

DR. PATRICK MCGOWAN

Dr. McGowan is a professor in the University of Victoria's School of Public Health and Social Policy and the director of the Ladner Office of the University of Victoria - Centre on Aging. Previously, Dr. McGowan was the Assistant Director of the Institute of Health Promotion Research at the University of British Columbia. During the last 30 years his main research focus has been on investigating implementation of best practices and effectiveness with health education programs for persons experiencing chronic health conditions - especially self-management programs and strategies.

Dr. McGowan's research career has mainly focused on several aspects of health education programs for persons experiencing chronic health conditions, especially self-management programs and strategies. He has been implementing and researching self-management programs relating to particular chronic health conditions such as chronic pain, diabetes, arthritis, osteoarthritis, and tuberculosis.

As well, he has been researching the feasibility, viability, acceptability and effectiveness of a general self-management program called the "Chronic Disease Self-Management Program" which is offered to persons experiencing any type of chronic health condition. This research is being conducted at the community level (including small aboriginal communities), and at the provincial, national, and international levels.

Dr. McGowan participates on several provincial, federal and international research committees. As well, he is the author of several articles and reports relating to health promotion, self-management of chronic disease, seniors' medication, self-care, diabetes and aboriginal health education.

The University of Victoria – Centre on Aging

The University of Victoria – Centre on Aging is a multidisciplinary research centre to advance knowledge in the field of aging based on the twin standards of scientific rigor and applied relevance. The overall goals of the Centre are to contribute to improving the health and quality of life with an increasingly diverse population of older adults, and to assist their families, health care providers, and governments in meeting the challenges and potentials of an aging society.

In 2002 the Ladner satellite office was established in Delta, BC. A major focus of activity of the Ladner office is recruiting and training volunteers to deliver self-management programs and training health care professionals to use self-management support strategies when interacting with patients.

Centre on Aging: www.coag.uvic.ca

Ladner Office: www.selfmanagementbc.ca

What is Self-Management?

Self-management refers to the tasks that an individual must undertake to live well with one or more chronic conditions. These tasks include gaining confidence to deal with medical management, role management, and emotional management. Self-management support is defined as the systematic provision of education and supportive interventions by health care staff to increase patients' skills and confidence in managing their health problems, including regular assessment of progress and problems, goal setting, and problem-solving support.

For more information, or to arrange an interview, please contact:

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