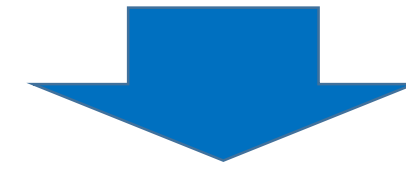


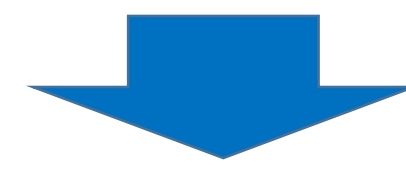
# Successful Knowledge Transfer for Primary Care Network Group Programs

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*Evidence based programs* developed by the Red Deer Primary Care Network (RDPCN) in response to *local patient and community needs*



Alberta Primary Care Networks (PCNs) and other health organizations requested training to allow them to offer these same programs to their patients



Programs rebranded to Alberta Health Basics™, Alberta Anxiety to Calm™ and Alberta Happiness Basics™. *Online and F2F training sessions available for all 3 programs.* Shared with all 5 health zones, increasing access for Albertans



**The program is:**

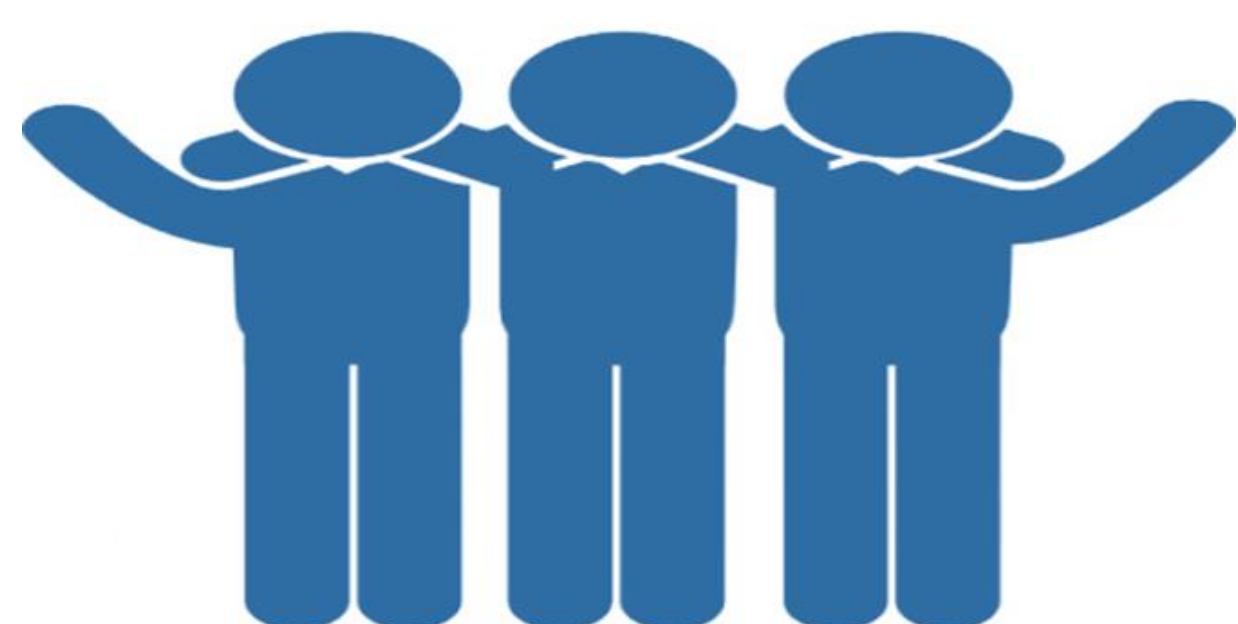
- For individuals with, or at risk of developing, chronic conditions
- 8 weeks in length
- Wellness promotion through lifestyle change
- Healthy mindset, increasing activity, healthy eating, sleep
- Initiated in 2009

**RDPCN Knowledge Transfer:**

- 19 coaches trained (5 PCNs)

**Patient Participation:**

- Approximately 2545 (RDPCN: April 2009 - March 2017) Patient Stats from our PCN partners coming in 2018!



**The program is:**

- For those diagnosed with anxiety disorder or experiencing anxiety symptoms
- 8 weeks in length
- Cognitive behavioral therapy based program
- Initiated in 2011 to respond to high frequency of referrals

**RDPCN Knowledge Transfer:**

- 17 coaches trained (4 PCNs)

**Patient Participation:**

- 185 attended 15 programs 2016-2017(RDPCN only). Patient stats from our PCN Partners coming in 2018!

**Partnerships with Patients and PCNs for Healthy Albertans**



**The program is :**

- for those with mild depression or depression-like symptoms
- 4 and 7 week programs
- Grounded in Positive Psychology theory

**RDPCN Knowledge Transfer:**

- 72 coaches (15 PCNs), 2 academic institutions, and 2 other health organizations, since 2015

**Patient participation:**

- Approximately 2100 across Alberta (April 2014 – March 2017)

**Access:**

- Length of program was identified as a enrollment barrier for some
  - Shorter, 4-week program created in 2016

**Results:**

- Statistically significant changes in HQoL SF-12v2 and EQ-5D in both 4 and 7 week programs

**Patient voice**

Ongoing conversations with patients about the programs through interviews, focus groups and program evaluations



**Administrative Feedback**

- Quarterly teleconferences with coaches and management
- Access to resources on PCN/PMO website



**Program evolution**

- Strengths and Improvements are identified
- Changes made to ensure effective programs