

Clinical Health Psychology and Allied Health models of CCSM care

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Session Outline

- The role of psychology in CCSM teams
 - CCSM in General practice
 - CCSM in community-based public health units
- APS COAG submission for effective CCSM
- Health Coaching and Health Psychologists
- Referral pathways and finding a Health Psychologist

CCSM in General Practice

- Better Outcomes Initiative
 - 5 sessions through a 12-month period
 - Range of health professionals (dietician, podiatrist, psychologist, etc)

CCSM in Community-based public health units

- Complex Care
 - 5 units through Southern Health
 - Each staffed with Practice Nurses & a Health Psychologist
- Pathways Home
 - Units around Tasmania
 - Staffed with Allied Health professionals
- Healthy@Home
 - Whitehorse Division of General Practice
 - Staffed with Nurses and Allied Health professionals
- Training in Health Coaching

APS COAG submission for effective CCSM

- To enable the Australian community to access these essential services from psychologists
- Recommends the creation of new Medicare items for intervention in the prevention, treatment and management of chronic diseases associated with lifestyle risk factors.

APS proposed CCSM care for patients with chronic conditions

- Receive guidance from medical practitioners, dieticians, physiotherapists, or exercise therapists
- Receive assistance to address underlying psychological issues
 - Resistant habits, behaviours, negative thoughts, negative emotions
- In fact it has been argued that once the medical diagnosis has been established and the appropriate medication, diet, and exercise regimes identified, ultimate success relies on behaviour management.

APS COAG submission for effective CCSM

1. General CCSM items

- Delivered by Psychologists, Primary Health, or Allied Health professionals to support the prevention or management of chronic diseases associated with lifestyle change
 - e.g., psycho-education, cognitive behaviour therapy, relaxation strategies, motivational techniques and skills training.
- Access to CCSM items would be on referral from a GP

2. Specialist Health Psychology items

- For patients with complex chronic conditions
 - Multiple conditions, mental health and treatment adherence issues
- Delivered by psychologists with a recognised specialisation in Health Psychology
 - i.e., those who are eligible for membership of the APS College of Health Psychologists

What is Health Psychology?

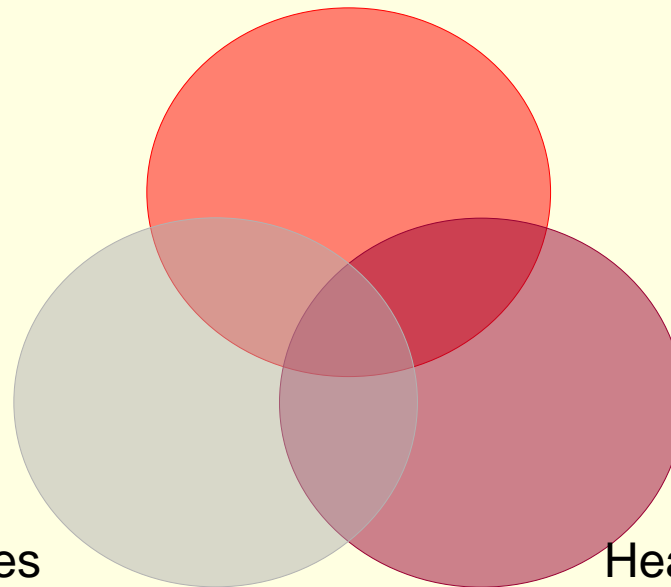
- Psychology is usually associated with treatment of mental illness, but...
- Psychology also plays a significant role in areas of general health:
 - health promotion
 - illness prevention and management
 - medical and pharmacological adherence
 - enhancement of conventional medical interventions through the reduction of the negative affect

Specialist Health Psychologists

- Health Psychologists specialise in providing evidence-based interventions that:
 - target patient lifestyle and illness behaviours,
 - attitudes to recommended medical treatments,
 - perceptions of illness and health, and
 - negative emotions such as depression, anxiety, anger, fear, and grief where the physical health and illness issues are primary

Inter-relationships

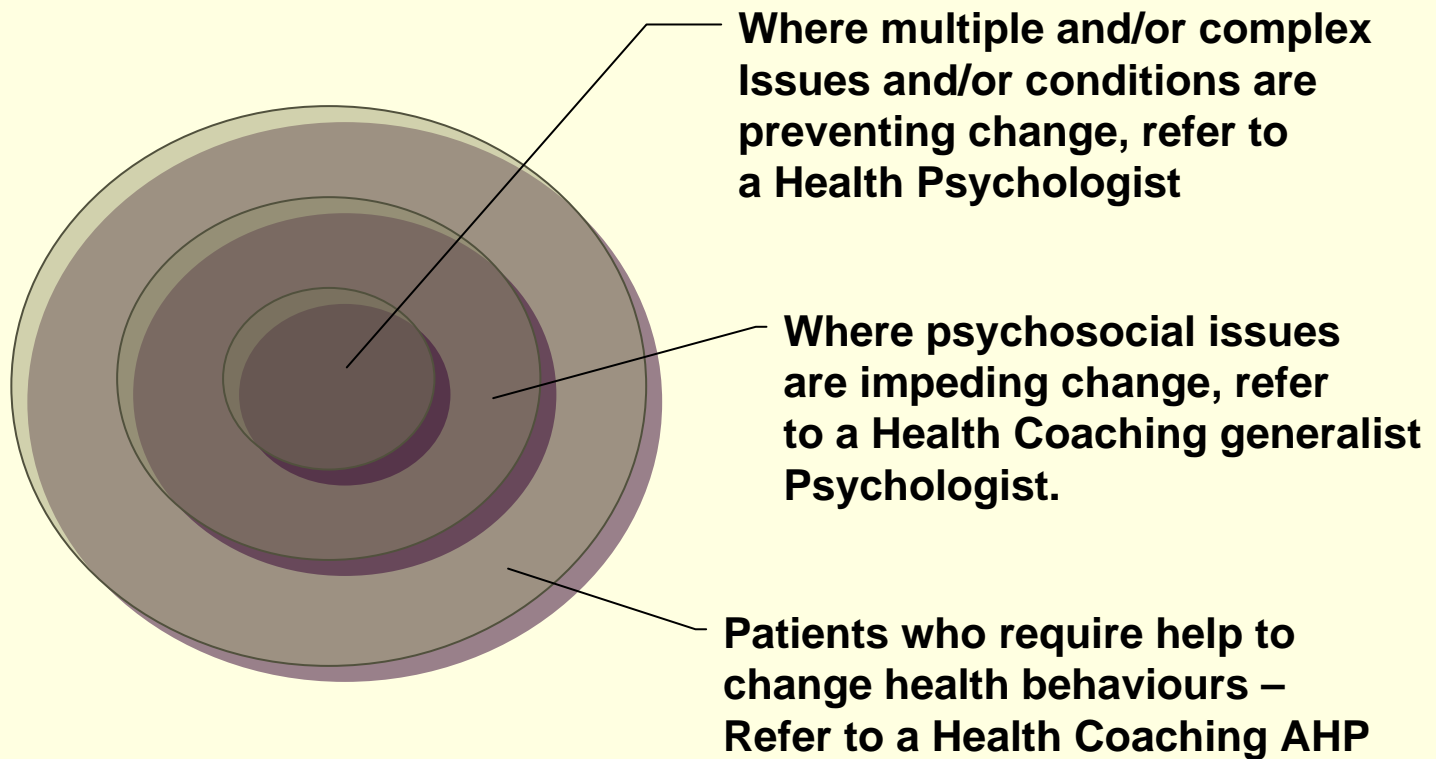
Generalist Psychologists



Health Coaches

Health Psychologists

Referral Options



What Health Psychologists Offer

Have specific training in management of chronic conditions, so can offer:

- **training** for AHPs in health behaviour change and health coaching
- ongoing **support** for AHPs providing health coaching
- **supervision**
- **referral pathway** for patients with multiple conditions and complex presentations

APS College of Health Psychologists

- The Australian Psychological Society's (APS) College of Health Psychologists requires members to:
 - hold a postgraduate qualification; and
 - have specialised experience in health promotion and clinical health interventions.
- To find a Health Psychologist in your area, contact the College at:

www.psychology.org.au

APS proposed CCSM model of care

- Aims to decrease the burden of illness associated with often largely preventable diseases
- Involves more effective use of the existing psychology workforce in partnership with General Practitioners and Allied Health Professionals
- Enables the Australian community to gain improved access to effective psychological services to support lifestyle and health risk modification