

## Collaborative Wave Workshop Design Ideas example – Diabetes Prevention and Management

Orientation Webinar	Learning Workshop 1 (National face to face workshop) 1 day	Learning Workshops 2 & 3 (Virtual workshop) 50 minutes duration each	Learning Workshop 4 (National face to face workshop) 1 day	Learning Workshops 5 & 6 (Virtual workshop) 50 minutes duration each	Learning Workshop 7 (National face to face workshop) 1 day
<p>The key outcomes of pre-workshop orientation of health services are:</p> <ul style="list-style-type: none"> <li>▪ Understanding of collaborative methodology (basic)</li> <li>▪ The benefits of participating (including health service payment, QI&amp;CPD points, supports 4 education accreditation standards, improving clinical outcomes)</li> <li>▪ The key program commitments (attend learning workshops, submit PDSAs &amp; data monthly, regular protected time)</li> <li>▪ The type of support available and how to access it (support organisation, handbook, Improvement Foundation’s APCC website/web portal)</li> <li>▪ Submission and review of baseline data (possibly hold a team meeting, identify health service goals and some key starting points for quality improvement work e.g. team engagement, register development)</li> </ul>	<p>Incorporate Orientation into this workshop:</p> <ul style="list-style-type: none"> <li>○ Introduce collaborative methodology (wave structure-baseline data, learning workshops (national &amp; virtual), activity periods and the purpose of each)</li> <li>○ Introduce Topic: <ul style="list-style-type: none"> <li>○ Why Diabetes Prevention &amp; Management? (expert clinician to present)</li> <li>○ Introduction to the Change Principles (emphasis on Change Principles 1-3)</li> <li>○ Introductions to Measures; understand why measures are collected, understand starting point by reviewing and collecting baseline data, track improvement, identify areas for improvement</li> <li>○ Introduction to the Model for Improvement (Mfi) and how PDSA cycles are used to test change</li> </ul> </li> </ul> <p>Evidence behind the measures</p> <p>Four Breakout sessions:</p> <ul style="list-style-type: none"> <li>○ Teamwork (communication, roles and responsibilities)</li> <li>○ Disease Registers (establish and maintain)</li> <li>○ Systematic &amp; Proactive Care for people with diabetes (recalls, appointment systems, MBS item numbers)</li> <li>○ Two breakout sessions using slightly different approaches to the Mfi</li> </ul> <p>(Breakout session facilitators to integrate Mfi into each breakout, stepping through the 3 fundamental Qs based on learnings from the session)</p> <p>Team Time</p> <p>Top Tips to Engage the Team – Panel Where to next?</p>	<p>Identify good PDSAs from the 8 Day Challenge (and other PDSAs) for showcasing</p> <p>Recap Change Principles 1-2 and introduce electronic health record, in particular, the accuracy of shared health summaries targeting diabetes patients</p> <p>Emphasis on Change Principle 3 (for people with diabetes). Possible topics for discussion:</p> <ul style="list-style-type: none"> <li>- Nurse led Chronic Disease Management clinics</li> <li>- Mini-clinics: making it happen</li> <li>- Enhanced primary care through the use of Medicare</li> <li>- Integrating Shared Health Summaries into workflow</li> </ul> <p>Emphasis on Change Principles 2 &amp; 3 (for people at risk of diabetes). Possible topics for discussion:</p> <ul style="list-style-type: none"> <li>▪ Diabetes Risk Assessment Tool - systemising it in your practice</li> <li>▪ Pre-diabetes register</li> <li>▪ Strategies for high risk patients (external and in house lifestyle modification)</li> </ul>	<p>Review of Change Principles (emphasis on Change Principles 4-5)</p> <p>Lifestyle Medicine (expert guest speaker)</p> <p>Why eHealth? (and possible update the political environment surrounding this topic)</p> <p>Breakout Sessions:</p> <ul style="list-style-type: none"> <li>▪ Practical approaches to fostering patient self-management</li> <li>▪ Lifestyle modification programs</li> <li>▪ The real work: engaging patients in Chronic Disease education/management</li> <li>▪ Health coaching</li> <li>▪ Motivational interviewing</li> <li>▪ Integrated care, allied power</li> <li>▪ Patient Engagement in electronic health record – empowerment, health literacy, self-efficacy, sharing Shared Health Summaries with other Health Practitioners</li> </ul> <p>Team Time</p> <p>Wrap Up/ Where to Next?</p>	<p>Identify any outliers in terms of participant performance against the measures and identify good PDSAs following Learning Workshop 4 for showcasing</p> <p>Continuation of Change Principles 4-5:</p> <ul style="list-style-type: none"> <li>▪ supporting patient self-management and integrated care as a whole of health service approach</li> <li>▪ Practical approaches to risk factor reduction- what’s happening on the ground?</li> <li>▪ Creative approaches to behavior change</li> <li>▪ electronic health record / Shared Health Summaries to support integrated care *</li> <li>▪ ‘mop up’ of the ideas that weren’t addressed in previous Learning Workshops</li> </ul> <p>*Incorporate eHealth - practical approaches. Practices who have done some good work in this area.</p>	<p>Emphasis on achievements and shared experiences and post Wave sustainability.</p> <p>Integrated and Coordinated Care</p> <p>Breakouts:</p> <ul style="list-style-type: none"> <li>▪ Showcase innovate work from Wave 8</li> <li>▪ ‘mop up’ of the ideas that weren’t addressed in previous Learning Workshops</li> <li>▪ Any additional electronic health record functionality?</li> <li>▪ Tips for sustainability – who is currently doing it?</li> </ul> <p>Team Time</p> <p>Improvement Foundation’s QI Community for sustainability</p> <p>Top Twenty Collaborative Tips</p> <p>Wrap Up/Where to Next?</p>