

# Engaging Patients in Managing Chronic Illness

MICHENER INSTITUTE + SOUTH RIVERDALE CHC

## *The value behind our partnership*

The Michener Institute of Education at UHN and South Riverdale Community Health Centre (SRCHC) partnership is truly living up to Michener's mission of "Teaching and Learning for a Healthier World". This partnership has allowed us to create a unique opportunity with a two step program. The skills and techniques delivered in our Michener's online theory course will then be applied by embedding what participants have learned in a practical hands on workshop that will be offered by SRCHC.

## Step 1 • Theory



### MICHENER ONLINE COURSE (DE803)

In this 12 week online post graduate course, learners will explore the complexities of behaviour change in chronic disease. This course was designed to provide you with the opportunity to enhance your knowledge and skills regarding behaviour change strategies by examining a number of different strategic theories of chronic illness self-management as well as behavioural change theories. Put your new knowledge to the test (step 2) through the integration of a standardized and evidence-based practical component workshop - *Choices and Changes: Motivating Healthy Behaviour*.

## Step 2 • Practical



### WITHIN THE GTA

### CHOICES AND CHANGES: MOTIVATING HEALTHY BEHAVIOUR

In this 5.5 hour in-class workshop, health professionals will be able to learn and build on skills that can help them influence those patient behaviours who are dealing with chronic illness. Learners will be able to:

- Describe the role of the provider as a facilitator of change
- Identify specific strategies to assess one's own role as providers in the behaviour change process
- Describe two skills to influence changing patient behaviour
- Demonstrate techniques to use in clinical settings to influence change



### ELSEWHERE

Not located within Toronto, don't worry!  
Visit these links to learn of training opportunities, elsewhere in Canada.



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[bit.ly/SRCHC\\_Ont](http://bit.ly/SRCHC_Ont)



**BEYOND ONTARIO**  
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