

## **Edmonton Zone Workshop Guide Apr - Jun 2024**

Current as of April

# **Primary Care & Chronic Disease Management Education for Health Care Professionals**

**We continue to offer Chronic Disease & Self-Management  
Provider workshops online using the Zoom platform -**

in-person and/or “closed” team-based workshops available.

Workshops are facilitated by health professionals who work in their specialized areas, and may include: registered nurses, dietitians, psychologists, behavioral consultants along with other expert health providers or consultants.

**For further information, advice and support for**

- Diabetes provider workshops or case management,**
- Adult Weight Management (WM) workshops or advice,**
- Training to lead or enroll people into the evidence-based  
Better Choices, Better Health® (BCBH®) programs**

**Call: 825-404-7460 or toll free at 1-866-735-1051**

**To Register** — Email: [CDM.ProviderTraining@ahs.ca](mailto:CDM.ProviderTraining@ahs.ca)

(some workshops have other specific registration steps—see options on the pages for each workshop)



Alberta Health Services Primary Care Chronic Disease Management (PCCDM) department, Edmonton Zone (EZ), offers no-cost workshops on topics related to Chronic Disease Self-Management, to build capacity in community and ambulatory care providers. These workshops are designed to provide evidence-based information and practical tools for clinics, community and primary care providers in EZ who are committed to practicing patient-centred care and who:

- May be newer to their role in CDM or Primary Care, or
- Desire a refresher or updates in a specific area, and/or
- Are starting a different clinical role

**Current workshop topics include:**

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**Registration for Diabetes and Weight Management workshops are available on My Learning Link**

\* To register for *Applying Person Centered Practice using HealthChange® Methodology*, please see special instructions on page 3.

## HealthChange Methodology Learning Series

**HealthChange Methodology** (HCM) promotes evidence-based, person-centred services to foster client engagement. It can be applied to settings where clients or patients are required to take action to improve their health and quality of life. Providers are supported in addressing readiness for change.

This workshop is one part of a **four-part learning series** on HealthChange Methodology. There are three self-paced e-Modules (20-30 minutes each) and one workshop delivered in two parts (3.5 hours each), one week apart on Zoom. You must attend both parts of the live workshop.

1. E-Module 1: Introduction to HealthChange
2. E-Module 2: Health Literacy
3. E-Module 3: Goal Setting
4. Two Live, Virtual Workshops (camera and microphone required)

**\*Note the completion of all three modules is a prerequisite for live workshop registration.**

### To complete e-Modules and register for the workshop:

- **AHS staff** - Go to MyLearningLink to complete the e-modules and register for an available workshop. Use the search term “HealthChange”.
- **Non-AHS staff** - Go to the HealthChange Online Learning Environment (<http://healthchangealberta.ca/login/index.php> ) to create an account and complete the e-modules.

Once you have completed the three e-modules please email

[Edmontonzone.healthchange@ahs.ca](mailto:Edmontonzone.healthchange@ahs.ca) to register for an available workshop.

<b>Session Dates</b> The following workshops are open to ALL Edmonton Zone staff	<b>Day</b>	<b>Time</b>	<b>Location</b>
April 8 & 15, 2024 FULL	Monday	8:30 am to 12:00 pm	Online using Zoom
May 7 & 14, 2024	Tuesday	8:30 am to 12:00 pm	Online using Zoom
June 5 & 12, 2024	Wednesday	8:30 am to 12:00 pm	Online using Zoom

Workshops are funded by AHS - Alberta Healthy Living Program

## Allyship Workshop

Are you interested in learning about how to be an ally? Join us for this two-hour workshop to explore the dynamics of power and privilege and learn practical strategies to be a supportive ally in fostering an inclusive and equitable community. This workshop is ideal if you:

- Work with clients and other professionals
- Are ready to reflect on why it's important to be an ally
- Are focused on delivering client-centered care

In this workshop, we will work together to improve our understanding of allyship and provide tools and resources to empower you to employ more equitable practices.

### What this workshop is:

- Exposure to what it means to have privilege and power
- An interactive workshop
- An opportunity to discuss ways to be a better ally
- An opportunity to discuss the allyship continuum

### What this workshop is not:

- A full day of PowerPoint Presentations
- A passive learning experience
- A lecture about allyship

**\*Please note:** This workshop is for people in the **Edmonton and area**. The workshop is delivered via Zoom. **Participants must attend the full workshop and be on camera in Zoom.**

Session Date	Day	Time	Location
April 11, 2024	Thursday	9:00 am to 11:00 am	Zoom
May 8, 2024	Wednesday	9:00 am to 11:00 am	Zoom
June 26, 2024	Wednesday	9:00 am to 11:00 am	Zoom
July 10, 2024	Wednesday	9:00 am to 11:00 am	Zoom
July 24, 2024	Wednesday	9:00 am to 11:00 am	Zoom
August 7, 2024	Wednesday	9:00 am to 11:00 am	Zoom
August 21, 2024	Wednesday	9:00 am to 11:00 am	Zoom

## Cardiovascular Risk

**Length:** Half Day

This half-day provider education session is for interprofessional health providers involved in supporting people impacted by cardiovascular risk factors and disease.

### Topics Include:

- Cardiac risk profile and associated screening
- Assessment of hypertension and dyslipidemia
- Treatment targets for hypertension and dyslipidemia
- Treatment approaches to hypertension and dyslipidemia, focusing on drug therapy

**\*Please note:** There is a pre-workshop mini course that you will be expected to complete before attending: **Virtual Course on accurate automated blood pressure measurement (2020)**.

This information will not be covered during the live session. You will achieve a printable course certificate for your records. We are reserving the first 30 minutes of the workshop (from 1:00 p.m. to 1:30 p.m.) for you to complete the mini course on your own. You could also complete this ahead of the workshop date if you prefer. The real-time workshop in Zoom starts at 1:30 p.m.

To register email CDM Provider Training at: [cdm.providertraining@ahs.ca](mailto:cdm.providertraining@ahs.ca)

*Workshop delivered by guest speakers from the University of Alberta and AHS supported by Edmonton Zone Chronic Disease Management Team*

Session Dates	Day	Time	Location
May 30, 2024	Thursday	1:00 pm to 4:45 pm	Zoom

## Improving the Patient Experience When Managing Chronic Disease (CDM 101)

According to Stats Canada, 73% of Canadians 65 years and older have at least one chronic disease. Not shocked yet? How about 45% of Canadians 18 years and older have one or more chronic diseases. Although you may not work directly in chronic disease, it's likely your patients are managing a chronic disease and so this workshop is for you!

This workshop provides foundational knowledge, skills, and resources to improve the patient experience while optimizing collaboration and teamwork. This is a two-part workshop offered to anyone working within the Edmonton Zone (clinicians, administrators, support staff alike). Attending both parts of the workshop is required.

**Part One – Self-Paced Online Module:** You get immediate access to an on-demand site. You work through a module to build understanding of an evidence-based CDM approach.

Length of online module: three hours.

**Part Two – Live, Interactive Skill-Building Session:** This live, interactive session is your opportunity to practice your skills. This session builds on the understandings from the online module. You must register in Part One before registering in Part Two.

Length of session: three hours.

**TO REGISTER:** Email [CDM.ProviderTraining@ahs.ca](mailto:CDM.ProviderTraining@ahs.ca)

1. Register in Part One and receive immediate access to the online module.
2. Register in Part Two and attend a live session on one of the following dates:

Session Date	Day	Time	Location
April 22, 2024	Monday	8:30 am to 12:00 pm	Zoom
May 23, 2024	Thursday	8:30 am to 12:00 pm	Zoom
June 18, 2024	Tuesday	8:30 am to 12:00 pm	Zoom

# Chronic Pain

These two part course sessions are complementary. *Attendance at both sessions is recommended*, although participants are able to attend either workshop.

**Length:** 2 Half-Days

## Topics include:

Understanding, assessing and managing chronic pain in Primary Care

*Audience:* Any member of interdisciplinary team working with clients with chronic pain in a community health or primary care setting.

### Part 1: Introduction to Pain Assessment and Management in Primary Health Care

- Describe key features of chronic pain and identify strategies to prevent functional decline in patients with pain
- Practical application of pain assessment tools in the creation of a client-centered plan
- Describe practical mind-body strategies you can incorporate in treatment sessions

### Part 2: Chronic Pain Management Overview for Primary Health Care (including Medication Management)

- Review the different types and categories of chronic pain
- Review components of pain assessment, including various pain scales/questionnaires
- Explore different modes of treatment (pharmacological and non-pharmacological), and different medication management strategies
- Engage in small and large group case study discussion with interprofessional perspectives

Session Dates	Day	Time	Location
TBD			



## Diabetes Part 1: Foundations of Diabetes Management

This workshop is two half day sessions one week apart. Applicants must register for both sessions on the dates set. If a change needs to be made to one session date, please withdraw from both parts and choose another set of dates.

### Topics include:

**Length:** 2 Half-Days

- Self-Management principles / Pathophysiology
- Diagnosis and classification
- Diabetes and pregnancy
- Glucose monitoring / Hypoglycemia management
- Non-insulin medications
- Nutrition interventions
- Case studies to apply knowledge

Facilitated by Registered Nurses and Dietitians who work in the field of diabetes.

Part 1 - Session 1 - Note: This is a “flipped” design course. There will be some pre-workshop material that you will be expected to review before attending. Please review the pre-reading module ahead of the workshop date. The real-time workshop in Zoom starts at 8:30 am.

Part 1 - Session 2 does not have any pre-workshop material needed to be reviewed.

*AHS learners* can also register on MyLearningLink (on insite).

Session Dates	Days	Times	Locations
April 4, 2024- Part 1 - Session 1	Thursday	8:30 am to 12:00 pm	Zoom
April 11, 2024- Part 1 - Session 2	Thursday	8:30 am to 12:00 pm	Zoom
June 12, 2024– Part 1– Session 1	Wednesday	8:30 am to 12:00 pm	Zoom
June 19, 2024– Part 2– Session 2	Wednesday	8:30 am to 12:00 pm	Zoom



## Diabetes Part 2: Advancing Practice

This workshop is two half-day session one week apart. Applicants must register for both sessions on the dates set. If a change needs to be made to one session date, please withdraw from both parts and choose another set of dates.

### Topics include:

**Length:** 2 Half-Days

- Insulin initiation and management
- Insulin to carbohydrate ratios
- Physical activity
- Weight management
- Diabetes complications

Facilitated by Registered Nurses and Dietitians who work in the field of diabetes.

Part 2 - Session 1 - Note: This is a “flipped” design course. There will be some pre-workshop material that you will be expected to review before attending. Please review the Pre-reading module ahead of the workshop date. The real-time workshop in Zoom starts at 8:30 am.

Part 2 - Session 2 does not have any pre-workshop material needed to be reviewed.

*AHS learners* can also register on MyLearningLink (on insite).

Session Dates	Days	Times	Locations
May 15, 2024- Part 2 - Session 1	Wednesday	8:30 am to 12:00 pm	Zoom
May 22, 2024- Part 2 - Session 2	Wednesday	8:30 am to 12:00 pm	Zoom

## Diabetes Part 3: Application of Diabetes Care and Special Populations

**Topics include:**

**Length:** Full day

This is a case based workshop to build on basic knowledge and skills , and improve confidence with relevant person-centered skills to support inclusive and equitable diabetes care for diverse populations. This course is built around the 2018 Diabetes Guidelines.

1. Understand the management of sick days, and hypoglycemic emergencies
2. Learn about foot care, shift work, travel and driving management for clients with diabetes
3. Discuss dietary patterns, carbohydrate counting and natural health products
4. Learn about referrals and relevant resources

*AHS learners* can also register on MyLearningLink (on insite).

Session Dates	Days	Times	Locations
June 6, 2024	Thursday	8:30 am to 4:00 pm	Zoom

## Diabetes Part 4: Psychological Aspects of Diabetes

**Topics include:**

**Length:** 1 Half-Day

- Reflect on and be able to explain Diabetes-specific psychological concerns: diabetes distress, psychological insulin resistances, and fears of hypoglycemia.
- Apply provided tools and scales to assess behavioural and mental health concerns
- Examine and explain how mental health concerns and challenges can create barriers to effective diabetes management, and self-management, for people with diabetes.
- Identify and apply mental health strategies to support people with diabetes to manage psychological aspects of diabetes.

Session Dates	Days	Times	Locations
May 31, 2024	Friday	8:30 am to 12:00 pm	Zoom

## Equity, Diversity & Inclusion (EDI) Fundamentals Workshop

**Length:** Half Day

Are you interested in improving your understanding of equity, diversity, and inclusion (EDI) and learning concrete ways to use this to improve client care? This half-day workshop is ideal if you:

- Work with clients and other professionals
- Are ready to reflect on why it's important to apply EDI in your practice
- Are focused on delivering client-centered care

In this workshop, we will work together to improve our understanding of diversity, equity and Inclusion and provide tools and resources to empower you to employ more equitable practices.

### What this workshop is:

- Exposure to how discrimination happens in healthcare and its impact
- An interactive workshop
- An opportunity to discuss and practice ways to apply an EDI lens to client care and other programs and services
- An opportunity to practice using the ABCs of inclusion

### What this workshop is not:

- A full day of PowerPoint Presentations
- A passive learning experience
- A lecture about EDI concepts

**\*Please note:** This workshop is for people in the **Edmonton and area**. The workshop is delivered via Zoom. **Participants must attend the full workshop and be on camera in Zoom.**

Session Dates	Days	Times	Locations
April 9, 2024	Tuesday	8:00 am to 12:00 pm	Zoom
May 14, 2024	Tuesday	8:00 am to 12:00 pm	Zoom
June 11, 2024	Tuesday	8:00 am to 12:00 pm	Zoom
July 9, 2024	Tuesday	8:00 am to 12:00 pm	Zoom
July 23, 2024	Tuesday	8:00 am to 12:00 pm	Zoom
August 6, 2024	Tuesday	8:00 am to 12:00 pm	Zoom
August 20, 2024	Tuesday	8:00 am to 12:00 pm	Zoom

Workshops are funded by AHS - Alberta Healthy Living Program

## Health Literacy: The Basics

**Topics include:**

**Length:** 3 Hours

This half day workshop explores the impact that health literacy skills have on the patient's experience with health care. Workshop participants will learn about the scope of health literacy, the impact health literacy has on their practice, and the role that providers play in helping to support health literacy, including the role of clear communication between provider and patient.

Session Dates	Days	Times	Locations
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TBD

## Health Literacy: Plain Language Practice Session

**Topics include:**

**Length:** 2.5 Hours

Many of us know that plain language is important when communicating in health care, but how do we actually do it? In this practice session, participants will have opportunities to build plain language skills through fun communication activities and resource exploration.

Session Dates	Days	Times	Locations
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May 15, 2024	Wednesday	1:00 pm to 3:30 pm	Online using Zoom
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## Health Literacy: Document Design Practice Session

**Topics include:**

**Length:** 2.5 Hours

In this practice session, participants will learn basic document design principles that support health literacy and make education more usable for patients. Bring your written document and/or visual presentation to this hands-on workshop where you will have opportunities to edit and refine your education to be more readable and easily understood.

Session Dates	Days	Times	Locations
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April 24, 2024	Wednesday	1:00 pm to 3:30 pm	Online using Zoom
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June 10, 2024	Monday	1:00 pm to 3:30 pm	Online using Zoom
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## Virtual Group Facilitation

Length: Full Day

Are you interested in improving your facilitation skills? This workshop is for you if you are a health care or social care provider and:

- You lead group education directly with patients and community members
- You lead group education for health/social providers who directly support patients
- You are ready to reflect on and stretch your facilitation comfort zone
- You are focused on improving learning experiences and outcomes
- 

In this workshop we will work together to build facilitation skills that support your delivery of effective education in both in-person and virtual settings. P.S. We will have fun, too!

### What this workshop is:

- Exposure to and observation of facilitation techniques and virtual strategies
- An interactive workshop
- An opportunity to practice facilitation techniques
- An opportunity to practice virtual strategies

### What this workshop is not:

- A full day of PowerPoint presentation
- A passive learning experience
- A lecture about facilitation techniques
- A full zoom tutorial (but we will share some great resources for that)

**\*Please note:** This workshop is for employees located in Edmonton Zone. The workshop is delivered via Zoom. **Participants must attend the full day and be on camera in Zoom.**

**\*Note:** This is a “flipped” design course. There will be some pre-workshop material that you will be expected to review before attending. We are reserving the first hour of the workshop (from 8:00 a.m. to 9:00 a.m.) for you to review the information. You could also review it ahead of the workshop date if you prefer. The real-time workshop in Zoom starts at 9:00 a.m.

Session Dates	Day	Time	Location
April 4, 2024 <b>FULL</b>	Thursday	8:00 am to 4:15 pm	Online using Zoom
June 7, 2024 <b>FULL</b>	Friday	8:00 am to 4:15 pm	Online using Zoom

Workshops are funded by AHS - Alberta Healthy Living Program

## Foundations of Obesity Management

### Topics Include:

**Length:** 2 Half-Days

- Recognize obesity as a complex chronic condition
- Explore root causes, challenges, and managing expectations
  - Consider relevant resources, strategies, and skills to empower providers to support people living with obesity
- Recognize evidence informed resources
- Assess and apply nutrition strategies, support weight management with people living with obesity
- Focus on behavior change and self-management as key aspects of supporting people living with obesity to improve health

*AHS learners* can also register on MyLearningLink (on insite).

Session Dates	Days	Times	Locations
May 10, 2024– Part 1 of 2	Friday	8:30 am to 12:00 pm	Zoom
May 17, 2024– Part 2 of 2	Friday	8:30 am to 12:00 pm	Zoom
June 14, 2024– Part 1 of 2	Friday	8:30 am to 12:00 pm	Zoom
June 21, 2024– Part 2 of 2	Friday	8:30 am to 12:00 pm	Zoom

## Psychological Aspects of Obesity

### Topics Include:

**Length:** Half Day

- Some conditions commonly co-morbid with obesity, and which can prevent effective obesity management
- How to recognize ADHD or Binge Eating disorder in your patients

*AHS learners* can also register on MyLearningLink (on insite).

Session Dates	Days	Times	Locations
April 19, 2024	Friday	8:30 am to 12:00 pm	Zoom

## Service Coordination Skills

**Length:** Half day

Are you interested in improving your client's experience and meeting their priorities?

Do you work with clients and communities who face challenges in accessing and navigating their health and wellness?

Do you want to learn more about a service coordination approach to support your clients with complex care needs?

In this workshop we will work together to build a shared understanding of service coordination. Your participation will support working with your clients, communities and other organizations.

This workshop is for you if you:

- Want to learn more about who may benefit from service coordination
- Want support with having conversations with clients
- Are interested in trying out a guided approach for service coordination
- Are looking to network with others in health and community services

Please note: This workshop is intended for front line staff and leaders who support clients and communities experiencing complex challenges and circumstances in accessing and navigating care.

This is a no-cost workshop that takes place virtually on Zoom. To inquire or register: email [cdm.providertraining@ahs.ca](mailto:cdm.providertraining@ahs.ca)

Session Dates	Days	Times	Locations
September 6, 2024	Friday	9:00 am to 12:00 pm	Zoom

