

Evaluation Summary 2016

Self-Management Network



About the network

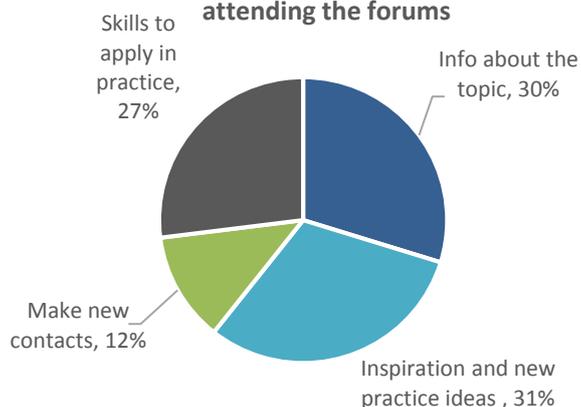
The Western Self-Management Network was established in 2011 by HealthWest Partnership. Using a thematic approach the network provides three forums a year for health professionals. The network aims to support the self-management model for health in the west by providing health professionals with innovative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

In 2016 the Western Self-Management Network joined with the Inner North West PCP to form the Self-Management Network. The Network is coordinated by a working group of HealthWest and Inner North West PCP partner agencies. In 2016 this group included: HealthWest, Inner North West PCP, IPC Health, Western Health, Djerriwarrh Health Services, Royal District Nursing Service, Mercy Health, Wyndham City Council and St Vincent’s Hospital.

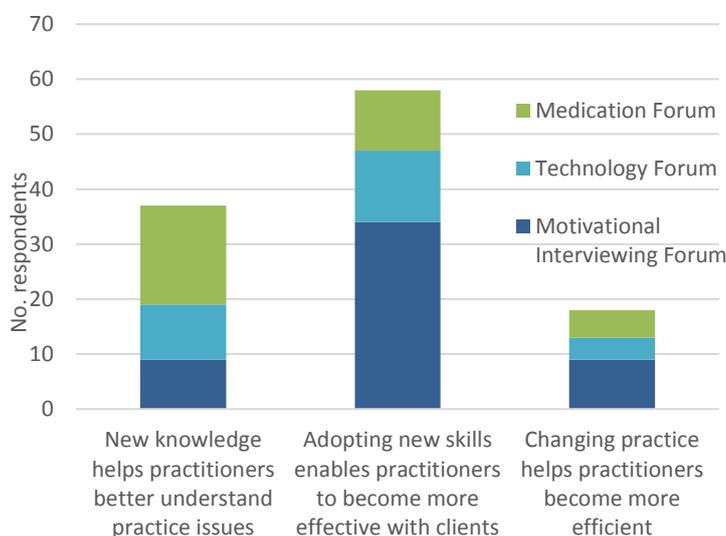
Evaluation Results

Over 120 registrations were received for forums in 2016. Overall the forums met the participants’ expectations and were high quality. Practitioners were motivated to attend the forums for a variety of reasons. The forums included Motivational Interviewing, Technology Assisted Self-Management and Medications and Self-Management. Over 89% of respondents rated the forums completely or mostly met their expectations. Over 96% of respondents rated the quality of the presentations as good or excellent. As a result of attending the forums respondents reported that they adopted new skills that enable them to become more effective with clients. They also reported that gaining new knowledge helped better understand practice issues.

What practitioners hope to get from attending the forums



Practitioner perceptions of how the forums enhance their practice



“Talking about motivational interviewing is always thought provoking.”

“Nice mix of interactive learning and theory but mostly very practical.”

“The future is technology rich and ideas on how to use to improve health outcomes. Good networking with other service providers.”

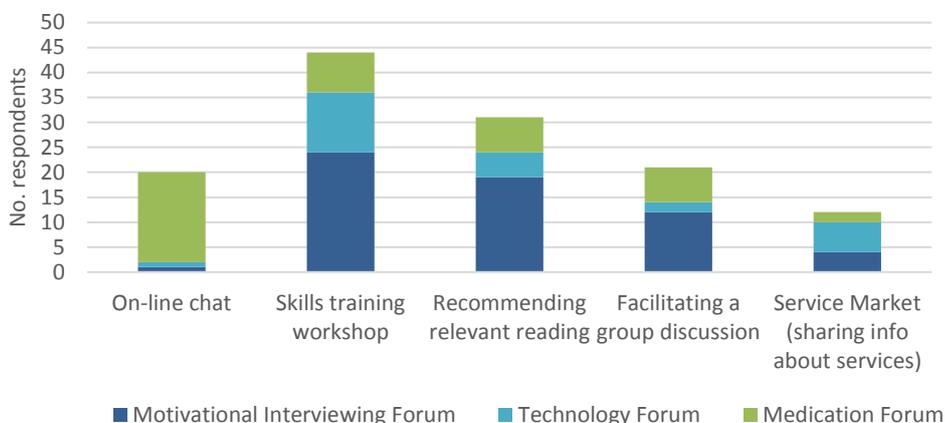
“Take time out to get a bit inspired about future options. Also find out what others are doing.”

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 of case studies.

“Maybe charge small fee to increase budget and increase range of speakers.”

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



Based on the last year's suggestions the network working group now provides certificates of attendance after each forum. This year's suggestions included:

- considering the size and location of the venue so that it is easily accessible for participants from both PCP catchment areas
- making sure that presentations and resources are accessible after the forum

Looking forward

Based on discussion at the final forum in November 2016 the network working group will consider the following suggestions:

- including more case studies and group scenarios to work through
- choosing one broad topic for the year and building on that at each forum
- sharing resources between participants
- practical application of a certain tool

“...always informative and interesting events, well done.”

Respondents provided an assortment of suggestions for future forum topics, many related to mental health. **Mental Health** will be an ongoing theme for the meetings in 2017. Each meeting will build on the learnings from the previous meeting/s.

The dates for forums in 2017 are:

- **Monday 1st May** - Part 1: Service systems for mental health and dual diagnosis
- **Monday 7th Aug** - Part 2: Models of care and the self-management approach
- **Monday 13th November** - Part 3: Interactive case studies

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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