

Evaluation Summary 2015

Western Self-Management Network



About the network

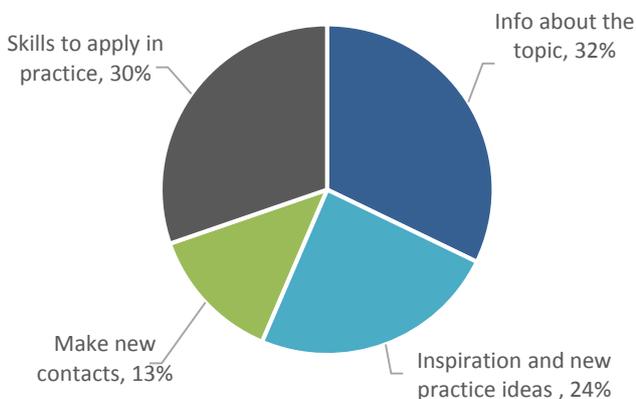
The Network was established in 2011 by HealthWest. The Network provides three forums a year for health professionals. Using a thematic approach, the network aims to support the self-management model for health in the west by providing health professionals with innovative ideas and relevant information, based on the Wagner Model of Chronic Care. The Network also offers a great opportunity for networking and collaboration.

The Network is coordinated by a working group of HealthWest partners. In 2015 this group included: HealthWest, ISIS Primary Care, Western Health, Djerriwarrh Health Services, Royal District Nursing Service (RDNS), Mercy Health, cohealth, & Wyndham City Council.

Evaluation Results

Over 144 registrations were received for forums in 2015. Overall the forums met the participant's expectations and were high quality. Practitioners were motivated to attend the forums for a variety of reasons. The forums included Pain, Mental Health and Self-Management in Culturally and Linguistically Diverse populations. Over 88% of respondents rated the forums completely or mostly met their expectations. Over 94% of respondents rated the quality of the presentations as good or excellent.

What practitioners hope to gain from attending the forums



"A better understanding of the complexity of the community mental health services and the array of services/supports available".

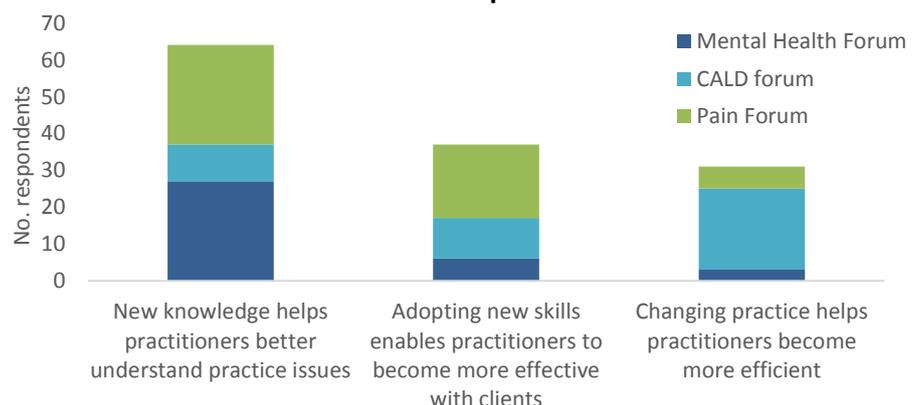
"Having information from people working at the 'coal face' with diverse groups and build my own confidence to use interpreters well"

"Learning about an unfamiliar topic and gaining some skills to deal with it. Less likely to avoid chronic pain issues in the future"

"The information presented was effective in sending a consistent message. Great awareness on the enormity of the situation. Met some awesome people and great resources"

As a result of attending the forums respondents reported that they primarily gained new knowledge. They also reported adopting some new skills and made changes to their practices which enhanced their effectiveness and efficiency in their clinical practice with clients.

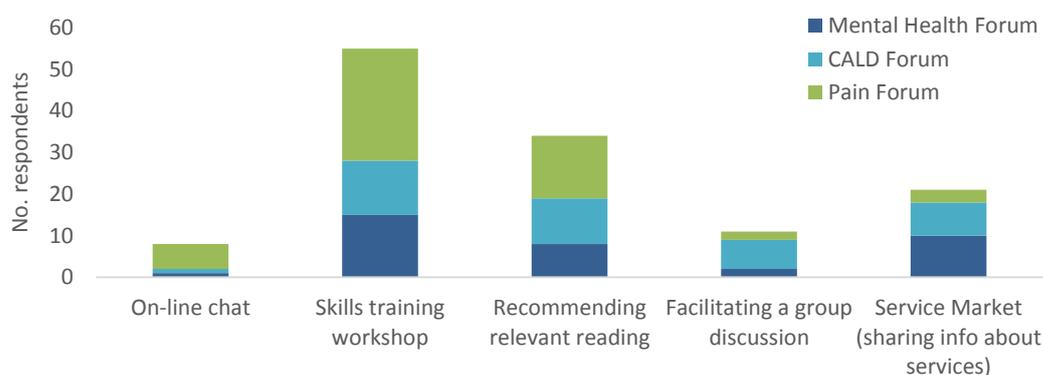
Practitioner perceptions of how the forums enhance their practice



Feedback from participants

Whilst the evaluation results indicate the forums are highly valued and of high quality, respondents did provide some suggested improvements for future forums. Most significantly, respondents reported that they value opportunities to develop self-management skills. For example, workshops involving analysis case studies.

Practitioner perceptions of how the network can support translation of knowledge into clinical practice



“The presentations have increased my understanding of issues but there was no practical advice to apply.”

Other suggested improvements for the forums included providing certificates of attendance and presentation notes after the forums. It was also suggested that input from clients who have participated in self-management would be valued.

Looking forward

In 2016 the Western Self-Management Network will pilot a merge with the Self-Management Implementation Network coordinated by the Inner North West Primary Care Partnership. The working group seeks to benefit from the strengths of these two networks. It is anticipated that this merger will create an opportunity for a greater emphasis on the development of self-management skills.

Respondents provided an assortment of suggestions for future forum topics. The working group has selected two overarching themes for 2016, with the third yet to be confirmed. Each of these forums will seek to feature priority population groups and chronic conditions identified by the respondents.

The dates for 2016 are:

- Monday 2nd May, 2016 (Theme: Motivational Interviewing)
- Monday 1st August, 2016 (Theme: Technology assisted self-management)
- Monday 7th November, 2016 (Theme: TBC)

“Thanks for your work in putting these events together. They are always very well run.”

For more information about the network please visit:

<http://healthwest.org.au/events-and-networks/networks/self-management-network/>

To add your email to the distribution list please email:

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