

**CCTP 2021/22: An Innovative approach for Redesign on patients' Lifestyle:
Occupational Therapy perspectives**

Organized by Institute of Advanced Allied Health Studies and COC-G(OT)

Date: 12, 13, 19, 20 Nov 2021

Time: 08:30 - 13:30

Aim:

To promote and update the knowledge and skills on innovative approach for Lifestyle Redesign

Objective/ Intended Learning Outcome:

1. Understand the background, development and competence of a person with lifestyle and occupation perspectives for managing the chronic diseases especially with the framework of the USC Lifestyle Redesign® program;
2. Know how the Lifestyle Redesign® process works, gain skills and tools for implementation;
3. Update the evidence based practice and case studies for managing chronic disease with the USC Lifestyle Redesign® approach

Program Design: Lecture

Mode of Delivery: Zoom®

Target Participant(s): Occupational therapist

Class Capacity: 100

CPD Points: Pending

Language Medium: English

Completion Criteria: 80 % of attendance

Award:

- Certificate of Attendance
 - no less than 80% of overall program

Program Rundown

<u>Schedule</u>	<u>Program Content</u>	<u>Speaker</u>
Day 1: 12 Nov 2021 Friday (8:30-13:30) Modulator: Maggie So		
8:15-8:30	Registration and Zoom login	
8:30-8:35	Welcome address	Angela Tong Dr Camille Dieterle
8:35-9:00	The introduction of the Lifestyle Redesign® program: - Background and development	Dr Camille Dieterle, USC Associate Professor
9:00-10:00	The specific features of Lifestyle Redesign® program: - Services model / approach / strategies to implement OT lifestyle intervention with the Lifestyle Redesign® program	
10:00-10:10	Q&A	
10:10- 11:30	The methods, skills and tools on how to address chronic diseases	Dr Jesus Diaz, USC Associate Professor
11:30-12:30	The Lifestyle Redesign® program on chronic disease (HT, DM and weight management)	
12:30-12:40	Q&A	
12:40-13:10	Local application of the Occupational Lifestyle Redesign program (OLSR) in the chronic disease management in HT and DM	Cindy Pong, TMH
13:10-13:30	Feedback for the local program Sharing on practical tips Q&A and end of the day program	Dr Jesus Diaz
Day 2: 13 Nov 2021 Saturday (8:30-13:30) Modulator: Cindy Pong		
8:15-8:30	Registration and Zoom login	
8:30-10:00	The Lifestyle Redesign® program: - Assessment and program evaluation - Outcome measure, evidence-based practice and research study	Dr Beth Pyatak, USC Associate Professor
10:00-10:10	Q&A	
10:10- 11:30	How to conduct a needs evaluation and use of innovative methods on delivery of outcome measures	

11:30-12:30	The Lifestyle Redesign® program for chronic pain and headache management	Dr Camille Dieterle, Dr. Malia Sako, USC Assistant Professor
12:30-12:40	Q&A	
12:40-13:10	Local application of OLSR in pain management	Steven Siu, QEH
13:10-13:30	Feedback for the local program Sharing on practical tips Q&A and end of the day program	Dr Camille Dieterle, Dr. Malia Sako
Day 3: 19 Nov 2021 Friday (8:30-13:30) Modulator: Carol Hui		
8:15-8:30	Registration and Zoom login	
8:30-10:00	The Program development of the Lifestyle Redesign® program: - Treatment modules including new strategies for planning, conducting, and ending a group - Application of the model of Lifestyle Redesign® - Update trend and practice using telehealth in Lifestyle Redesign® program	Dr Jesus Diaz
10:00-10:10	Q&A	
10:10- 11:30	The Lifestyle Redesign® program for mental health	Dr Jesus Diaz,
11:30-12:30	The Lifestyle Redesign® program for sleep deficits and disorders	Dr Tracy Jalaba, USC Assistant
12:30-12:40	Q&A	Professor
12:40-13:10	Local application of OLSR in mental health services	Peggie Ng, KH
13:10-13:30	Feedback for the local program Sharing on practical tips Q&A and end of the day program	Dr Jesus Diaz, Dr Tracy Jalaba
Day 4: 20 Nov 2021 Saturday (8:30-13:30) Modulator: Eddy Lau		
8:15-8:30	Registration and Zoom login	
8:30-10:00	The Lifestyle Redesign® program for complicated cases e.g. Stroke/ cardiac/ renal / respiratory / Parkinsonism disease/ multiple sclerosis cases	Dr Katie Jordan, USC Professor Dr Rebecca Cunningham, USC Assistant Professor
10:00-10:45	Local application of OLSR in clients with complicated / severe disability	Dr Serena Ng, Center Head of CRSSC
10:45-10:50	Q&A	Dr Katie Jordan, Dr Rebecca

		Cunningham
10:50- 11:45	Ways to develop new program with lifestyle intervention approach and strategy to gain stakeholder support in resources	Dr Katie Jordan
11:45-12:30	Small group discussion on lifestyle program for specific client groups lead by USC professors: Group 1 (PSY): Sleep/ stress/ anxiety/ mental health condition Group 2 (ORTHO & FM): HT/ DM / pain / weight management Group 3 (MED): Stroke/ cardiac/ renal / respiratory cases	Dr Katie Jordan, Dr Camille Dieterle, Dr Beth Pyatak, Dr. Malia Sako, Dr. Tracy Jalaba,
12:30-13:00	Sharing from each group (@ 5-10 min) Feedback from USC	Dr. Rebecca Cunningham
13:00-13:30	Way forward for application of the Lifestyle Redesign® program in Hong Kong	
END of the program		

Enrolment:

- Please send the nomination form via Department Manager or Dept. i/c to IAAHS by email (iaahs@ha.org.hk), quoting “Program Announcement – CCTP 21/22 An Innovative approach for Redesign on patients' Lifestyle: Occupational Therapy perspectives (Ref 041, 036)” **on or before 15 Oct 2021 (Fri)**.
- Enrollment result would **NOT** be notified individually. It should be checked before program commencement via HA IAAHS intranet <http://ah.home/haiaahs/SitePages/Home.aspx> or through e-Learning Centre http://elc.home/myelc/login_pop.aspx **on or after 29 Oct 2021 (Fri)**.

Important Notes:

- Participants are **required to prepare ALL of the following equipment**: (1) individual desktop/ laptop/ tablet/ mobile with stable internet access, (2) headphone/speaker (to hear), (3) microphone (to speak) and (4) webcam (to see your face).
- According to HA's best practice, **only authenticated users** could join the Zoom® training. Participant should register a Zoom® account with his/her **HA internet email** and provide the email account in the nomination form. Sign up of a Zoom® account can be done at: <https://ha-org-hk.zoom.us/signup>
- The Zoom® training link, ID and password would be sent to successful nominees at least 5 days before program commencement. Participants should NOT disclose the zoom details to any non-participants of the program.
- Participants are required to strictly adhere to the below **infection control precautions** when attending the program (for both individual or group registration). See Annex 1.

For enquiry, please contact Dr. Eris HO, TO(AH) at 2300 6139 (program) or Ms. Kary HUI at 2300 7525 (registration).

Annex 1- Infection Control Precautions as advised by CICO for HA Training Activities

(endorsed on 5 February 2021)

1. Staff including trainees and trainers, **who are under quarantine order on the date of training, or who are currently required by the government to undergo COVID-19 testing, including the “Compulsory Testing for Certain Persons” under the Prevention and Control of Disease Regulation (Cap. 599J), without a negative test, SHOULD NOT attend the training.** Please take note on the latest health advice as announced by the CHP before attendance
2. **No training activities allowed in high risk areas**, e.g. isolation wards
3. **Basic infection control training** for HCWs should be completed within last 24 months and preferably COVID19 related staff forum attended
4. Advise staff, including trainees and trainers, to have **self-temperature check** before training activity
5. **Avoid attending if there are any symptoms** of fever, cough, runny nose or other respiratory symptoms, loss of taste or smell or diarrhea.
6. Apply **universal masking** with surgical masks and **enhance personal hygiene**, especially hand hygiene and cough etiquette
7. Provide **alcohol-based hand rub** for hand hygiene in the venues
8. **No drinking or eating** allowed during activity
9. Apply **social distancing of at least 1.5 meter** apart between attendees if applicable (or the latest advice as announced by Centre for Health Protection)
10. Enhanced **environmental hygiene** in training venues, especially (but not exclusive) frequently touched surfaces, e.g. doorknobs, light switches, countertops, keyboards, desks, remote controls, shared training materials etc

*Remarks: For full-day training program or programs held during lunch hour - **avoid meal gatherings** and have **staggered meal breaks** as far as possible*