



For Immediate Release
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Patient Self-Management Training Comes to Northern Saskatchewan

This spring, ten participants from Northern Saskatchewan became trained champions of patient self-care for their communities. March 24 to 27 in Prince Albert, Saskatchewan, a Stanford-based program called Chronic Disease Patient Self-Management Peer Leader Training was shared, at no cost, with volunteers, community leaders and health care professionals. The training was led by Chronic Disease Management Facilitator Lori Briggs and Public Health Assistant Judy Robinson, both of the Prince Albert Parkland Health Region. It was hosted and funded by the Northern Chronic Care Coalition, part of the Northern Health Strategy.

"Our participants have been trained to share information about chronic diseases in their communities," says Carol Gillis of the Northern Health Strategy. "This training is designed not to end after the session—it goes on as those who learned share their knowledge with others. It's an important step in helping northerners embrace the autonomy and responsibility they have regarding their own health."

Participants were enthusiastic about the training and interest in the program is growing. The Northern Health Strategy is looking at hosting another training session in the future.

About the Northern Health Strategy Working Group

Members of the Northern Health Strategy Working Group work together across jurisdictions in the development of health service delivery and health promotion frameworks. Their mission is to improve the health status of all residents in northern Saskatchewan.

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