



**Doutta Galla Community Health Centre, Melbourne GP Network and impetus  
Invite GPs, Practice Nurses and Allied Health to**

# Introduction to Self Management

**Presenters:** Dr Karen Lewis (GP from SouthCity GP Services)  
Naomi Kubina, CDM Consultant, Healthy Active Partners  
Claire Conlon, EICD Project Mgr, Doutta Galla Community Health  
Louise Aloï, St Vincent’s Restoring Health HARP Health  
Management Coach

“Increasing the effectiveness of adherence interventions (ie. self-management support) may have a far greater impact on the health of the population than any improvement in specific medical treatments.” *World Health Organisation*

**At this session you will learn about:**

- the philosophy and principles of self-management; its relevance to chronic disease care; different types of self-management, such as Health Coaching, Motivational Interviewing and the Flinders Model
- the difference between self-management and current practices and the experience of GPs and Allied Health who are successfully using self-management techniques with their clients
- referral options and local initiatives.

**Date:** **Wednesday 26<sup>th</sup> May 2010**  
**Time:** 6.30 pm Registration and refreshments  
6.45 – 9.00 pm Presentations  
**Location:** Gardenhurst Reception & Conference Centre  
82 Bulla Road, Essendon North (free parking)  
**CPD points:** RACGP QA&CPD points pending



**This event is kindly initiated and sponsored by  
Moonee Valley Melbourne and  
Hume Moreland  
Primary Care Partnerships**



Yes, I am interested in attending this event

Name: .....

Organisation: .....

Phone: ..... Fax: .....

Email: .....

Dietary requirements: .....

**RSVP via fax back to Jessica at Melbourne GP Network: Fax: 9347 7433**

Note: Your attendance is not guaranteed until you have received confirmation of registration.

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