Self-management in Rehabilitation:
What part of the big picture are we missing in our therapy treatments?

CRM CEU Series
Fiona Jones, PhD, MSc, PgCert
September 17, 2013
5:30 PM – 8:30 PM
WHSCAB Auditorium
3.0 Continuing Education Hours (.3 CEU)

Course Description and Objectives

Self-management programs are now considered to be one of the top priorities within healthcare and rehabilitation, especially as our population ages and the numbers of people living with long term conditions into older age and requiring rehabilitation increases. But the term ‘self-management’ has been interpreted in many different ways: for instance, is it really about supporting people to have control over their lives when living with a long term condition or has it been masquerading as a professional compliance model?

During this 3-hour workshop, Dr. Jones will present the findings of her research, which has centred on exploring and evaluating the complexities of how to support people in the longer term post stroke, and how to develop a stroke specific self-management program. Participants will explore how the principles of self-management can be easily and successfully integrated into rehabilitation with patients who have diagnoses of Stroke, MS and Parkinson’s disease. Finally, Participants will be given the opportunity to reflect on how rehab providers can capitalize on a person’s potential to make further recovery or sustain progress long after discharge from rehabilitation, and will challenge Participants to acknowledge there are always at least two or three sources of expertise that can be used when determining a program: the provider’s, the patient’s and their family or friends!

By the end of this session participants will:
1. Have had the opportunity to reflect on their current practice in relation to supporting self-management
2. Explain the reasons why self-management programme may fail and identify areas to consider in relation to their own, caseload, professionals beliefs and practice and organisation context
3. Summarise the underpinning principles of supporting self-management through changing self-efficacy
4. Develop a brief action plan to identify ways of sharing expertise and integrating methods to address self-management within rehabilitation practice

Instructor Biography

Dr. Fiona Jones is a Reader in Rehabilitation at St George's University of London and Kingston University, and the founder of “Bridges Stroke Self-management Programme.” Bridges is an individualized stroke self-management programme, which has been commissioned by more than 50 stroke teams across the United
Fiona is a co-applicant on a number of research projects in stroke and is Chief Investigator for a cluster feasibility trial on an enhanced version of the stroke self-management programme funded by Research for Patient Benefit (NIHR). Since developing the Bridges Programme she has also carried research projects exploring professional attitudes to self-management programmes in stroke and factors influencing sustainability of using programmes within stroke care.

Dr. Jones has published several articles on stroke self-management and self-efficacy, including the first review linking stroke and self-management and more recently the first systematic review on stroke and self-efficacy. Fiona currently represents allied health professionals on the Pan London Stroke board.

Fiona has developed additional training programmes for stroke teams and Master's level modules on “Life after Stroke,” and “Self-management after Stroke,” and she teaches on the MSc in Rehabilitation based at St George's University of London. She currently supervises three doctoral students who are carrying out research related to self-management and life after stroke.

In 2009 Fiona received the “Life after Stroke” award for excellence from the UK Stroke Association for her work to advance research and practice in post-hospital stroke care, and she is President of the Association of Physiotherapists working in neurology. She was made a Fellow of the Chartered Society of Physiotherapists in 2011.

Course Schedule

5:00 PM – 5:30 PM
Registration

5:30 - 5:40 PM
Welcome and Introduction

5:40- 8:20 PM
Lecture
Dr. Fiona Jones

8:20 – 8:30 PM
Post-test
Question/Answer
Adjourn

Register Now!
https://secure.jotformpro.com/form/32164695572966

In order to assure your security, our registration and payment systems are kept separate. In your email registration confirmation, you will receive detailed payment instructions.

Self Management in Rehabilitation
Presented by Dr. Fiona Jones
• Current Emory Employee: FREE
• Current or Recent Emory DPT Clinical Instructor (2011-2013): FREE
• Current VNHS Employee: FREE
• Unaffiliated Therapist: $30.00