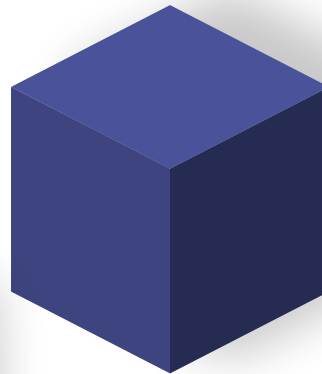
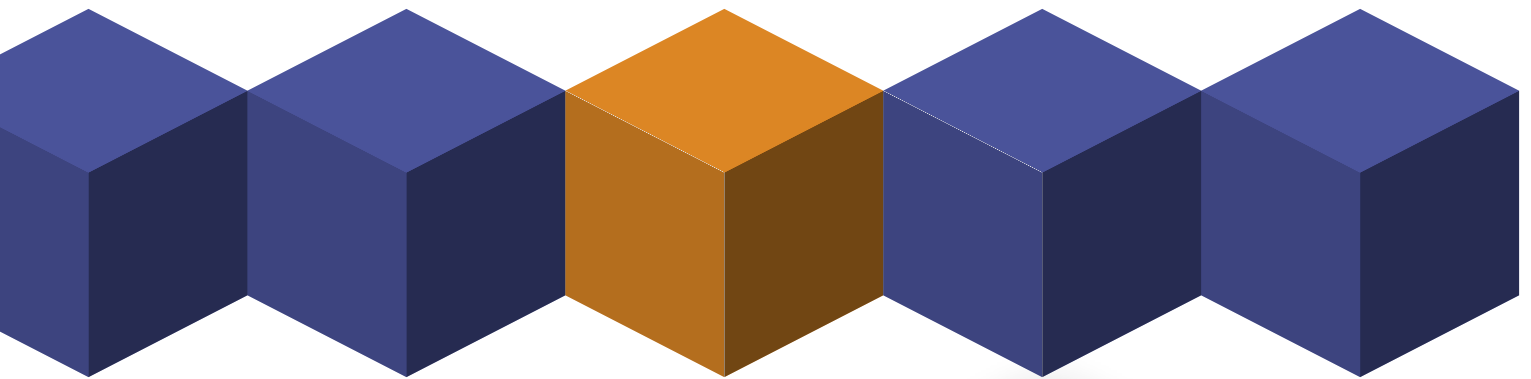
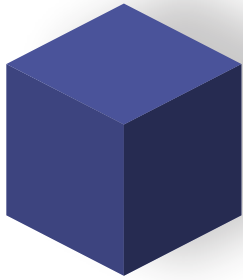


# Capabilities for Supporting Prevention and Chronic Condition Self-Management:

## A Resource for Educators of Primary Health Care Professionals



Australian Government

Department of Health and Ageing



Australian Better Health Initiative:

A joint Australian, State and Territory government initiative

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Any enquiries or comments on this publication should be directed to:

Professor Malcolm Battersby  
Flinders Human Behaviour and Health Research Unit  
Flinders University  
PO Box 2100  
Adelaide SA 5001  
Telephone: (08) 8404 2323  
Fax: (08) 8404 2101

Email: [HEALTH.Self-managementFMC@health.sa.gov.au](mailto:HEALTH.Self-managementFMC@health.sa.gov.au)

Website: <http://som.flinders.edu.au/FUSA/CCTU/default.htm>

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The contents of this resource plus a case study demonstrating the skills across the lifecycle and prevention/early risk factor/chronic condition continuum are available on the CD-ROM attached to this booklet.

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*'A chronic disease self-management support curriculum framework for Australian undergraduate or entry level medical, nursing and allied health professional education';*

and

*'An analysis of training and information options to support chronic disease prevention and self-management in primary health care' (the PHC Workforce project).*

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## Capabilities for Supporting Prevention and Chronic Condition Self-Management Project Team

Flinders University  
Professor Malcolm Battersby  
Director (Project Leader)  
Flinders Human Behaviour and Health Research Unit  
  
Dr Sharon Lawn  
Senior Lecturer (Senior Project Officer)  
Flinders Human Behaviour and Health Research Unit

## Acronyms

ABHI	Australian Better Health Initiative
AGPN	Australian General Practice Network
APS	Australian Psychological Society
CCM	Chronic Care Model
CCSM	Chronic Condition Self-Management
CDSM	Chronic Disease Self-Management
FHBHRU	Flinders Human Behaviour and Health Research Unit
GP	General Practitioner
ICCC	Innovative Care for Chronic Conditions
PHC	Primary Health Care
RACGP	Royal Australian College of General Practitioners
WHO	World Health Organization

# 1. Introduction

Chronic conditions pose significant burdens on health and wellbeing for individuals, families and communities (WHO, 2002). Their common co-morbidity adds to this burden. In Australia, chronic conditions such as asthma, diabetes, depression, arthritis and cardiovascular disease are the main cause of death and disability. The burden of chronic conditions is expected to reach 80% of healthcare expenditure by 2020 (National Health Priority Action Council, 2006). The term 'chronic condition' has been chosen instead of 'chronic disease' as it encompasses diseases, mental disorders and disabilities.

Chronic conditions are also among the most preventable health conditions. An estimated 6.8 million Australians currently have one or more chronic conditions (AIHW, 2004). Chronic condition management and self-management often involves the management of co-morbid health conditions and related complications. Early detection and treatment and active collaboration with the patient can delay complications and disability (Glasgow, Orleans, Wagner, Curry & Solberg, 2001). This approach is most effective within systems that are integrated and support self-management by the patient (Wagner, Austin & Von Korff, 1996a).

The skills of the primary health care (PHC) workforce are essential for effective chronic condition self-management support to patients across the lifespan. The World Health Organization has identified a number of competencies required by health professionals and healthcare systems to deliver effective care to those with, or at risk of developing, chronic conditions. These competencies include patient-centred care, partnering with the patient and other healthcare providers, and adopting a public health perspective. Empowering individuals towards adopting self-management strategies, where appropriate, feature significantly in these competencies (WHO, 2005).















































