

Three month impact evaluation

Three months after *Westcare's Tailored Chronic Disease Management Workshop* our practice nurses were asked:

"How have you implemented into your clinical nursing practice the knowledge that you received from the two day workshop? (tell your story, what have been your successes?)"

The following is each nurse's assessment:

Nurse one:

I have been able to implement what I have learnt at the two day workshop. I have increased my knowledge of asthma and COPD however due to the shifts I work I have limited opportunity to work in these clinics. I have not performed any cardiac clinics as yet. The reference material supplied at the workshop will be extremely helpful for me to use as a resource.

Nurse two:

I think that the biggest impact so far has been in asthma care, and we will probably see that across the board, as this is what we have implemented first. We are now doing some asthma care plans and education. So that is a good move forward which has resulted from this workshop. Although we covered a range of topics in the workshop and have not yet implemented big changes in other areas, the workshop materials and notes will help me in the future when we look to increasing our scope of care e.g., in cardiac and COPD. As I did with the asthma clinic planning I will refer to these materials and also discuss them with the nursing team when we are extending/improving our care. (E.g. COPD Management clinics, improving cardiac care).

Nurse three:

At the beginning of the workshop I had only just began working as an RN. I was not very confident with most things as we tend to learn more about serious emergency conditions rather than preventative health issue at university. I have had lots of experience with basic wounds but would love to do a course on diabetic ulcers and skin tears. This is something I hope to do this year. I am very confident with diabetic health assessments but I don't get much of an opportunity to conduct over 75 health assessments, 4 year old health assessments or refugee health assessments. I have not had any experience with childhood immunisations but I am hoping to do the nurse immuniser course in the near future. I am learning more and more about immunisations as I go on. I am confident in asthma education and medication administration but I hope to learn more about spirometry so I can talk to my patients about it when I am performing the test. Overall I feel that the course helped me a lot with CKD management, COPD and asthma management

Nurse four:

I enjoyed the patient/client centred care workshop with Del Lovett, I gained a lot of knowledge which I feel I put into practice on a weekly basis during health assessments, diabetic cycle of care etc., for instance motivational skills – at times your not sure if the patients are listening and taking anything in as you try to motivate them to modify their life style behaviour, my biggest success was seeing one of our patients three months after I had reviewed his diabetic cycle of care, he thanked me for giving him the tools and motivation to start looking after himself. He realized he was a heavy drinker with poor dietary habits. When he went home he was looking through some recent photos and wasn't happy with himself. Armed with the new found knowledge and motivation after our session he started eating healthier, exercising, gave away alcohol. He lost 12 kg; his BSL's have greatly improved. He has booked a holiday overseas with his wife.

It has been very satisfying to know you have passed the knowledge you have gained onto improving someone's life. I feel that this was a great success. Now that we have started to introduce the Asthma clinics the knowledge I gained from the two day workshop will be extremely beneficial to our patients at our practice.

Nurse five:

I have completed two asthma clinics and I feel confident doing so post the two day workshop.

Nurse six

By utilising the knowledge I have gained during the two day workshop I am able to educate the patients in the correct techniques of various asthma devices.

I feel that I have gained more confidence in being able to educate and discuss with the patient, lifestyle modifications and where possible any changes they may make to achieve a better outcome towards their health.

Nurse seven:

I feel more confident with encouraging lifestyle advice and I am also more confident about CKD, Diabetes since the two day workshop. I have been working on the WHAT assessments more and recognise the need for good data so I try to add the Blood Pressure for all patient visits if age appropriate.

Nurse eight:

The asthma information from the two day workshop was vital for me with my commencement of asthma clinics and asthma cycle of care. At times I do need to refer back to my notes and the provided worksheets but can always find what I need. The demonstration of using pumps and spacers is something I use always. I feel I am more confident with care plans when I am now doing spirometry I am able to answer patient questions regarding asthma and COPD.