

Self-management workshops and videos



ORGANISATION NAME:

Canadian PBC Society

COUNTRY: Canada

CONTACT DETAILS

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AWARD CYCLE: 2017

Project

The Canadian PBC Society developed a programme that encompassed two initiatives to support self-management: face to face workshops across the country and a PBC video series. Both of these initiatives targeted a wide audience – from newly diagnosed patients to PBC “veterans” and their families/ caregivers.

Objectives

The programme aimed to improve the quality of life for people living with PBC across Canada by educating more patients on a variety of coping skills and strategies that would support self-management. In particular, for those not able to attend in-person workshops, the videos were important in order to share the information with as many people as possible.

Key learnings

The Canadian PBC society found that patients have a strong desire to learn more about PBC, meet others and share experiences, as well as learn to manage their chronic condition better. Experience has shown that after attending one event, patients are more likely to participate in future events and lose any initial “shyness” towards sharing and using available resources.

Over the course of the project, the team decided to cut down the number of videos from 14 to four to create more focused content to ensure better engagement.

Outcomes – What’s Next?

Results

Over a 14-month period, the Canadian PBC Society held six self-management workshops involving 120 attendees across Canada. Feedback was positive, with attendees requesting similar workshops in the future.

In addition, a series of four short videos were developed. The videos include essential information on PBC and help patients understand their disease/develop skills and strategies to live well with PBC.

Impact

The workshops brought PBC patients together and provided a platform for experience exchange. By sharing the videos through the society’s website and social media, the content was able to reach people across the country who were unable to attend workshops and other events. The video series addressed the needs of patients and helped them make positive changes in the way they manage and live with their disease.

Next steps

The Canadian PBC Society intends to continue to provide self-management workshops in a number of new locations across Canada in 2019. The team also plans to create an online programme to supplement the in-person programme. Going forward, a link to the video series and other patient support materials will be shared with new society members in an effort to extend the reach of the materials.