

OVERVIEW OF “LIFESTYLE ADVICE FOR BETTER PATIENT OUTCOMES” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

Chronic diseases continue to cause unprecedented burden of disease globally. Most often, the diseases are preventable and lifestyle-related. Examples are obesity which is a key member of the deadly quartet - the other three being diabetes mellitus, hypertension, and hyperlipidemia. Yet obesity is no easy matter to manage, let alone eradicate. Similarly, most of chronic obstructive airway disease is related to cigarette smoking. And bronchial asthma is aggravated by smoking.

Lifestyle advice and lifestyle change is therefore the focus of this Family Practice Skills Course - Three tools will be introduced namely, the Health Choices - Lifestyle Advice Resource for Healthcare Professionals which contains a practice manual for healthcare professionals and flip-chart for patient consultation which contains assessment methodologies such as 3As (ask, advise, action) and 5As (ask, advise, assess, assist and arrange) behavioural change strategy for smoking and obesity, besides stress management and safer sexual behaviour; the motivational interview technique of counselling behaviour change; and the health literacy principles which hopefully will help the patient build the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions including lifestyle change.

Thanks are due to the Health Promotion Board (HPB) for the sponsorship of this Skills Course as a concerted effort to put together to visit and revisit these lifestyle change tools which we can use opportunistically during our encounters with patients. We look forward to your participation and benefitting from the course.

COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- Distance Learning Course – 6 units (6 Core FM CME points)

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upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment)

- 2 Seminars (2 Core FM CME points per seminar)
- 2 Workshops (1 Core FM CME point per workshop)

Distance Learning Course

Unit 1: Epidemiology of Chronic Diseases and the Need for Lifestyle Advice

Dr Jonathan Pang, A/Prof Goh Lee Gan,

Unit 2: Lifestyle Advice and Management

Dr Ong Kian Chung

Unit 3: Motivational Interviewing (MI) in Behavioural Change

Dr Tan Yew Seng

Unit 4: Health Literacy – Asking the Right Questions & Broad Concepts

Choo Ren Min

Unit 5: Health Literacy – Meeting Patient Needs

Vasuki Utravathy

Unit 6: Health Literacy – Enhancing Physician Skills

A/Prof Goh Lee Gan

COURSE TOPIC DETAILS

Unit 1: Epidemiology of Chronic Diseases and the Need for Lifestyle Advice

Dr Jonathan Pang, A/Prof Goh Lee Gan

Unit 2: Lifestyle Advice and Management

Dr Ong Kian Chung

Unit 3: Motivational Interviewing (MI) in Behavioural Change

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COURSE TOPIC DETAILS

Unit 1: Epidemiology of Chronic Diseases and the Need for Lifestyle Advice

- The epidemiology of chronic diseases of importance to Singaporeans
- The lifestyle and chronic disease link.
- Health Choices - Lifestyle Advice tools

Unit 2: Lifestyle Advice and Management

- Chronic Obstructive Pulmonary Disease
- Tobacco dependence as a chronic disease
- Conclusions

Unit 3: Motivational Interviewing (MI) in Behavioural Change

- Introduction
- Reviewing our assumptions
- What is Motivational Interviewing (MI)
- Talking about change
- Getting patients to talk about changing
- Piecing things together
- Patients who change their minds
- Concluding comments – it all seems rather difficult for the practitioner

Unit 4: Health Literacy – Asking the Right Questions & Broad Concepts

- Background.
- What is health literacy?
- Health literacy in context.
- Why is health literacy important?
- Effective patient-provider communication.
- Conclusions.

Unit 5: Health Literacy – Meeting Patient Needs

- Background.
- Prevalence of tobacco use in Singapore.
- Majority of current daily smokers wish to quit smoking.
- Cost of tobacco use.
- National framework of tobacco control.
- Opportunistic intervention in smoking cessation.
- The "Let's Quit Smoking" pages in Health Choices tool kit.
- Guideline for opportunistic intervention in smoking cessation.

Unit 6: Health Literacy – Enhancing Physician Skills

- The scope of health literacy demanded of the present day health services user.
- Recognise and assist patients with low literacy.
- Improve usability of health information.
- Improve the usability of health services.

- Build knowledge to improve health decision making.
- Advocate for health literacy in your organization.
- Learn more about health literacy.

FACE-TO-FACE SESSIONS

Seminar 1: 20 October 2012, 2.00pm – 4.00pm

Unit 1: Epidemiology of Chronic Diseases and the Need for Lifestyle Advice

Dr Jonathan Pang

Unit 2: Lifestyle Advice and Management

Dr Ong Kian Chung

Unit 3: Motivational Interviewing (MI) in Behavioural Change

Dr Tan Yew Seng

Workshop 1: 20 October 2012, 4.00pm – 6.00pm

- Practical Tips – Motivational Interviewing (MI) & Case Scenarios/ Role Play
- Smoking / Overweight Cases

Ms Samantha Bennett

Ms Angela Leow

Seminar 2: 21 October 2012, 2.00pm – 4.00pm

Unit 4: Health Literacy – Asking the Right Questions & Broad Concepts

Ms Shirin Wadia

Unit 5: Health Literacy – Meeting Patient Needs

Ms Vasuki Utravathy

Unit 6: Health Literacy – Enhancing Physician Skills

A/Prof Goh Lee Gan

Workshop 2: 21 October 2012, 4.00pm – 6.00pm

- Practical Tips – Health Literacy & Case Scenarios/ Role Play
- Sexual Health/ Stress Cases

Ms Shirin Wadia

Ms Samantha Bennett