



Centre for Primary Health Care and Equity
Workshop Series

Self management support for chronic conditions

Opportunities for primary health care

Self management support

Self management support is a the component of the Chronic Care Model with the strongest evidence. However most of this evidence relates to single conditions, for motivated individuals with relatively high health literacy. Patients with complex and multiple conditions, with poor health literacy and engagement in their care present a particular challenge in primary health care.

This workshop will discuss approaches to addressing some of these challenges in a variety of primary health care settings.

Workshop Program

10:00	Welcome
10:10	Self management by patients with chronic kidney disease in UK general practice
10:55	Self management and health literacy in patient with obesity and type 2 diabetes in patients with Australian general practice
11:15	Patient activation
11:25	<i>Break</i>
12:00	Facilitated discussion and questions

When

Monday 15 July 2019
10am-1pm

Where

Hugh Dixon Room
Ground Floor
AGSM Building
UNSW Sydney

[Map](#)

Register

[Register to attend](#)

Contact

cphce@unsw.edu.au



Speaker – Tom Blakeman

Tom Blakeman is a GP in Leeds and Clinical Senior Lecturer in Primary Care at the University of Manchester. In 2000, Tom spent two years as Academic GP Registrar at the UNSW Department of General Practice in Fairfield, South Western Sydney. During this period, he evaluated the introduction of the Enhanced Primary Care Programme to improve planning and coordination of care for people living with complex health needs. On returning to the UK, Tom undertook a masters and then a PhD focused on self-management support in primary care.



Tom currently leads a Kidney Health Programme as part of the NIHR Collaboration for Leadership in Applied Health Research and Care in Greater Manchester. He is particularly interested in Acute Kidney Injury (AKI) as lens to shift from a single disease framework to instead drive improvements in generalist care for people living with multimorbidity.

Between 2014 and 2017, Tom was Co-Chair of the Think Kidneys Intervention workstream, which resulted in guidance to support timely AKI recognition and response. Tom is now Royal College of General Practitioners Clinical Champion for Acute Kidney Injury. Navigating the challenge of over-diagnosis is central to this on-going programme of work. At present, through a multidisciplinary approach, the RCGP are using RAND/UCLA methodology to develop guidance to improve post-discharge care for people who have had a hospital admission complicated by AKI.

Tom and his wife, Jeani, have two children, Aniyah and Rohan. When not at hockey training, they enjoy walking and playing card games. Jeani is a medical psychotherapist and spent two years working at STARTTs (<https://www.startts.org.au>).

Centre for Primary Care, the University of Manchester

<https://www.bmh.manchester.ac.uk/research/primary-care/>

NIHR Collaboration for Leadership in Applied Health Research and Care in Greater Manchester

<https://www.clahrc-gm.nihr.ac.uk/>

Think Kidneys

<https://www.thinkkidneys.nhs.uk/>

Royal College of General Practitioners

<https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/acute-kidney-injury-toolkit.aspx>