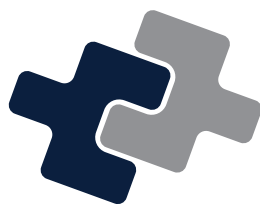


# Chronic Disease Support Program

CHCCCS001

Address the needs of people with chronic disease



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# PROGRAM SNAPSHOT

Program Title	Chronic Disease Support Program
Program Summary	The Chronic Disease Support Program is designed to develop the knowledge and skills required to support an individual or client with a chronic disease through assessing their chronic disease and risk factors, exploring readiness for change, identifying health behaviours to change and working with the client and their health professionals, to develop a chronic disease self-management plan.
Units of Competency	Incorporating Accredited Unit of Competency CHCCCS001
Cost	Fully funded courses are currently available (usually \$425.00 per student).
Student Numbers	Groups are capped at 22 students to promote an optimal learning environment.
Delivery & Assessment	One (1) day face-to-face workshop, in-class activities assessed by facilitator and online assessment completed via accessIQ.
Estimated Hours of Study	60 hours of active learning.
CPD Hours	As a general guide, one (1) hour of active learning equates to one (1) hour of CPD. It is the responsibility of the individual student to calculate how many hours of active learning have been completed. The hours of active learning estimated above should act as a guide to CPD hours.
Pre-requisites	The course is available to Aboriginal and/or Torres Strait Islander Health Workers and Health Practitioners, Registered Nurses, Enrolled Nurses, General Practitioners, General Practice Registrars, Allied Health Workers, Social and Emotional Wellbeing Workers or others on application.
Terms and Conditions	Visit <a href="http://benchmarkgroup.com.au/terms-and-conditions">benchmarkgroup.com.au/terms-and-conditions</a>

A chronic disease is a serious medical condition or illness that is long lasting or recurrent. It is defined as a disease which has lasted or is expected to last for at least six months.

The chronic disease self management support role is an integrated and shared healthcare approach that can enable a wider group of support for clients to self-manage their chronic disease.

## PROGRAM OUTLINE:

The Chronic Disease Support Program is designed as an introduction for professionals new to the field of chronic disease self management. The course explores a range of topics including assessing risk factors, readiness for change and health behaviours, while working with both the client and their health professionals to develop a chronic disease self-management plan.

The course is driven by a desire to create better health for clients, reduced hospital admissions, better patient compliance and the provision of care by those best qualified to provide advice.

# PROGRAM INFORMATION

## PROGRAM OUTCOME:

This course will enable the student to work collaboratively with other healthcare professionals managing chronic disease, offering individuals a unique, client-focused health outcome.

Upon the successful completion of this course, participants should have:

- A greater understanding of chronic disease, risk factors and high-risk population groups
- The skills and knowledge to assess and support an individual with a chronic disease
- The ability to apply a broad knowledge of management strategies, client-centred education and related support in the area of chronic disease
- The ability to assist an individual to develop a chronic disease self-management plan which includes risk factors and areas for health behaviour change.

## PROGRAM CONTENT:

During the one (1) day face-to-face workshop, the following key content areas are covered:

- Definitions
- Chronic Disease Self-Management Support Program Role
- Current healthcare burden of chronic diseases
- High risk population groups
- Strategies to reduce the impact of chronic disease
- Models of self-management
- Motivational interviewing
- Basic human needs and requirements for wellbeing
- Barriers to behaviour change
- Goal setting
- Lifestyle issues
- Chronic Disease Self-Management planning education
- Chronic Disease Self-Management communication and documentation
- Healthcare communication frameworks
- Professional, legal and ethical issues to consider
- Resources and support
- Chronic Disease Individualised Self-Management Care Plan
- Putting it all together.

## PROGRAM STRUCTURE:

Course delivery and assessment for the Chronic Disease Support Program includes a one (1) day face-to-face workshop, in-class activities assessed by facilitator and an online assessment completed via accessIQ.

To achieve competency in this course, students must demonstrate competency through realistic skills simulations, competently complete a theory assessment covering essential knowledge and skills and complete workplace activity.

Upon registration, students are provided with essential and recommended reading related to chronic disease. Information within the pre-reading offers an overview of various aspects of chronic disease which are discussed during the face-to-face workshop. The online assessment activities do not need to be completed until after attendance at the one (1) day workshop.

The Chronic Disease Support Program is supported by funding from the Australian Government Department of Health under the Chronic Disease Support Project.

### About The Benchmarque Group

The Benchmarque Group is a Registered Training Organisation (RTO) delivering a range of clinical skills courses and programs to meet the needs of a broad range of health professionals across Australia.

As an RTO working in the health sector, our focus is on the delivery of courses and programs designed to provide healthcare professionals with the opportunity to expand their skills and careers. We concentrate on skills and knowledge that can be immediately implemented in a vocational context.

Skills learnt today can be used tomorrow.

The artwork elements used throughout this resource were created by Gilimbaa artist Rachael Sarra (Goreng Goreng).



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