

Chronic Disease Management Program 2 - 2009 Timetable Apr 27 - June 18

Mondays and Thursdays 1.30pm - 3.30pm			
<i>Information session 1.30 - 2.20pm</i>			
<i>Afternoon tea 2.20 - 2.40pm</i>			
<i>Exercise session 2.40 - 3.30pm</i>			
Session 1: Monday 27/04/09			
Whole group	Physiotherapist	Benefits of Exercise	Gym
Session 2: Thursday 30/04/09			
COPD	Respiratory Educator	Inhaler technique, Device care & options	Gym
CHF	Cardiac Nurse	Monitoring your fluids & Emergency Management	Room 3
Stroke	Pharmacy / Nurse	Managing your medications for stroke	Room 1
Session 3: Monday 4/05/09			
Whole group	Physiotherapist	Self-Management Principles	Gym
Session 4: Thursday 7/05/09			
COPD	Respiratory Educator	Monitoring your breathing & Emergency management	Gym
CHF	Pharmacy	Medications for heart failure	Room 3
Stroke	Counsellor	Adjusting & coping after a stroke	Room 1
Session 5: Monday 11/05/09			
COPD	Counsellor	Anxiety Management & relaxation	Gym
CHF & Stroke	Dr Coggins 1pm - 2pm	Cardiovascular disease - risks, effects and treatment options	Room 3
Session 6: Thursday 14/05/09			
Whole group	Dietitian	Healthy Eating & Nutritional advice	Gym
Session 7: Monday 18/05/09			
COPD	Pharmacy	Understanding your medications	Gym
CHF	Dietitian	Dietary considerations in managing heart failure	Room 3
Stroke	Physio / Nurse	Balance & mobility issues / Signs of a stroke (Split session)	Room 1
Session 8: Thursday 21/05/09			
Whole group	Occupational therapy	Managing work, rest & play	Gym
Session 9: Monday 25/05/09			
Whole group	Infection Control / Rural Ambulance Vic.	Precautionary infection control tactics & Immunisation / Role of Paramedics & How & when to call an Ambulance (Split session)	Gym
Session 10: Thursday 28/05/09			
COPD	Physiotherapist	Breathing mechanics & sputum clearance	Gym
CHF	Counsellor	Adjusting & coping with CHF	Room 3
Stroke	OT / Speech Therapy	Driving considerations / Swallowing & communication (Split)	Room 1
Session 11: Monday 1/06/09			
Whole group	Palliative Care/HARP	Advance Care Planning	Gym
Session 12: Thursday 4/06/09			
COPD	Dr Bradbeer	Respiratory Disease Course	Gym
Whole group	Counsellor	Anxiety Management & relaxation	TBC
Monday 8/06/09			
NO SESSION THIS DAY DUE TO QUEEN'S BIRTHDAY PUBLIC HOLIDAY			
Session 13: Thursday 11/06/09			
Whole group	Continance Advisor / Diabetes Educator	Continance management (Split session) / Support Groups Diabetes	Gym
Session 14: Monday 15/06/09			
Whole group	Counsellor & FHCC Exercise instructor	Action Planning - exercise action plans Chair based exercises	Gym
Session 15: Thursday 18/06/09			
Whole group	Fitness Instructor	1.15pm - Meet at VITALITY Gym at Hamilton Indoor Leisure & Aquatic Centre (HILAC) 83 - 93 Shakespeare Street, Hamilton	
Session 16: Monday 22/06/09			
Whole group	Attendance Certificates	Afternoon tea for all program team and participants	Gym