

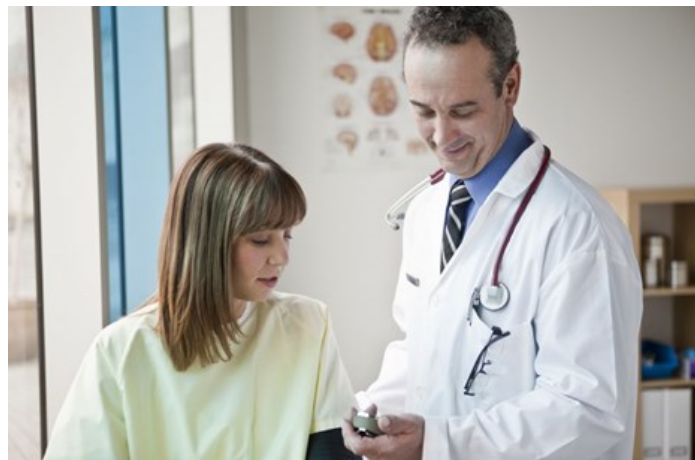
Patients as Partners Activity Guide

April at a glance:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	UVIC – Chronic Pain, FH	UVIC – Chronic Pain, IH, VIHA	UVIC – Diabetes, FH; Chronic Pain, IH, VIHA	6	UVIC – Chronic Pain, NH; Diabetes, VCH
8 UVIC – Chronic Pain, FH, VCH	9 UVIC – Chronic Pain, FH, VIHA; Chronic Conditions, FH	10 UVIC – Chronic Pain, IH	11 UVIC – Cancer, FH	12	13 UVIC – Chronic Conditions, VCH	14 UVIC – Diabetes, NH
15	16	17 UVIC – Chronic Pain, VCH	18 UVIC – Chronic Conditions, FH	19 Pain BC - Webinar, Pediatric Pain Management UVIC – Chronic Pain, VCH	20 UVIC – Chronic Pain, IH	21 UVIC – Chronic Pain, NH
22	23	24	25	26 UVIC – Chronic Conditions, VCH; Chronic Pain, VIHA	27	28
29	30 UVIC – Chronic Pain, NH					

What's going on in your region:

Province wide/Online	2-3
Interior (IH)	4
Island (VIHA)	5
Fraser (FH)	6
Northern (NH)	7
Vancouver Coastal (VCH)	8



Activities by Region — Province Wide/Online

Family Caregivers of BC: Family Caregiver Support Groups

For a list of Provincial support groups please see: <https://www.familycaregiversbc.ca/family-caregiver-support-groups/>

To register or for more information: contact Lycia Rodrigues at lyciarodrigues@familycaregiversbc.ca or at 250-384-0408.



Family Caregivers of BC: Caregiver Connection

Spring edition available online: <https://www.familycaregiversbc.ca/caregiver-connection/>

Family Caregivers of BC: Article

Look for the article by Family Caregivers of BC Consultant Wendy Johnstone in the April issue of Inspired Senior Living Magazine: <http://www.seniorlivingmag.com/family-relationships>

Pain BC: Webinar From Painful to Playful: An Intuitive Approach to Pediatric Pain Management

All children have a right to play. This is especially important for children and youth living with pain. Join Claire Brown, Certified Child Life Specialist from BC Children’s Hospital, to explore using play to manage pediatric pain. Learn about pediatric patients and how children and youth experience and react to pain at each stage of their development. We'll discuss how play can be integrated into a diverse pain treatment plan. Participants will receive a practice-aid handout with drug-free pain and stress reduction strategies to use with young patients. Target audience: Health-care providers.

Date, Time and Location: April 18, 12 to 1 p.m., online webinar

Registration: <https://painbc.ca/events/webinarpainfultoplayful>

Contact: Jen Hanson at education@painbc.ca



Activities by Region — Province Wide/Online

University of Victoria Self-Management BC: Online Chronic Conditions Self-Management Program

This workshop takes place entirely online. People can participate using any computer with an Internet connection, even a dial-up connection. With up to 25 people in each workshop group, interactive sessions are posted each week for six weeks. Participants log on at their convenience two or three times a week for a total of about two hours a week. Participants can remain anonymous and everything takes place on a dedicated, secure website. Participants set their own goals and make a step-by-step action plan to help them feel better and start doing the things they want to do again.

Dates: Ongoing, online

To register: email bc@selfmanage.org or call 604-940-1273 or toll-free 1-866-902-3767.

University of Victoria Self-Management BC: Health Coach Program

This telephone-based coaching program supports people living with chronic conditions to become better self-managers. Health Coaches connect with participants by telephone, once a week for 30 minutes, for a period of three months. Coaching can be extended for another three months upon a mutual agreement between all parties. Through this contact, Health Coaches can support participants who would like to:

- Choose goals and actions they want to take to better manage their health
- Identify and problem-solve barriers to being healthier
- Become more self-confident
- Be motivated to initiate and maintain health-behaviour changes

Health Coaches provide a dimension of support that complements and enhances professional health care; they do not provide medical or clinical advice or treatment.

Dates: Ongoing, telephone

To register: email smhcoach@UVIC.ca or call 604-940-1273 or toll-free 1-866-902-3767.



Activities by Region — Interior Region

University of Victoria Self-Management BC: Community Self-Management Programs

Adults with chronic health conditions and family members can participate in self-management programs offered in communities throughout B.C. at no cost. These are evidence-based programs that provide information, teach practical skills and give people the confidence to manage their health conditions. Each program is six sessions, 2.5 hours per session held over six weeks. There are ten to sixteen participants in each workshop.

To register: email selfmgmt@UVIC.ca or call 604-940-1273 or toll-free 1-866-902-3767.

*Please note that workshops are continuously scheduled, postponed or cancelled so please refer to the website for the most current listings www.selfmanagementbc.ca.

Venue	City	Start date dd/mm/year	Time	Type	Language
Shuswap Lake General Hospital	Salmon Arm	04/04/2018	10 a.m.to 12:30 p.m.	Chronic Pain	English
People Place	Vernon	05/04/2018	9:30 a.m.to 12 p.m.	Chronic Pain	English
H2O Adventure & Fitness Centre	Kelowna	10/04/2018	1 to 3:30 p.m.	Chronic Pain	English
Kootenay Therapy Centre	Cranbrook	10/04/2018	6:30 to 9 p.m.	Chronic Pain	English
Johnson Bentley Aquatic Centre	West Kelowna	20/04/2018	1 to 3:30 p.m.	Chronic Pain	English

“Thanks for the excellent support - it was a pleasure to chat with you and you have been by far the best support I've found to date”

– Family Caregivers of BC, Caregiver Support Line Caller

Activities by Region — Island Region

University of Victoria Self-Management BC: Community Self-Management Programs

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Venue	City	Start date dd/mm/year	Time	Type	Language
Greater Victoria Public Library - Juan de Fuca Branch	Victoria	04/04/2018	1:30 to 4 p.m.	Chronic Pain	English
Community Health Services (formerly IHN)	Port Alberni	05/04/2018	1:30 to 4 p.m.	Chronic Pain	English
Vancouver Island Regional Library: North Nanaimo	Nanaimo	09/04/2018	1 to 3:30 p.m.	Chronic Pain	English
Esquimalt Westshore Health Unit	Victoria	09/04/2018	1 to 3:30 p.m.	Chronic Pain	English
Hillside Seniors Health Centre - Yakimovich Wellness Centre	Victoria	26/04/2018	1 to 3:30 p.m.	Chronic Pain	English



Activities by Region—Fraser Region

University of Victoria Self-Management BC: Community Self-Management Programs

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To register: email selfmgmt@UVIC.ca or call 604-940-1273 or toll-free 1-866-902-3767.

*Please note that workshops are continuously scheduled, postponed or cancelled so please refer to the website for the most current listings www.selfmanagementbc.ca.



Venue	City	Start date dd/mm/year	Time	Type	Language
Maple Ridge Public Library	Maple Ridge	03/04/2018	5:30 to 8 p.m.	Chronic Pain	English
Carman United Church	Chilliwack	05/04/2018	10 a.m.to 12:30 p.m.	Diabetes	English
McKee Seniors Recreation Centre	Ladner	05/04/2018	9:30 a.m.to 12 p.m.	Diabetes	English
Chances Abbotsford	Abbotsford	07/04/2018	12:30 to 3 p.m.	Chronic Pain	English
Walnut Grove Community Centre	Langley	08/04/2018	1 to 3:30 p.m.	Chronic Pain	English
Metrotown Mall	Burnaby	09/04/2018	9:30 a.m.to 12 p.m.	Chronic Conditions	Chinese
Queensborough Community Centre	New Westminster	11/04/2018	10 a.m.to 12:30 p.m.	Cancer: Thriving & Surviving	English
Dogwood Pavilion	Coquitlam	18/04/2018	1 to 3:30 p.m.	Chronic Conditions	English

Activities by Region — Northern Region

University of Victoria Self-Management BC: Community Self-Management Programs

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Venue	City	Start date dd/mm/year	Time	Type	Language
Prince Rupert Library	Prince Rupert	07/04/2018	10 a.m.to 12:30 p.m.	Chronic Pain	English
Prince George Public Library - Bob Harkins Branch	Prince George	14/04/2018	10:30 a.m.to 1 p.m.	Diabetes	English
Prince Rupert Regional Hospital	Prince Rupert	14/04/2018	10 a.m.to 12:30 p.m.	Diabetes	English
Fort St. John Hospital	Fort St. John	21/04/2018	1:30 a.m.to 4 p.m.	Chronic Pain	English
Smithers Healthy Living Centre	Smithers	30/04/2018	6 to 8:30 p.m.	Chronic Pain	English

BRAIN
BENEFITS RISK ALTERNATIVES INTUITION NEXT STEPS

Healthcare decisions are not always straightforward...

Sometimes there are a number of options available and deciding can be difficult. This pamphlet offers one way to think about how to weigh the Benefits, Risks, and Alternative options of a decision. It takes into account your intuition (how you feel) and helps you to clarify what are the Next Steps for you. BRAIN is a helpful way to remember all parts of a decision.

CCMI
Centre for Collaboration Motivation & Innovation

For more information and other tools to help manage your health, please visit our website:
www.CentreCMI.ca
Info@centrecml.ca
(778) 220-2217

Remember, to make an informed decision about your health, it helps to use your...

BRAIN
BENEFITS RISK ALTERNATIVES INTUITION NEXT STEPS

Making an **IMPORTANT DECISION** about your health?

You can make an informed decision.

Activities by Region — Vancouver Coastal Region

University of Victoria Self-Management BC: Community Self-Management Programs

Adults with chronic health conditions and family members can participate in self-management programs offered in communities throughout B.C. at no cost. These are evidence-based programs that provide information, teach practical skills and give people the confidence to manage their health conditions. Each program is six sessions, 2.5 hours per session held over six weeks. There are ten to sixteen participants in each workshop.

To register: email selfmgmt@UVIC.ca or call 604-940-1273 or toll-free 1-866-902-3767.

*Please note that workshops are continuously scheduled, postponed or cancelled so please refer to the website for the most current listings www.selfmanagementbc.ca.

Venue	City	Start date dd/mm/year	Time	Type	Language
Vancity Richmond Community Branch	Richmond	07/04/2018	9:30 a.m.to 12 p.m.	Diabetes	Chinese
Roundhouse Community Arts & Recreation Centre	Vancouver	08/04/2018	1 to 3:30 p.m.	Chronic Pain	English
Richmond Public Library, Brighthouse (Main) Branch	Richmond	13/04/2018	1:30 to 4 p.m.	Chronic Conditions	Chinese
St. Paul's Hospital	Vancouver	17/04/2018	1:15 to 3:45 p.m.	Chronic Pain	English
BC Women's Hospital & Health Centre, Complex Chronic Diseases Program	Vancouver	19/04/2018	1:15 to 3:45 p.m.	Chronic Pain	English
Centre for Brain Health	Vancouver	26/04/2018	10 a.m.to 12:30 p.m.	Chronic Conditions	English

“I don't know what I'd do without your organization, I feel sane and happy again because of you.”

– Family Caregiver Support Line Caller and Webinar Attendee

Partner Profiles

Centre for Collaboration Motivation and Innovation (CCMI): Provides training in Brief Action Planning—a structured evidence-based self-management support technique that help patients, clients, or peers make concrete action plans to improve their health. CCMI also has educational and quality improvement offerings including: motivational interviewing, health literacy, shared decision making working in diverse groups, and patient and family-centred care. See www.centrecmi.ca for more information.

Delaney and Associates: As national and international experts in the field of public engagement, Delaney and Associates support the development of standardized best practice provincial tools and capacity building for Patients as Partners stakeholders. Work includes developing patient and public engagement tools and resources, and providing the International Association of Public Participation (IAP2) certificate training and related programs. See www.rmdelaney.com for more information.

Family Caregivers of BC: Provides the voice for family and caregivers at Patients as Partners committees and events. Their work supports the development and enhancement of provincial community supports for family caregivers of persons who are in poor health, elderly and/or disabled across all socio-demographic populations of B.C. Specifically services to family caregivers include: providing online tools, educational materials, telephone and in-person supports and caregiving circles, webinar educational sessions for family caregivers and health professionals, and continued provincial engagement with the health sector to accelerate the inclusion of family caregivers in key health initiatives. See www.familycaregiversbc.ca for more information.

Pain BC: Programs include: Connect for Health - which provides resources and health care navigation supports for people with chronic pain, the interactive online 'Live Plan Be' program—an innovative mechanism for patients to learn and become more engaged in managing their chronic pain (and is also a support for family physicians in providing care for their patients). Pain BC also works to foster patient-centered care for people in pain through patient engagement and local interdisciplinary collaboration, foster collective action on prescription drug misuse for chronic pain, and continue with provincial engagement and health sector collaboration. See www.painbc.ca for more information.

The University of British Columbia Intercultural Online Health Network (iCON) provides culturally and linguistically tailored information on chronic disease management to South Asian, Chinese, and Indigenous communities. iCON works in partnership with healthcare professionals to provide: in-person public health forums with webcasting access, community workshops, printed and online patient education materials, as well as learning and development opportunities for UBC health professional trainees. See <http://iconproject.org/> for more information.

University of Victoria Self-Management Programs: Provides evidence-based chronic disease self-management programs. These interactive programs provide information and teach practical skills for people with chronic conditions and their family members to live better with chronic disease and are provided in community centers across the province and online. Workshops on self-management support are also available to health care professionals, and a telephone delivered self-management coaching program is provided to persons with previous self-management training or prefer not to participate in group programs. See www.selfmanagementbc.ca for more information.

Patients as Partners

Who we are

The Ministry of Health's Patients as Partners Initiative works with patients and families, health authorities, health-care providers, universities, non-profit organizations, and other organizations to advance and integrate patient- and family-centred care at every level of the health-care system. We ensure patients' voices, choices and their representation are at the forefront of our work to improve the quality of health care in British Columbia.

What's New with Us?

We are pleased to announce the launch of three new engagement tools and resources now available online: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/patients>.

The Patient, Family, Caregiver and Public Engagement Framework provides information on the spectrum of engagement, why engagement should be carried out, principles of engagement, best practices for engagement, and serves as the central resource for the complete engagement toolkit.

Engagement Tip Sheets provide guidance and support to health-care organizations in their patient, family and community engagement activities.

Finally, nine **Stories of Engagement** provide a synopsis of different engagements carried out by the health authorities, and other partners organizations, addressing a specific topic and subject area. Each of the stories briefly explains the type of engagement, the topic and subject matter and the outcome of the engagement.

Want more information on the Patients as Partners Initiative? Or to subscribe please contact Kristen Grant at: Kristen.Grant@gov.bc.ca

