

UNIVERSITY OF VICTORIA  
FACULTY CURRICULUM VITAE

*Date:* August, 2011

*Name:* McGowan, Patrick Thomas

*Faculty or School:* Social Sciences

*Department:* Centre on Aging

**1. DEGREES AND DIPLOMAS**

| <i>Degree</i> | <i>Field</i>     | <i>Institution</i>             | <i>Year Granted</i> |
|---------------|------------------|--------------------------------|---------------------|
| Ph.D.         | Health Promotion | University of British Columbia | 1996                |
| M.S.W.        | Social Work      | University of British Columbia | 1975                |
| B.A.          | Sociology        | University of British Columbia | 1973                |

*Title of Thesis or Dissertation*

Ph.D. The Relationship of Self-Efficacy to Pain, Depression and Quality of Life

**2. POSITIONS HELD PRIOR TO APPOINTMENT AT UNIVERSITY OF VICTORIA  
(Academic and other; list inclusive dates, titles, and institutions.)**

Oct. 1996 – Dec. 01 Assistant Director / Senior Research Associate

Oct. 1995 – Aug. 02 Project Researcher, Excellence in Health: Seniors Medication Strategy

Jan - April, 1997 Sessional Instructor - U.B.C. School of Social Work  
SOWK 573 - Health Policy  
SOWK 420 - Research Methods

1995 – 97 Recipient - NHRDP Community Researcher Award  
Seniors Independence Research Program and Canada's Drug Strategy

1987 – 95 Director of Social Work Services

1993 – 95 Recipient - National Health Ph.D. Fellowship

**2. POSITIONS HELD PRIOR TO APPOINTMENT AT UNIVERSITY OF VICTORIA  
(Academic and other; list inclusive dates, titles, and institutions.)**

1993 – 94 Sessional Instructor - U.B.C. School of Social Work  
SOWK 551 - Research on Social Welfare Programs and Policies

|                   |  |
|-------------------|--|
| 1982 – 84         | Case Manager, City of Vancouver Health Department<br>Long Term Care Program                              |
| 1980 – 82<br>1978 | Research & Evaluation Consultant<br>Sessional Instructor - Grant MacEwan Community College, Edmonton, AB |
| 1977 – 80         | Social Planner, City of Edmonton, Social Planning Branch   |
| 1977              | Researcher, Educational Research Institute of British Columbia   |
| 1976<br>1975      | Author, B & C List Publishers<br>Research/Resource Co-ordinator, Downtown Vancouver Resources Board      |
| 1974              | Social Worker, Gastown Vancouver Resources Board   |

**3. MAJOR FIELD(S) OF SCHOLARLY OR PROFESSIONAL INTEREST**

Chronic health conditions, participatory research, aboriginal health education, health promotion, program evaluation, seniors’ medication, self-care, diabetes, self-management education, mixed methods approach

**4. MEMBERSHIPS AND OFFICES HELD IN LEARNED AND PROFESSIONAL SOCIETIES (Include dates of offices)**

|   |         |
|---|---------|
| Expert Panel Member, Primary Health Care and Self-management<br>for Chronic Disease<br>Health Council of Canada   | 11 - 12 |
| Expert Panel Member, Self-Management.<br>National Center for Chronic Disease Prevention and Health Promotion<br>US Centers for Disease Control and Prevention | 08 - 10 |
| Advisory Committee Member, Global Self-Management Support Alliance  | 07 - 10 |
| Panel Lead, Registered Nurses Association of Ontario.<br>Self-Management Support Practice Guidelines.   | 07 - 10 |
| Committee Member, Self-Management Support. Vancouver Coastal Region<br>Practice Education Innovation Fund   | 06 - 08 |
| Chair, Patient Self-Management and Health Literacy Committee,<br>British Columbia Academic Health Council   | 05 - 07 |
| Member, Provincial Steering Committee, BC NurseLine Self-Management Module  | 04 - 06 |
| Member, Provincial Steering Committee, BC Congestive Heart Initiative   | 02 - 04 |
| Member, Advisory Committee, Office of the Auditor General of BC<br>“Preventing and Managing Diabetes in BC”   | 02 - 04 |
| Chair, Research Committee, Self-Help/Mutual Aid Canada  | 93 - 97 |

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|--|---------|
| Member, Seniors Independence Research Program Advisory Committee,<br>Health Canada           | 93 - 98 |
| Chair, Stage 1 Review Committee, Community Research Grants,<br>BC Health Research Foundation | 94 - 97 |
| Member, Scientific Advisory Committee, BC Health Research Foundation                         | 94 - 97 |
| Member, Population Health Review Committee, NHRDP, Health Canada                             | 96 - 97 |
| Chair, Delta Community Health Council, BC Ministry of Health                                 | 94 - 96 |
| Chair, Community Services Advisory Committee, Municipality of Delta                          | 84 - 88 |

**5. *SCHOLARSHIPS, FELLOWSHIPS, HONOURS, AND AWARDS (Include dates)***

- 1995 – 97 Recipient - NHRDP Community Researcher Award  
Seniors Independence Research Program and Canada's Drug Strategy
  
- 1993 – 95 Recipient - National Health Ph.D. Fellowship

**Research or equivalent grants received as principal investigator**

|  |             |
|--|-------------|
| 2011 PUBLIC HEALTH AGENCY OF CANADA<br>The Punjabi Diabetes Self-Management Program (McGowan)  | \$109,760   |
| 2010 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES<br>Patient Self-Management Programs and Health Professional<br>Self-Management Support Training. (McGowan)   | \$2,000,000 |
| 2010 CANADIAN ARTHRITIS NETWORK<br>Development and evaluation of a culturally sensitive, family-based<br>psycho-educational arthritis management program for Aboriginal<br>Peoples. (Lacaille, Esdaile, Backman, Li, Avina, McGowan) | \$299,526   |
| 2010 CIHR Integration of a Disease Self-Management Approach in the Cancer<br>System to Optimize Health and Living with Cancer: A Road Map<br>for Implementation. (Howell, Bottorff, Elser, Fleshner, Jones,<br>Krzyszowska, McGowan) | \$228,250   |
| 2010 CIHR<br>Reducing malaria related child mortality in Uganda: defining a<br>sustainable community self-management program (Kassam,<br>Adome, Hogg, Lowenberger, McGowan, Ochwo)   | \$100,000   |
| 2010 THE LAWSON FOUNDATION<br>The Effectiveness of Diabetes Self-Management Program in a<br>Canadian Setting (McGowan)   | \$150,000   |
| 2009 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES<br>Patient Self-Management Programs and Health Professional  | \$1,700,000 |

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|---|-------------|
| Self-Management Support Training. (McGowan)   |             |
| 2009 HEALTH CANADA – FIRST NATIONS AND INUIT HEALTH<br>Evidence for self-management in Aboriginal Communities. (McGowan)  | \$76,450    |
| 2009 FRASER HEALTH AUTHORITY Community Wellness Grants<br>Punjabi Chronic Disease Self-Management Program (McGowan)   | \$50,000    |
| 2008 HEART AND STROKE FOUNDATION OF CANADA<br>Effectiveness of patient self-management and clinical self-<br>management support interventions in secondary stroke prevention.<br>Stage 1 – Letter of Intent. (McGowan, Wilkinson, Eng, Maclure,<br>Westby, Acheson, Novak, Lynch) | \$5,000     |
| 2008 HEALTH CANADA – FIRST NATIONS AND INUIT HEALTH<br>Self-management support in Aboriginal Communities. (McGowan)   | \$85,000    |
| 2008 BRITISH COLUMBIA MINISTRY OF HEALTH<br>Patient Self-Management and Health Professional<br>Self-Management Support. (McGowan)   | \$525,000   |
| 2007 HEALTH CANADA - FIRST NATIONS AND INUIT HEALTH<br>Self-Management Programs in BC Aboriginal Communities<br>(McGowan)   | \$81,750    |
| 2007 BRITISH COLUMBIA MEDICAL ASSOCIATION<br>The Effects of Drug Cost-Sharing and Chronic Disease Self-<br>Management Programs in British Columbia: A Phone Interview Study<br>(McGowan, Maclure, Schneeweiss)  | \$95,000    |
| 2007 PUBLIC HEALTH AGENCY OF CANADA<br>Canadian version of the Self-management Course book<br>(McGowan)   | \$25,000    |
| 2006 HEALTH CANADA<br>Northern Aboriginal Communities Diabetes Self-management<br>Project (McGowan)   | \$84,500    |
| 2006 BC ACADEMIC COUNCIL<br>Self-management Support for Health Care Professionals   | \$30,000    |
| 2006 BC MINISTRY OF HEALTH SERVICES<br>Implementation and Evaluation of Self-Management Programs in BC<br>Health Regions (McGowan)  | \$1,000,000 |
| 2005 HEALTH CANADA<br>Diabetes Self-Management Programs in Aboriginal Communities<br>(McGowan)  | \$60,000    |
| 2005 BC MINISTRY OF HEALTH SERVICES<br>Implementing Self-Management Programs in Nisga’a Territories   | \$30,000    |

(McGowan)

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| 2005 MICHAEL SMITH FOUNDATION FOR HEALTH RESEARCH<br>Seniors Preventative Health Intervention Program<br>(McGowan, Cloutier-Fisher, Crow, Penney, MacLure, Warburton,<br>Virani, Smith, Korabek)                       | \$100,000   |
| 2003 BRITISH COLUMBIA MEDICAL SERVICES FOUNDATION<br>Effectiveness of Self-Management Training for Persons with Type 2<br>Diabetes (McGowan, Hensen, Lu, Dauphinee, Bradshaw, Leslie)                                  | \$50,000    |
| 2003 BRITISH COLUMBIA MINISTRY OF HEALTH<br>Implementation and Evaluation of Self-Management Programs in BC<br>Health Regions (McGowan)  | \$1,000,000 |
| 2002 HEALTH CANADA COORDINATING COMMITTEE ON THE<br>NATIONAL DIABETES STRATEGY CARE WORKING GROUP<br>Report on Self-Management Education for Diabetes (McGowan)  | \$10,000    |
| 2001 BC MEDICAL SERVICES FOUNDATION<br>Qualitative Evaluation of the Aboriginal TB Education Program<br>(McGowan, FitzGerald, Dick, North, Watts, Paul, Abraham, George)   | \$32,000    |
| 2001 HEMOPHILIA SOCIETY OF CANADA<br>Hepatitis C/HIV Needs Assessment (McGowan)  | \$41,265    |
| 2001 HEALTH CANADA, POPULATION AND PUBLIC<br>HEALTH BRANCH<br>Diabetes Self-Management Program (McGowan, Lorig, Nichol)  | \$300,542   |
| 2001 BC CENTRE FOR DISEASE CONTROL<br>Aboriginal Tuberculosis Education Program Evaluation<br>(McGowan & FitzGerald)   | \$60,000    |
| 2001 CANADIAN CENTRE FOR PHILANTHROPY<br>What Difference Does Culture Make? A Study of Volunteering Among<br>Seniors with Chronic Health Problems in Four Ethnic Communities.<br>(McGowan, White, Upton, Reynolds, Ip) | \$107,560   |
| 2000 HEMOPHILIA SOCIETY OF CANADA<br>Psychosocial Needs Assessment. (McGowan)  | \$48,600    |
| 2000 VANCOUVER/COASTAL HEALTH AUTHORITY<br>Implementation & Evaluation of the Chronic Disease Self-Management<br>Program (McGowan)   | \$96,600    |
| 1999 BC CENTRE FOR DISEASE CONTROL<br>Aboriginal Tuberculosis Education Project. (McGowan)   | \$100,000   |
| 1999 CANADIAN HEALTH NETWORK<br>Resource Mapping of Self-Help. (McGowan & Fine)  | \$56,000    |
| 1998 DAIRY FOUNDATION OF BRITISH COLUMBIA  | \$15,000    |

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|---|-----------|
| Evaluation of Health Education Methods and Materials. (McGowan)   |           |
| 1998 MEDICAL RESEARCH COUNCIL OF CANADA   | \$287,750 |
| The High-Risk Patient Intervention Program Evaluation.<br>(McGowan, Beattie, Chappell, Clarke, Gayton, Green, & Maclure)  |           |
| 1998 THE BC MEDICAL SERVICES FOUNDATION   | \$50,000  |
| Evaluation of "Knowledge is the <i>best</i> medicine" program.<br>(McGowan, Green, Clarke, MacLure, Chappell, Miller)   |           |
| 1997 HEALTH CANADA, ADULT HEALTH CARE DIVISION  | \$25,000  |
| The Canadian Breast Cancer Initiative - Synthesis of Evaluation Reports<br>and Identification of Common Themes. (McGowan)   |           |
| 1997 GOVERNMENT OF YUKON  | \$50,000  |
| Feasibility and Viability of the Chronic Disease Self-<br>Management Program in the Yukon. (McGowan)  |           |
| 1996 BC HEALTH RESEARCH FOUNDATION  | \$5,000   |
| Excellence in Health: Seniors Medication Project.<br>(McGowan, Cooke, Kilpatrick, Chappell, Green, Maclure, Clarke, Miller,<br>Miller, Dibert)  |           |
| 1996 NEW HORIZONS, HEALTH CANADA  | \$33,200  |
| Excellence in Health: Seniors Medication Project. (McGowan)   |           |
| 1996 VANCOUVER FOUNDATION   | \$25,000  |
| Excellence in Health: Seniors Medication Project. (McGowan)   |           |
| 1996 BC HEALTH RESEARCH FOUNDATION  | \$5,000   |
| (Stage 1 Development Grant). Excellence in Health: Seniors Medication<br>Project. (McGowan, Cooke)  |           |
| 1995 BC HEALTH RESEARCH FOUNDATION  | \$5,000   |
| Stage 1 Development Grant). Planning For Health In Delta: A Resident-based<br>Approach. (McGowan, Sutherland, Lynch, Green, Carr, Robinson, Willis)                                   |           |
| 1994 THE ARTHRITIS SOCIETY & GOVERNMENT OF YUKON  | \$9,000   |
| Prevalence and Social and Economic Correlates of Arthritis in Yukon Territory<br>-Yukon Health Promotion Survey. (McGowan & Green)  |           |
| 1994 BC HEALTH RESEARCH FOUNDATION  | \$143,376 |
| Special Research Demonstration Competition, Native Health, Stage II.<br>1992 - 1994. Impact of the Arthritis Self-Management Program with First<br>Nations People. (Green & McGowan)  |           |
| 1994 SENIORS INDEPENDENCE PROGRAM, HEALTH CANADA  | \$5,000   |
| Seniors Involvement in Self-Help Research. (Self-help Canada, Simon Fraser<br>University Gerontology Research Centre, The BC Tri-University Health<br>Promotion Consortium) (McGowan) |           |
| 1994 NATIONAL HEALTH RESEARCH DEVELOPMENT PROGRAM   | \$84,000  |
| Symposium on "Methodological Diversity and Quality in Applied Social and  |           |

Health Research on Aging and the Elderly. Alymer, QB. (McGowan)

1994 SENIORS INDEPENDENCE PROGRAM, HEALTH CANADA \$508,000  
National Arthritis Self-Management Program Implementation. 1990 - 1994.  
(McGowan, Green, Lorig, Edworthy, Badley, Devins, Choquette)

1993 SENIORS INDEPENDENCE PROGRAM, HEALTH CANADA \$240,000  
Osteoporosis Prevention and Self-Management Program.  
(McGowan & Green)

1991 YUKON INVESTMENT FUND \$2,000  
Yukon Self-Management, Support, and Community Involvement Project.  
(McGowan)

HEALTH AND WELFARE CANADA

Health Promotion Secretariat - Seniors Independence Program  
November, 1988 - September, 1991

- 1988 Implementation and Evaluation of Arthritis Self-Management  
Enhancement Program into BC. (McGowan) \$166,032

- 1989 Implementation and Evaluation of the Alberta ASMP  
(McGowan) \$30,201

- 1990 Arthritis Telephone Contact Program. (McGowan) \$16,623

- 1990 Implementation of the Self-Management in French. (McGowan) \$3,500

- 1991 Implementation of ASMP into the Yukon and Appropriateness  
of Program to First Nations People. (McGowan) \$37,101

- 1991 Accessing the Homebound Elderly. \$7750  
(McGowan, Brown, Burnside, Hill, Vadasz)

1989 BC HEALTH RESEARCH FOUNDATION \$5,840  
An Exercise Program for Women with Rheumatoid Arthritis:  
A Follow-Up Study. (McGowan, Dennord-Nelson)

1979 CITY OF EDMONTON, SOCIAL PLANNING BRANCH \$15,000  
Evaluation of the Londonderry and Rundle Heights Boys and  
Girls' Clubs of Edmonton. (McGowan)

5. **SCHOLARSHIPS, FELLOWSHIPS, HONOURS, AND AWARDS (Include dates)**  
**Research or equivalent grants received as principal investigator**

6. **APPOINTMENTS AT UNIVERSITY OF VICTORIA**

a. **Academic:**

| <u>Inclusive Years</u> | <u>Rank</u>         | <u>Department</u>                  |
|------------------------|---------------------|------------------------------------|
| 2005 – present         | Associate Professor | Social Sciences<br>Centre on Aging |
| 2002 – 2005            | Assistant Professor | Social Sciences                    |

***b. Administrative:***

Funds and directs the Ladner Office of the Centre on Aging. Staff includes:

|                           |   |
|---------------------------|---|
| Patrick McGowan, PhD      | Associate Professor                           |
| Sherry Lynch, MSW         | Research Associate                            |
| Rhonda Carriere, MA       | Coordinator & Aboriginal Liaison              |
| June Clearsky             | Coordinator & Aboriginal Liaison              |
| Jennifer Ramsay, MA       | Research Project Analyst                      |
| Mark Davies, BA           | Senior Coordinator - Self-Management Programs |
| Karen Hannah, BSW         | Self-Management Coordinator                   |
| Terry Cayer, BA           | Self-Management Coordinator                   |
| Challayne Kenney, M.Ed    | Self-Management Coordinator                   |
| Carol Sicoli, MA          | Self-Management Coordinator                   |
| Eric Hueber, BA           | Self-Management Coordinator                   |
| Gemma Fletcher, BA        | Online Self-Management Program Coordinator    |
| Angela Sealy, MA          | Active Choices Coordinator                    |
| Jay Bains, MA, MPE        | Punjabi Self-Management Program Coordinator   |
| Parminder Rai, BA         | Punjabi Diabetes Project Coordinator          |
| Courtney Kang             | Chinese Self-Management Coordinator           |
| Viki Swan, BA             | Matter of Balance Program Coordinator         |
| Natalie Gauthier, MSc     | Research Project Analyst                      |
| Louise Rolland, BA        | Office Manager                                |
| Navah Jacobs, MA          | Research Assistant                            |
| Karen Hula                | Special Projects                              |
| Ginette McLennan, BA, BEd | Project Support Assistant                     |
| Maria Reeves              | Office Administrator                          |
| Suzanne Harmandian        | Project Support Assistant                     |
| Christine Bramwell        | Project Support Assistant                     |
| Janice Clayton            | Project Support Assistant                     |

**7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS*****a. Articles Published in Refereed Journals***

- 2011 McGowan. "The Effectiveness of Diabetes Patient Education and Self-Management Education in Persons with Type 2 Diabetes." *Canadian Journal of Diabetes*, 35, 1, 46-53.
- 2006 Fu, D., Ding, Y., McGowan, P., & Fu, H. Qualitative evaluation of Chronic Disease Self-Management Program (CDSMP) in Shanghai. *Patient Education and Counseling*, 61, 389-396.
- 2005 McGowan, P. Evaluation of a Diabetes Self-management Program. *Diabetes Quarterly* Spring. 4-5.
- 2004 Cook, V.J., McGowan, P., Shadmani, R., Dean, S., Elwood, R.K., & Fitzgerald, J.M. A community - based educational program and its impact in tuberculin skin testing surveys in Aboriginal communities. (in press).

- 2003 Fu, D., Fu, H., McGowan, P., Wi-e, S., Lizhen, Z. Huiqin, Y., Jinguo, M., Shitai, Z. Yongming, D., & Zhihua, W. (2003). Implementation and quantitative evaluation of chronic disease self-management programme in Shanghai, China: randomized controlled trial. Bull World Health Organ, 81(3), 174-182.
- 2002 Bryant, T., Raphael, D., Brown, I., Cogan, T., Dallaire, C., Laforest, S., McGowan, P., Richard, L., Thompson, L., & Young, J. (2002). A nation for all ages? A participatory study of Canadian seniors' quality of life in seven municipalities. Toronto: York University Centre for Health Studies: School of Health Policy Management.
- 2001 Devins, G., Abbey, S., Shapiro, C., Beanlands, H., Rinik, I., Raiz, L., Pellitier, L., Kutner, N., McGowan, P., Dion, R., & Edworthy, S. (2001). The structure of lifestyle disruptions in chronic disease: A confirmatory factor analysis of the Illness Intrusiveness Ratings Scale. Medical Care, (39), 1097-1104.
- 2000 Scherrer-Bannermann, A., Fofonoff, D., Minshall, D., Downie, S., Brown, P., Leslie, F., & McGowan, P. (2000). Web-based education and support for patients on the cardiac surgery waiting list. Journal of Telemedicine and Telecare, 6, Suppl. 2: 72-74.
- 1999 Ulmi, S., McGowan, P., Gray, D., & Savoy, D. (1999). Moving beyond information: Evaluation of a nutrition education tool based on a theoretical model. European Journal of Clinical Nutrition, 53, Suppl 2 S49-S53.
- 1998 McGowan, P. (1998). Review of Supporting self-care: The contribution of nurses and physicians. Patient Education and Counseling, 33, 91.
- 1995 McGowan, P. & Green, L. (1995). Arthritis self-management in native populations of British Columbia: An application of health promotion and participatory research principles in chronic disease control. Canadian Journal on Aging. Special Edition, Spring. p. 201-212.
- 1992 McGowan, P. (1992). *Self-Help. Recovery*. Insurance Corporation of British Columbia Magazine, Vol.3, No.6, December. P. 30-34
- 1990 McGowan, P. (1990). *Psychological, Emotional and Practical Problems of Persons with Arthritis*. Canadian Family Physician. March. P. 503-507.
- 1998 McGowan, P. (1988). *Arthritis Men's Group*. Arthritis Care and Research, Vol.1, No.1, March. p. 46-53
- 1976 McGowan, P. (1976). *An Evaluation of City Centre Youth Resources Forty-Eight Hour Protective Custody Faculty*. Canadian Journal of Criminology and Corrections, Vol.18, No.3, July. p. 225-237.

*b. Books, Chapters, Monographs*

- 2011 McGowan, P. "Self-Management Education and Support in Chronic Disease Management. In B. Salzman & L. Collins (Eds.) *Primary Care: Clinics in Office Practice*. Elsevier. (in press).
- 2010 McGowan, P. Patient Education and Self-management Support. In A.R. Jadad, A. Cabrera, R. Lyons, F. Martos & R. Smith (Eds.) *When people live with multiple chronic diseases: a collaborative approach to an emerging global challenge*.
- 2008 McGowan, P. The Delivery of Self-Management Interventions. In S. Newman, L. Steed and K. Mulligan (Eds.) *Chronic Physical Illness: Self-Management and Behavioural Interventions*. Berkshire England: Open University Press, McGraw Hill.
- 2006 McGowan, P. The Chronic Disease Self-Management Program in BC. In J. Dorland & M.A. McColl (Eds.) *Emerging Approaches to Chronic Disease Management in Primary Health Care*. Montreal & Kingston: McGill-Queen's University Press
- 2005 McGowan, P. Patient self-management. Background paper to the New Perspectives: International Conference on Patient Self-Management. Victoria, BC. September 2005.
- 2002 McGowan, P. We are more than just asking questions! Implementation and evaluation of self-management programs in Aboriginal communities. In L. E. Young & V. Hayes (Eds.) *Transforming Health Promotion Practice: Concepts, Issues, and Applications*. Philadelphia: F.A. Davis Company.
- 1996 Heart and Stroke Foundation of British Columbia and Yukon (1996). *Secondary Analysis of the Yukon Health Promotion Survey: From a Heart health Perspective*. Vancouver: Author (Maxwell, McGowan, Green).
- 1995 The Arthritis Society, British Columbia and Yukon Division (1995). *The First Nations Arthritis Self-Management Program*. Vancouver: Author (McGowan & Green).
- 1994 The Arthritis Society of Canada. *The Impact of the Arthritis Self-Management Program in Canada*. Toronto: Author (McGowan).
- 1990 The Arthritis Society, British Columbia and Yukon Division. *The ABC Project - Providing Active Participation in Responsible Health Care*. Vancouver: Author (McGowan).
- 1982 Registered Nurses Association of British Columbia. *Quality Assurance Program: Demonstration Project*. Vancouver: Author (McGowan).
- 1980 City of Edmonton Social Planning Department. *Evaluation of The Boys and Girls Clubs of Edmonton*. Edmonton: Author (McGowan).
- 1977 Educational Research Institute of British Columbia. *Declining Enrolment: Implications for British Columbia's Public School System*. Vancouver: Author (Schwartz & McGowan).

*c. Other Publications (including book reviews and reports)*

- 2009 McGowan, P., Effectiveness of the Chronic Disease Self-Management Program in Aboriginal Communities. Report submitted to Health Canada, Diabetes Initiative.
- 2007 McGowan, P., Working with your partner in health. Visions: BC's Mental Health and Addictions Journal. Vol. 4 No.2 Fall 2007.
- 2006 McGowan, P., Evaluation of the Chronic Disease Self-Management Program in BC, 2003-2006. Report submitted to BC Ministry of Health.
- 2004 McGowan, P., 2004. Evaluation of the Diabetes Self-Management Program. Report submitted to Health Canada, Diabetes Initiative.
- 2003 McGowan, P., 2003. Aboriginal Tuberculosis Education Program – Program Implementation and Evaluation. Report submitted to B.C. Centre for Disease Control.
- 2002 Bryant, T., Raphael, D., Brown, I., Cogan, T., Dallaire, C., Laforest, S., McGowan, P., Richard, L., Thompson, L., & Young, J. (2002). A nation for all ages? A participatory study of Canadian seniors' quality of life in seven municipalities. Toronto: York University Centre for Health Studies: School of Health Policy Management.
- 2000 McGowan, P. (2000). Evaluation of the Chronic Disease Self-management Program in the Yukon. Report Submitted to Health Programs: Health and Social Services, Government of Yukon.
- 1999 McGowan, P. (1999). "Knowledge is the *best* medicine" Program Evaluation. Report Submitted to the BC Medical Services Foundation.
- 1998 Green, L.W., Gutman, G., McGowan, P. & Wister, A. (1998). Seniors' Independence Through Self-Care, Self-help and Mutual Aid. Report Submitted to the Seniors Independence Research Program and Canada's Drug Strategy - Programs of Applied Research.
- 1998 McGowan, P. (1998) "Promises to Keep" Synthesis of Evaluation Reports and Identification of Common Themes. Report Submitted to the Canadian Breast Cancer Initiative. Health Canada.
- 1998 McGowan, P. (1998). Review of Supporting self-care: The contribution of nurses and physicians. Patient Education and Counseling, 33, 91.
- 1977 McGowan, P. (1997). The Osteoporosis Self-Management Program Evaluation. Report Submitted to Seniors Independence Program, Health Canada.
- 1997 McGowan, P. (1997). Nonsteroidal Anti-Inflammatory Drug Use Among Seniors. Report Submitted to Health Canada's National Health Research and Development Program.

- 1982 Registered Nurses Association of British Columbia (1982). *Quality Assurance Program: Demonstration Project*. Vancouver: Author (McGowan).
- 1980 City of Edmonton Social Planning Department (1980). *Evaluation of The Boys and Girls Clubs of Edmonton*. Edmonton: Author (McGowan).

**d. Presentations - Papers, Lectures and Addresses**

**1 - Invited Presentations and Lectures**

- June 2011 Provincial Pain Summit. Vancouver, BC  
*Chronic Pain Self-Management Program*  
*Self-Management Support Strategies for Health Professionals*
- May 2011 GF Strong Rehabilitation Centre. Vancouver, BC  
*Grand Rounds - Self-Management Research*
- March 2011 Tour Way to Wellness – Chronic Self-Management Support in Nova Scotia  
Wolfville, NS  
*Facilitation Skills*
- March 2011 3<sup>rd</sup> Annual Chronic Disease Self-Management Conference.  
Ottawa, ON  
*Self-Management in Aboriginal Communities*  
*Self-Management Support Strategies Workshop*
- March 2011 Foundation for Medical Excellence & The College of Physicians and Surgeons of  
British Columbia. 24<sup>th</sup> Annual Pain and Suffering Symposium. “The Assessment  
and Management of the Patient with Complex Chronic Pain.  
Vancouver, BC  
*Self-Management Support Techniques to Help Patients Manage Pain*
- Feb 2011 The Inaugural Asian Conference on Integrated Care. Singapore, Feb 25-26.  
*Strategies to Support Self-Management in Chronic Conditions*
- Nov 2010 Chronic Pain Association of Canada  
Vancouver, BC  
*Self-Management for Chronic Pain*
- Oct 2010 7<sup>th</sup> Lawson Foundation Diabetes Workshop  
Edmonton, AB  
*The Effectiveness of the Diabetes Self-Management Program in a Canadian  
Context*
- Sept 2010 Chronic Disease Management Institute  
Toronto, ON  
*Self-Management Support: An Integral Component of the Chronic Care Model*  
*Self-management Support Strategies*
- April 2010 Building Bridges 13 Conference.

- Vancouver Coastal Health  
*Vancouver Self-Management Support for Health Professionals*
- March 2010 Lost in Knowledge Translation? Innovation in Health Human Resources Policy.  
2010 CHSPR Conference. Vancouver, BC  
*Innovative Models of Service Delivery*
- Nov 2009 Oswaldo Cruz Foundation International Seminary Manguinhos  
Rio de Janeiro, Brazil  
*The Concept of Self-management*  
*Self-Management Support for Health Professionals*
- Sept 2009 Building Momentum for CDPM. Newfoundland Health. Gander, NL  
*Introduction to Self-management*  
*Self-Management Support for Health Professionals*
- Sept 2009 Nova Scotia Diabetes Care Program of Nova Scotia  
*Self-Management Support for Health Care Professionals*
- April 2009 Heart and Stroke Conference. Niagara on the Lake, ON  
*The Place of Self-Management Support in the Chronic Care Model*
- March 2009 University of Wisconsin LA CROSSE 2009 Canadian Health Promotion / Public  
Health Study Tour. Vancouver, BC  
*Self-Management in British Columbia and Canada*
- March 2009 Diabetes Education Academy, Vancouver, BC  
*Chronic Disease Self-Management Support Strategies*
- March 2009 8<sup>th</sup> BC Aboriginal Diabetes Conference. Penticton, BC  
*Self-Care Strategies in Managing Diabetes – We also have responsibilities!*
- Nov 2008 2<sup>nd</sup> International Diabetes in Indigenous Peoples Forum. Vancouver BC.  
*Implementation of the Chronic Disease Self-Management Program in First  
Nations Communities 2005-2008.*
- Oct 2008 Taking Charge of our Health: Canadian Conference on Integrated Chronic  
Disease Self-Management. Toronto, ON  
*10 Years of Chronic Disease Self-Management: BC Experience (Keynote  
Address)*
- Oct 2008 Queen's University, Faculty of Health Sciences, Kingston, ON  
*Chronic Disease Prevention and Management*
- Sept 2008 Champlain Local Health Integrated Network, ON  
*Chronic Disease Self-Management: Improving Care in the Champlain LHIN*
- June 2008 Montreal Neurological Institute and Hospital, McGill University  
*Meaning of Patient Self-Management and Self-Management Support*
- May 2008 Positive Aging: An Interdisciplinary Team Approach for Health Professionals

- Vancouver, BC  
*Self-Management Support to Enhance Positive Aging*
- March 2008 Putting Patient Self-Management into Context and Practice  
Kelowna, BC  
*Patient Self-Management Techniques*  
*Self-Management for Health care professionals Facilitating Group Sessions*
- Feb. 2008 Integrated Approach to Diabetes, Cardiac and Renal Care  
Richmond, BC  
*Patient Self-Management and Self-Management Support for Health Care Providers*
- Feb. 2008 Wellness Institute at Seven Oaks General Hospital  
Winnipeg, MB  
*Supporting Self-Management*
- Nov. 2007 A Forum on Disease Management. Singapore  
*The Global Self-Management Movement: Where is this bringing us?*  
*Reinventing Primary Care for Chronic Disease Management*  
*Falls Prevention and Keeping Active Programs for the Elderly*
- Nov. 2007 Tan Tock Seng Hospital. Singapore  
*The concept of self-management in health: implementation and evaluation.*
- Nov. 2007 Alexander Hospital, Singapore  
*How health professionals can engage in self-management support.*
- Oct., 2007 Global Perspectives on Chronic Disease: Prevention and Management.  
Calgary, AB  
*Self-management Support for Caregivers*
- Oct., 2007 VON Canada Annual Conference & General Meeting 2007. Edmonton, Alberta.  
*The Power of Partnering*
- Oct., 2007 Nephrology Days 2007. Vancouver, BC  
*Motivating Behavior Change*  
*The Challenges of Getting Clients to Adopt Healthful Behaviours*  
*Focus of Patient Self-Management: Communication, Education, Motivation*
- Sept. 2007 Best Friends – The dignified Way to Care for those with Alzheimer’s and  
Dementia. Victoria, BC  
*The Potential of Self-management Support*  
*Self-Management Support for Caregivers*
- June, 2007 International Symposium on Health Innovation. Vancouver, BC  
*Patient Self-management for Chronic Health Conditions*
- June, 2007 Diabetes Professional Development Conference. Thunder Bay, Ontario.  
*Self-Management Support in the Field of Diabetes.*

- June, 2007 Integrated Chronic Care Services, Kelowna, BC  
*Patient Self-Management and Self-Management Support*
- May, 2007 Saskatchewan Chronic Disease Management Collaborative, Saskatoon, SK  
*Patient Self-Management and Self-Management Support in Chronic Disease*
- May, 2007 Kootenays Preventative Services Annual Conference, Cranbrook, BC  
*The Role of Self-Management Support in Prevention*
- May, 2007 Central Regional Health Authority, Carmen, Manitoba.  
*Behavior Change through Self-Management*
- May, 2007 Valley Spring Refresher. Wolfville, Nova Scotia.  
*Patient Self-Management and Self-Management Support: Effective Ways to Motivate Patients.*
- April, 2007 Special Lecture series. Montreal Neurological Hospital. Montreal, Quebec.  
*The Community Self-management Program and Self-Management Support.*
- April, 2007 Symposium on Management of Chronic Illness During the Life Course.  
Bielefeld, Germany.  
*Theoretical Orientation to Self-Management in Chronic Illness.*
- March, 2007 Central Regional Health Authority, Portage, Manitoba.  
*Behavior Change through Self-Management*
- March, 2007 2<sup>nd</sup> Annual Oregon Living Well with Chronic Conditions Forum. Portland, Oregon.  
*Self-Management Programs in BC: Experience and Effectiveness.*
- Feb., 2007 The East Kootenay Conference on Chronic Conditions: Integrating the Elements of Care. Fairmont Hot Springs, BC.  
*Patient Self-Management and Self-management Support.*  
*Mastery Learning and Problem-Solving – Two Self-management Support Techniques.*
- Dec., 2006 New Approaches to the Management of Chronic Disease. Ontario Hospital Association Annual Conference. Toronto, Ontario.  
*Effects of a Self-Management Program.*
- Nov., 2006 Patient Adherence and Chronic Disease Management Strategies Conference. Toronto, Ontario.  
*The Stanford Chronic Disease Self-Management Program in British Columbia: Self-Management Training to Enhance the Effectiveness of Patient Education.*
- Oct., 2006 Chronic Disease Prevention and Management Conference. Toronto, Ontario.  
*Implementing the “Chronic Disease Self-Management Program” in British Columbia.*
- Sept., 2006 Yorkton Diabetes Forum, Yorkton, Saskatchewan

*Patient Self-Management and Self-Management Support*

- Sept., 2006 Canadian Association of Nephrology Social Workers Annual Meeting. Ottawa, Ontario.  
*Self-Management for Renal Social Work.*
- June 2006 RehabNet National Conference. Vancouver, BC  
*Understanding self-management.*
- June, 2006 Chronic Disease Managed Care Conference. Vancouver, B.C.  
*Implementing the Chronic Disease Self-management Program in BC.*
- May, 2006 Health Quality Council Saskatoon, SK.  
*Patient Self-Management.*
- April, 2006 Diabetes Care Program of Nova Scotia and Cardiovascular Health Nova Scotia - Chronic Joint Spring 2006 Workshop “Chronic Care Care: Maximizing the Concept of Self-Management.” Halifax, Nova Scotia.  
*Enhancing the Effectiveness of Patient Education with Self-Management Training.*
- April, 2006 National Chronic Disease Management Conference. Toronto, Ontario, April 6 & 7, 2006  
*Chronic Disease Self-Management Program in BC.*
- March, 2006 Country Roads, Merrickville District & North Lanark County Community Health Centres, Perth, Ontario.  
*Enhancing Effectiveness with Patient Self-Management.*
- March, 2006 Bridgepoint Health Centre, Toronto, Ontario.  
*Interactive Skills-Building Activity: Supporting Patient Self-Management.*
- March, 2006 Bridgepoint Health Centre, Toronto, Ontario.  
*Advanced Patient Self-Management Concepts.*
- Feb., 2006 Delta Home Care Nurses. Fraser Health Authority, Delta, BC.  
*Patient Self-Management for Health Care Professionals.*
- Feb., 2006 Renal Unit, Royal Columbian Hospital, New Westminster, BC.  
*Enhancing Patient Education with Self-Management.*
- Oct., 2005 Congress on Aging and Seniors’ Issues. BC Ministry of Community Services and Responsible for Seniors’ and Women’s Issues. Vancouver, BC.  
*Health Care Self-Management.*
- Oct., 2005 Hepatitis C Council of British Columbia. Richmond, BC.  
*Chronic Disease Self-Management & HCV Health and Treatment Support Education.*

- Oct., 2005 Canada Foundation for Innovation (CFI) New Initiative Fund National Think Tank. London ON.  
*The Potential of Self-Management in Community Capacity Building.*
- Sept., 2005 New Perspectives: International Conference on Patient Self-Management. Victoria, BC.  
*Patient Self-Management Programs in British Columbia 1989 – 2005.*
- March, 2005 BC Regional Seniors' Workshop on Research. Vancouver, BC.  
*From Concept to Results: Self-Management Programs for Chronic Health Conditions 1987 to 2005.*
- March, 2005 First Nations Nursing Conference. Richmond, BC.  
*Developing Patient Confidence: The Challenge of Chronic Disease.*
- Feb., 2005 Navigation and Self-Management: Innovative Approaches to Managing Chronic Conditions. Richmond, BC.  
*Self-Management: An Outcome for Managing Chronic Conditions.*
- Feb., 2005 Mt. Waddington Regional Health Authority. Port McNeill, BC.  
*What is Patient Self-Management?*
- Feb., 2005 Cardiac Education Day, Burnaby Home Care Health Staff. Burnaby, BC.  
*Chronic Disease Self-Management Program.*
- Dec., 2004 BC NurseLine–Self-Management Project. Burnaby, BC.  
*What is Patient Self-Management?*
- Nov., 2004 Community Collaborative Chronic Disease Prevention Management. Quesnel, BC.  
*Patient Self-Management.*
- Nov., 2004 Vancouver Coastal Health Diabetes Education and Awareness-Raising Day. Vancouver, BC.  
*Auditor General's Report on Diabetes: Highlights and Implications.*
- Nov., 2004 British Columbia Oncology Physicians Association. Vancouver, BC.  
*Motivating Patients.*
- Nov., 2004 Interior Health Authority Rehabilitation Staff. Kamloops, BC.  
*Using Self-Management strategies in Patient Education: Theory and Practice.*
- Oct., 2004 Nuu Chah Nulth Health and Human Services Education Day. Courtenay, BC.  
*The Determinants of Health.*
- March, 2004 Minister's Advisory Council on Mental Health, Victoria, BC.  
*Self-Management Skills in Mental Health.*
- Feb., 2004 Mainland Diabetes Nutritionists Association – Empowerment Workshop. Vancouver, BC.

*History of the development, research validation, and dissemination of self-management programs.*

- Dec., 2003 The Pacific Coast Brain Injury Conference. Vancouver, BC.  
*Workshop on self-management patient education.*
- Nov., 2003 HEALTH EXPO 2003 Aboriginal Health Care - 21<sup>st</sup> Century. Calgary, AB.  
*Chronic Disease Management and First Nations Communities. Keynote Closing Address.*
- Nov., 2003 3<sup>rd</sup> BC Aboriginal Diabetes Conference. Diabetes: Moving to prevention. Chase, BC.  
*Workshop on using self-management strategies.*
- Oct., 2003 Province-wide Chronic Disease Collaborative for Patients with Congestive Heart Failure in BC. Richmond, BC.  
*Using the Patient Self-management Process.*
- Oct., 2003 Western Healthcare Improvement Network: Chronic Disease Management - Getting informed, getting started. Richmond, BC.  
*Getting organized: Rolling out the Chronic Care Model.*
- Sept., 2003 BC Provincial Clinic Managers Association Annual Meeting. Powell River, BC.  
*Self-management education within the Chronic Care Model.*
- June, 2003 Western Healthcare Improvement Network Conference Out of the Crisis: Restoring the Quality in Healthcare. Richmond, BC.  
*Workshop on self-management patient education for chronic health conditions.*
- May, 2003 Province-wide Chronic Disease Collaborative for Patients with Congestive Heart Failure in BC, Richmond, BC.  
*Patient self-management: The real challenge.*
- May, 2003 BC Northern Nutritionists Association Annual Mtg., Prince Rupert, BC.  
*Workshop on patient self-management and the Provincial Chronic Care Model.*
- April, 2003 BC Nutrition Council Annual Meeting, Vancouver, BC.  
*Enhancing Patient Education.*
- March, 2003 City Psychiatrist Association, Education In-Service, Vancouver, BC.  
*Self-Management Patient Education.*
- Nov., 2002 BC Aboriginal Diabetes Conference, Penticton, BC.  
*Using Self-Management in Diabetes.*
- Oct., 2002 37<sup>th</sup> Annual Scientific Meeting of the Assoc of Rheumatology Health Professionals, New Orleans, LO.  
*The Process of Using Participatory Research in Developing and Evaluating Programs in the Community.*
- Oct., 2002 BC Nephrology Day, Vancouver, BC.  
*Chronic Disease Management Program.*

- Sept., 2002 International Conference on Self-Help/Mutual Aid. Ottawa, ON,  
*Self-Help and the Management of Arthritis Among the Elderly.*  
(McGowan, Brown, Frank, & Lee).
- May, 2002 Manitoba Pharmacy Conference, Winnipeg, MB.  
*High-Risk Patient Intervention Program.*
- April, 2002 Workshop on Aboriginal Health Promotion Research, Victoria, BC.  
*Strengths of Health Promotion/Participatory Research in Addressing Community Health – The Aboriginal TB Education Program.*
- March, 2002 BC Health Association Strategic Workshop on Chronic Disease Management, Vancouver, BC.  
*Implementation and Evaluation of Self-Management Programs in BC & Canada.*
- May, 2001 1<sup>st</sup> Canadian Conference on Hepatitis C, Montreal, QC.  
*Results of the Psychosocial Needs Assessment.*
- July, 2000 National Chronic Disease Self-Management Conference, Sydney Australia.  
*Implementing Self-management Programs in Canadian Aboriginal Communities.*
- July, 2000 National Chronic Disease Self-Management Conference, Sydney Australia.  
*Working with Aboriginal Communities to address chronic Health Problems.*
- Oct., 1999 Dept. of Health Care and Epidemiology, UBC School of Medicine, Vancouver, BC.  
*Evaluation of the Seniors Medication Strategy in British Columbia.*
- March, 1999 Tobacco & Aboriginal Health Conference, Vancouver, BC.  
*Helpful Tips in Planning Community Programs.*
- July, 1998 School of Public Health, Shanghai Medical University, Shanghai, China.  
*Implementation and Evaluation of Self-Management Programs for Chronic Health Conditions.*
- July, 1998 School of Public Health, Shanghai Medical University, Shanghai, China.  
*Seniors Medication Strategy: Evaluation Design and Results.*
- July, 1998 School of Public Health, Shanghai Medical University, Shanghai, China.  
*BC's Smoking Cessation Strategy for Youth and Adults.*
- July, 1998 School of Public Health, Shanghai Medical University, Shanghai, China.  
*Investigating Seniors' Medication-taking Behaviour.*
- July, 1998 School of Public Health, Shanghai Medical University, Shanghai, China.  
*Using the PRECEDE-PROCEED Model to Plan and Evaluate Health Promotion Programs.*
- March, 1996 Fourth International Congress of Behavioural Medicine. Washington, DC.  
*Chronic Disease Self-Management: From Needs Assessment to Evaluation.*

- Jan., 1996 BC Consortium for Health Promotion Research. Vancouver, BC.  
*The First Nations Arthritis Self-Management Project.*
- Sept., 1995 Preparing For the 21st Century "People, Policy, Prevention, Promotion. National Health Education Colloquium, U.S. Dept. of Health & Human Services, Indian Health Service. Seattle, WA.  
*Evaluating Health Education Programs.*
- April, 1995 Self-Help Conference 1995 - Self-Help Association of B.C. New Westminster, BC  
*Moving Beyond the Self-Help Ideology.*
- March, 1995 Healthy Beginnings: The BC Association of Indian Friendship Centres. Vancouver, BC.  
*Challenges of Working in Coalitions.*
- Dec., 1994 BC Nutrition Council. Vancouver, BC.  
*The Use of Theory in Health Education.*
- Oct., 1994 Association of Rheumatology Health Professionals Meeting. Minneapolis, MN.  
*A Health Promotion Orientation to Arthritis.*
- Sept., 1994 Canadian Aboriginal Nurses Conference. Cape Mudge, BC.  
*The First Nations Arthritis Project.*
- Nov., 1993 28<sup>th</sup> National Scientific Meeting, Arthritis Health Professionals Association. San Antonio, TX.  
*Self-Efficacy and the Arthritis Self-Help Course: International Perspectives.*
- May, 1993 The 6th Social Work Symposium Research Day, UBC, Vancouver, BC.  
*Canadian Implementation of a Health Promotion Program.*
- May, 1993 Centre for Research in Women's Studies and Gender Relations. UBC, Vancouver, BC.  
*Health Promotion Planning with First Nations' Communities.*
- Sept., 1992 International Conference on Self-Help/Mutual Aid. Ottawa, ON.  
*Self-Help and the Management of Arthritis Among the Elderly.*
- March, 1992 Miriam Neveren Lecture. Arthritis Society, Ontario Division. Toronto, ON.  
*Community Outreach Programs in British Columbia.*
- May, 1991 Think and Do Workshop, UBC Div. of Continuing Medical Education. Vancouver, BC.  
*Doctor Patient Teaching.*
- April, 1991 Southeast Region Conference, Arthritis Health Professions Assoc. Baltimore, MD.  
*Patient Assessment for the Clinician.*
- April, 1991 Western Region Conference, Arthritis Health Professions Assoc. Santa Barbara, CA.  
*Patient Assessment for the Clinician.*

- Dec., 1990 Think and Do Workshop, UBC Div. of Continuing Medical Education. Vancouver, BC.  
*Doctor Patient Teaching.*
- April, 1989 Annual Conference of the BC Health Educators Association. Vancouver, BC.  
*Health Promotion: An Emerging Challenge.*
- Oct., 1985 The 24th Annual Medical Symposium on the Diagnosis and Treatment of Arthritis. Boise, ID.  
*The Socio and Economic Impact of Osteoarthritis.*
- Oct., 1985 The 24th Annual Medical Symposium on the Diagnosis and Treatment of Arthritis. Boise, ID.  
*Working with the Elderly.*
- Feb., 1982 BC Quality Assurance Group Conference. UBC, Vancouver, BC.  
*Program Evaluation.*
- Dec., 1979 Alberta Preventative Social Services Annual Conference. Banff, AB.  
*Social Impact Assessment.*

## 2. Presentations with Published Abstracts

- 2010 McGowan, P. a) Self-management Support for health professionals. b) Accessing self-management programs in British Columbia. c) Investigating implementation and impact of self-management in First Nations communities. 39<sup>th</sup> Annual Scientific and Educational Meeting of the Canadian Association on Gerontology. Montreal, QC, Dec 2-4.
- 2010 McGowan, P. 2<sup>nd</sup> Conference on Positive Aging: An Interdisciplinary Team Approach for Health Professionals. *Self-Management Support as a Strategy for Sustained Independence.* Vancouver, BC, Nov 7-8.
- 2010 McGowan, P. a) The Effectiveness of a Chronic Disease Self-Management Program in British Columbia First Nations Communities; b) Additional Benefits of Augmenting Professionally-led Education with Self-Management Education; c) Strategies to Support self-management Chronic Conditions: Collaboration with Patients; d) Planning Self-Management Initiatives for all Communities. *International Conference on Support for Self-Management of Health.* Stirling Scotland, May 11-13.
- 2009 Stewart, A., McGowan, P., Fredericks, S. Creative Strategies for Effective Self-Management Support: Nursing Best Practice Guideline. *Transforming Nursing through Knowledge, Sharing Global Visions and Local Solutions.* Toronto ON Dec 2-4, 2009.
- 2009 McGowan, P. Benefits accrued by augmenting traditional diabetes education with self-management education. *International Diabetes Federation - 20<sup>th</sup> Diabetes Conference .* Montreal QB, October 18-22, 2009.

- 2009 Carriere, R., Lynch, S., McGowan, P. & Ramsay, J. Making it work: Addressing program implementation practices in indigenous communities. *International Diabetes Federation - 20<sup>th</sup> Diabetes Conference*. Montreal QB, October 18-22, 2009
- 2009 McGowan, P. Self-management support Practitioner Training in Primary Care: The British Columbia Approach. *19<sup>th</sup> IAGG World Congress of Gerontology and Geriatrics*, Paris, 5-9, July, 2009. JNHA, Vol. 13, Supp. 1, June, 2009.
- 2008 McGowan, P. Implementation of the Chronic Disease Self-Management Program in First Nations Communities: 2005-2008. *2<sup>nd</sup> International Diabetes in Indigenous Peoples Forum – International Best Practices*. Vancouver, BC. November 16-19, 2008.
- 2008 Fredricks, McGowan, & Chee. Development of a Best Practice Guideline “Patients as Partners: Strategies to support Self-management in chronic conditions. *Integrated Chronic Disease Prevention: Taking Action Together. Third National Conference*. Ottawa, ON. November 2008.
- 2008 McGowan, P. Using the RE-AIM Framework to evaluate self-management programs. *Taking Charge of our Health: Canadian Conference on Integrated Chronic Disease Self-Management*. Toronto, ON. October 2008.
- 2008 McGowan, P. Self-Management Support Strategies for Health Professionals. *Taking Charge of our Health: Canadian Conference on Integrated Chronic Disease Self-Management*. Toronto, ON. Oct 2008
- 2008 Lynch S. & McGowan P. Effectiveness of Diabetes Self-Management. *Taking Charge of our Health: Canadian Conference on Integrated Chronic Disease Self-Management*. Toronto, ON. Oct 2008
- 2008 Kallstrom, L., McGowan, P., McQuillen, K., & Routledge, J. British Columbia’s Approach to Self-Management. *Taking Charge of our Health: Canadian Conference on Integrated Chronic Disease Self-Management*. Toronto, ON. Oct 2008
- 2008 Holubiec, McGowan, & Chee. Innovative Self-Management Support Nursing Practice Guideline and it’s Application to Community Health Nursing. *2<sup>nd</sup> Annual Community Health Nurses Conference: Shaping the Future*. Toronto, ON. May 29 - 31, 2008.
- 2007 McGowan, P. The RE-AIM framework for evaluating the Chronic Disease Self-Management Program. *Global Perspectives on Chronic Disease: Prevention & Management*. Calgary Conference, 2007.
- 2007 McGowan, P. Fredricks, S., Chee, J. Developing a Best Practice Guideline for Self-Management Support. *Global Perspectives on Chronic Disease: Prevention & Management*. Calgary Conference, 2007.
- 2007 McGowan, P. & Eisler, G. Providing Self-Management in BC: Developing an Action Plan. *Global Perspectives on Chronic Disease: Prevention & Management*. Calgary Conference, 2007.

- 2007 McGowan, P. Self-management support: Individual and systemic level strategies to reduce health inequities. *19<sup>th</sup> IUHPE World Conference on Health Promotion and Health Education*. Vancouver, BC.
- 2007 Chee, J., McGowan, P., Fredericks, S. (June). Consensus building in the development of the purpose and scope for a new self-management support guideline. *International Conference on Evidence-Based Practice Guidelines*. Markham, ON.
- 2006 McGowan, P. (April). Implementation and sustainability of self-management education in rural communities. *Therapeutic Patient Education 2006*. Florence, Italy. 92.
- 2005 McGowan, P., (November). The Chronic Disease Self-Management Program. *Where's the Patient's Voice in Health Professional Education? International Conference*. Vancouver, BC, 80.
- 2005 McGowan, P. (September). Self-Management Programs in BC and Canada. *Global Perspectives on Chronic Disease Management*. Calgary, AB.,
- 2005 McGowan, P., Lynch, S., Davies, M., Hannah, K., Findlay, T. (September). CDSMP Participant Attendance Patterns 2003-2005. *New Perspectives: International Conference on Patient Self- Management*. Victoria, BC, 29.
- 2004 McGowan, P., Lorig, K., Van Walleggham, D. (November). Effectiveness of self-management training for persons with type 2 diabetes. *Integrated Chronic Disease Prevention: Getting It Together First National Conference*, Ottawa, Ontario, Abstract book currently being published.
- 2004 McGowan, P., Lorig, K., Van Wallegghem, D. (October). Effectiveness of self-management training for persons with type 2 diabetes. *CDA/CSEM Professional Conference and Annual Meetings*, Quebec City, Quebec, 21.
- 2004 McGowan, P., Davies, M.V., Findlay, T.A., & Hannah, K.L. (October). Self-efficacy training for seniors with diabetes. *Canadian Association on Gerontology 33<sup>rd</sup> Annual Scientific and Educational Meeting*, Victoria, BC, 133.
- 2004 McGowan, P. (October). Effectiveness of lay-led self-management training for seniors with diabetes. *Toward a New Perspective – From Aging to Aging Well International Conference*, Montreal, Quebec, 71.
- 2004 McGowan, P. (March). The history of self-management in BC and Canada. *Self-Managing Health and Chronic Disease Conference*, Hong Kong, China, 36.
- 2004 McGowan, P. (March). Self-management for persons with Type 2 diabetes: Convincing the medical community. *Self-Managing Health and Chronic Disease Conference*, Hong Kong, China, 36.
- 2004 McGowan, P., Cook, V.J., Shadmani, S., Dean, S., Rempel, S., Elwood, R. K., & Fitzgerald, J. M.(March). Tuberculosis self-management education in aboriginal communities. *Self-Managing Health and Chronic Disease Conference*, Hong Kong, China, 37.

- 2004 Hensen, F., Monroe, K., & McGowan, P. (March). The interface of diabetes patient education and self-management education. *Self-Managing Health and Chronic Disease Conference*, Hong Kong, China, 27.
- 2003 Hensen, F., Monroe, K., & McGowan, P. (October). Diabetes patient education and self-management education. *7<sup>th</sup> Annual CDA/CSEM Professional Conference Annual Meetings*, Ottawa, ON., 9.
- 2003 McGowan, P., Davies, M.V., & Van Wallegghem, D. (October). Diabetes self-management patient education. *7<sup>th</sup> Annual CDA/CSEM Professional Conference Annual Meeting*, Ottawa, ON., 47.
- 2002 Hannah, K., & McGowan, P. (October). Capacity building implementation strategies used with the Chronic Disease Self-Management Program. *Aging and Society: Taking Charge of the Future, Canadian Association on Gerontology Annual Meeting*, Montreal, QC, 100.
- 2002 McGowan, P. (October). Attracting, developing, nurturing and retaining seniors. *Aging and Society: Taking Charge of the Future, Canadian Association on Gerontology Annual Meeting*, Montreal, QC, 106.
- 2002 McGowan, P. (October). Evaluating the impact of the Diabetes Self-Management Program. *Aging and Society: Taking Charge of the Future, Canadian Association on Gerontology Annual Meeting*, Montreal, QC, 131.
- 2002 McGowan, P., & Fitzgerald, M. (October). The value of community expertise and “know how” in addressing community tuberculosis problems. *Aging and Society: Taking Charge of the Future, Canadian Association on Gerontology Annual Meeting*, Montreal, QC, 103.
- 2002 McGowan, P., & Lai, R. (October). Why do some seniors with chronic health conditions volunteer? *Aging and Society: Taking Charge of the Future, Canadian Association on Gerontology Annual Meeting*, Montreal, QC, 132.
- 2002 McGowan, P., & Karttik, S. (May). Hepatitis C/HIV psychosocial needs assessment. *HEMOPHILIA 2002, XXV International Congress of the World Federation of Hemophilia*, Seville, Spain.
- 2002 McGowan, P., & Karttik, S. (May). Hemophilia/Von Willbrand disease/Hepatitis C psychosocial needs assessment. *Hemophilia 2002, XXV International Congress of the World Federation of Hemophilia*, Seville, Spain.
- 2001 McGowan, P., Beattie, B., Chappell, N., Clarke, H., Gayton, D., Green, L., & Maclure, M. (July). The high risk patient intervention program evaluation. *International Association of Gerontology World Congress*, Vancouver, BC.
- 2001 McGowan, P., Chappell, N., Green, L., Maclure, M., & Miller, P. (July). Impact of a medication education program led by trained seniors. *International Association of Gerontology World Congress*, Vancouver, BC.

- 2001 Hill, M., McGowan, P., Baaske, L., Brown, M., Fulton, P., Grewal, M., Kinloch, T., Kloppenborg, A., Oosterhuis, S., & Vadasz, M. (July). Seniors' quality of life project. *International Association of Gerontology World Congress*, Vancouver, BC.
- 2001 White, F., & McGowan, P. (July). The Chronic Disease Self-Management Program – What happens after a pilot? *International Association of Gerontology World Congress*, Vancouver, BC.
- 2001 McGowan, P., & Fitzgerald, M. (July). The aboriginal tuberculosis program: A new strategy to deal with an age-old problem. *International Association of Gerontology World Congress*, Vancouver, BC.
- 2001 McGowan, P., & Fitzgerald, M. (July). Working with aboriginal communities to combat tuberculosis. *XVIIth World Conference on Health Promotion and Health Education, Promotion and Education, VIII/3 – Supplement 2*, Paris, France.
- 2000 McGowan, P., & Henn-Pander, B. (October). Implementation and evaluation of the Chronic Disease Self-Management Program in Vancouver and Richmond. *Canadian Association on Gerontology Annual Meeting*, Edmonton, AB, 108.
- 2000 McGowan, P. (July). Implementing self-management programs in Canadian aboriginal communities. *National Chronic Disease Self-Management Conference: Sharing Health Care*, Sydney, Australia, 29.
- 2000 McGowan, P. (July). Working with aboriginal communities to address chronic health problems: The Aboriginal Tuberculosis Project. *National Chronic Disease Self-Management Conference: Sharing Health Care*, Sydney, Australia, 63.
- 1999 McGowan, P. (November). A lay-led qualitative study examining the effectiveness of a seniors' medication program. *Canadian Association on Gerontology Annual Meeting*, Ottawa, ON, 58.
- 1999 McGowan, P., Scherrer-Bannerman, A., Fofonoff, D., Minshell, D., & Downie, S. (November). A qualitative study to evaluate the impact of a web-based patient education program. *Canadian Association on Gerontology Annual Meeting*, Ottawa, ON, 82.
- 1999 McGowan, P. (November). Evaluation of a medication minimal intervention strategy on seniors' behaviour and knowledge. *Canadian Association on Gerontology Annual Meeting* Ottawa, ON, 57.
- 1999 Raphael, D., Richards, L., Lightfoot, B., Wheeler, J., & McGowan, P. (November). Influencing social policy through a participatory health promotion framework. *Canadian Association on Gerontology Annual Meeting*, Ottawa, ON, 72.
- 1999 Green, L., Frankish, C.J., Bottorff, J., Johnson, J., Lovato, C., McGowan, P., Ratner, P., Shoveller, J., & Sparks, J. (November). A systematic review of smoking cessation effectiveness in various settings and through various channels. *American Public Health Association Annual Meeting*, Chicago, IL.
- 1999 McGowan, P., & Scherrer-Bannerman, A. (October). Web-based patient education: Results of a study comparing the impacts of a web-based program and use of a manual.

- 1<sup>st</sup> Global Conference on the Evaluation and Diffusion of Telehealth Conference, Calgary, AB.*
- 1999 McGowan, P., & Watts, J. (March). Helpful tips in planning community programs. *Tobacco & Aboriginal Health Conference, Vancouver, BC.*
- 1998 McGowan, P. Effectiveness of a senior-led education program on seniors' knowledge and behaviour. *Arthritis Care and Research, 11(6).*
- 1998 McGowan, P. The effectiveness of self-help in patient education: Results and dissemination of a 3-year program of applied research. *Arthritis Care and Research, 11(6).*
- 1998 McGowan, P. Impact of a self-help and mutual aid program with arthritis: Results of a randomized controlled trial of the Arthritis Self-Management Program. *Arthritis Care and Research, 11(6).*
- 1998 Clarke, A.E., Pierre, S. L., & McGowan, P. A randomized-controlled trial of the Arthritis Self-Management Program: Comparing health status and health care utilization across groups. *Arthritis and Rheumatism, 41(9), S249.*
- 1998 Stewart, M., McGowan, P., Green, L., Gutman, G., Wister, A., Lavoie, F., & Rootman, I. (October). Fostering seniors' independence through self-care, self-help and mutual aid – A synthesis of findings from the SIRP Program of applied research. *Canadian Association on Gerontology Annual Meeting, Halifax, NS, 84.*
- 1998 McGowan, P. (October). The Chronic Disease Self-Management Program in the Yukon. *Canadian Association on Gerontology Annual Meeting, Halifax, NS, 83.*
- 1998 McGowan, P., & Clarke, A. (October). Results of a randomized-controlled trial of the Arthritis Self-Management Program: A SIRP PAR on self-help and mutual aid. *Canadian Association on Gerontology Annual Meeting, Halifax, NS, 109.*
- 1998 McGowan, P. (October). Evaluating a community medication education program for seniors. *Canadian Association on Gerontology Annual Meeting, Halifax, NS, 104.*
- 1998 McGowan, P. (June). Explaining medication taking – The seniors' perspective. *Canadian Public Health Association Annual Meeting, Montreal, QC.*
- 1998 McGowan, P., & Hobson, C. (June). Implementation and evaluation of the Chronic Disease Self-Management Program in the Yukon. *Canadian Public Health Association Annual Meeting Montreal, QC.*
- 1998 Devins, G.M., Dion, R., Pelletier, L. G., Shapiro, C.M., Abbey, S., Raiz, L.R., Binik, Y.M., McGowan, P., Kutner, N.G., Beanlands, H., & Edworthy, S.M. (May). The structure of lifestyle disruption in chronic disease: A confirmatory factor analysis of the Illness Intrusiveness Scale. *22<sup>nd</sup> European Conference on Psychosomatic Research, Manchester, UK.*
- 1997 McGowan, P. Evaluation of the osteoporosis prevention and self-management program. *Arthritis & Rheumatism, 40(9), S319.*

- 1997 McGowan, P. Investigating medication-taking behaviour in seniors with arthritis. *Arthritis & Rheumatism*, 40(9), S271.
- 1997 McGowan, P. The relationship of self-efficacy with depression, pain and health status in the arthritis self-management program. *Arthritis and Rheumatism*, 40(9), S122.
- 1997 McGowan, P., Amdam, L., & McMillan, M. Evaluating a community pilot project on medication use among seniors. *Arthritis and Rheumatism*, 40(9), S32.
- 1997 McGowan, P., & Brown, M. Participants' perspectives on the impact of the arthritis self-management program. *Arthritis and Rheumatism*, 40(9), S329.
- 1997 McGowan, P., Green, L., Stewart, M., Samuels, S., & Watson, J. (October). SIRP Symposium – Dissemination of research and project lessons on self-help, self-care and mutual aid. *Canadian Association on Gerontology Annual Meeting*, Calgary, AB.
- 1997 Bellehumer, L., Montbriand, M., & McGowan, P. (October). SIRP Symposium – Understanding of seniors' medication behaviour. *Canadian Association on Gerontology Annual Meeting*, Calgary, AB.
- 1997 Green, L., Gutman, G., McGowan, P., & Wister, A. (October). Seniors' independence through self-care, self-help and mutual aid. *Canadian Association on Gerontology Annual Meeting*, Calgary, AB.
- 1997 McGowan, P., & Brown, M. (October). The benefits of participatory research on members of a community advisory committee. *Canadian Association on Gerontology Annual Meeting*, Calgary, AB.
- 1997 McGowan, P., & Amdam, L. (October). Excellence in Health: Seniors' medication strategy – White Rock/South Surrey pilot project. *Canadian Association on Gerontology Annual Meeting*, Calgary, AB.
- 1997 McGowan, P. (October). Evaluation of the osteoporosis prevention and self-management program. *Canadian Association on Gerontology Annual Meeting*, Calgary, AB.
- 1997 McGowan, P., & Green, L. (July). The First Nations Arthritis Self-Management Program: Planning and evaluation. *5<sup>th</sup> National Health Promotion Research Conference*, Halifax, NS.
- 1997 McGowan, P. (July). Evaluation of the osteoporosis prevention and self-management program. *5<sup>th</sup> National Health Promotion Research Conference*, Halifax, NS.
- 1996 McGowan, P., Lasser, F., & Stockton, J. (October). A community development approach to seniors' medication problems. *Canadian Association on Gerontology Annual Meeting*, Quebec City, QC.
- 1996 McGowan, P. (October). NSAID use by seniors: A multi-method research project. *Canadian Association on Gerontology Annual Meeting*, Quebec City, QC.
- 1996 Green, L., Gutman, G., Hall, H., McGowan, P., & Wister, A. (October). Seniors' independence through self-care, self-help and mutual aid: A collaborative multi-method

- research program on community approaches. *Canadian Association on Gerontology Annual Meeting*, Quebec City, QC.
- 1996 McGowan, P. (October). A critical appraisal of self-help. *Canadian Association on Gerontology Annual Meeting*, Quebec City, QC.
- 1996 McGowan, P. (July). Excellence in health: Seniors' medication strategy – White Rock Community Pilot. *Canadian Public Health Association 87<sup>th</sup> Annual Conference*, Vancouver, BC.
- 1996 Maxwell, L., McGowan, P., & Green, L. (July). Secondary analysis of the Yukon health promotion survey: A heart health perspective. *Canadian Public Health Association 87<sup>th</sup> Annual Conference*, Vancouver, BC.
- 1996 Green, L., Gutman, G., Hall, H., McGowan, P., & Wister, A. (July). Seniors independence through self-care, self-help and mutual aid: A collaborative multi-method research program on community approaches. *Canadian Public Health Association 87<sup>th</sup> Annual Conference*, Vancouver, BC.
- 1996 McGowan, P., & Green, L. (June). A health promotion collaboration with First Nations communities. *4<sup>th</sup> Canadian Conference on Health Promotion*, Montreal, QC.
- 1996 Lorig, K.R., McRae, S., McGowan, P., & Ellring, M. (March). Chronic disease self-management: From needs assessment to evaluation. *4<sup>th</sup> International Conference of Behavioral Medicine*, Washington, DC.
- 1995 McGowan, P. (1995). Qualitative evaluation: First nations self-management program. *Arthritis and Rheumatism*, 38(9), S306.
- 1995 McGowan, P., & Green, L. W. Qualitative evaluation: First Nations self-management program. *Arthritis and Rheumatism*, 38(9), S306.
- 1995 McGowan, P., & Green, L. W. Predictive power of screening questions for arthritis in a general population: Results of a Yukon health promotion survey. *Arthritis and Rheumatism*, 38(9), S397.
- 1995 McGowan, P., Smith, M., Burnside, B., Brown, M., Bryn-Jones, D., Cumming, D., Dunbar, J., Lovato, C., Maxwell, L., Niskala, P., Pitney, J., Pontoni, M., & Vadasz, M. (October). An advisory committee that advises. *Canadian Association on Gerontology Annual Meeting*, Vancouver, BC.
- 1995 McGowan, P. (October). Non-steroidal anti-inflammatory and other drug use by seniors with arthritis. Physician prescribing patterns and seniors' behaviour. *Canadian Association on Gerontology Annual Meeting*, Vancouver, BC.
- 1995 McGowan, P., Gutman, G., Hall, H., Wister, A., Clarke, A., MacFlagen, S., & Maxwell, L. (October). The BC Consortium for health promotion research projects on self-care, self-help and mutual aid under SIRP grant. *Canadian Association on Gerontology Annual Meeting*, Vancouver, BC.

- 1994 McGowan, P. (November). The First Nations self-management program project. *Health Conference 94 – Coming to Terms*, Vancouver, BC.
- 1994 McGowan, P., Green, L.W., & Lorig, K. (October). Collaborative planning and evaluation with First nation communities: The First Nations arthritis self-management program project. *American Public Health Association Annual Meeting*, Washington, DC.
- 1994 McGowan, P., & Green, L.W. The osteoporosis prevention and self-management program: Implementation and evaluation in BC. *Arthritis and Rheumatism*, 37(9), S365.
- 1994 McGowan, P., Badley, E., Choquette, D., Devins, J., Edworthy, S., Green, L.W., & Lorig, K. National implementation of the arthritis self-management program: Impact evaluation. *Arthritis and Rheumatism*, 37(9), S357.
- 1994 McGowan, P., Badley, E., Choquette, D., Devins, J., Edworthy, S., Green, L.W., & Lorig, K. Seasonal variation as a moderator of treatment. *Arthritis and Rheumatism*, 37(9), S160.
- 1994 McGowan, P. (October). Planning and evaluating the First Nations self-management program. *Canadian Association on Gerontology Annual Meeting*, Winnipeg, MB.
- 1994 McGowan, P., & Green, L.W. Facilitating community participation in the planning and delivery of arthritis programs with First Nations communities. *Canadian Public Health Association Annual Conference*, Edmonton, AB.
- 1994 McGowan, P., & Sutherland, J. Measuring and encouraging citizen participation in community health planning. *Canadian Public Health Association Annual Conference*, Edmonton, AB.
- 1994 McGowan, P. (May). Facilitating community participation in the planning and delivery of arthritis programs with First Nations communities. *1<sup>st</sup> International Symposium on Qualitative and Quantitative Methods*, Banff, AB.
- 1993 McGowan, P. Qualitative methodology as a strategy in collaborate programming with First Nations communities. *Arthritis Care and Research*, 6, S12.
- 1993 Maxwell, L., & McGowan, P. Participatory action research: An innovative strategy for enhancing the relevance of practice research. *Arthritis Care and Research*, 6, S6.
- 1993 McGowan, P. (October). The role of self-management in the Canadian health-care system. *Canadian Association on Gerontology Annual Meeting*, Montreal, QC.
- 1993 McGowan, P. Health Promotion planning with First Nations communities. *Society for Public Health Education Annual Conference*, San Francisco, CA.
- 1992 Green, L.W., McGowan, P., Kreuter, M., Lorig, K., Daltroy, L., Riportella-Muller, R., DeVellis, B., Allegrante, J., & Goepfing, J. Application of the PRECEDE-PROCEED model to planning and evaluation of health promotion and self-care programs in special populations. *Arthritis Care and Research*, 5, S10.
- 1992 Lynch, S., Bortollo, C., & McGowan, P. Using volunteer perception to safeguard program integrity. *Arthritis Care and Research*, 5, S10.

- 1992 McGowan, P. Community surveys as quality management strategies. *Arthritis Care and Research*, 5, S519.
- 1991 McGowan, P., Lorig, K., & Mussell, B. Arthritis self-management program leader's training: First Nations (Native American) experience. *Arthritis Care and Research*, 4, S30.
- 1991 McGowan, P., Zeigler, S., Casterline, G., & Furst, G. West coast/east coast: A comparison of prioritized clinical assessment needs. *Arthritis Care and Research*, 4, S29.
- 1991 McGowan, P., & Satosky, J. Patient assessment for the clinician. *Arthritis Care and Research*, 4, S2.
- 1991 McGowan, P., & Yasuda, L. Patient assessment for the clinician. *Arthritis Care and Research*, 4, S3.
- 1990 Lorig, K., Gonzales, V., Minor, M., Gecht, M., Boutaugh, M., McGowan, P., & Davidson, J. Arthritis self-help course for the 1990's. *Arthritis Care and Research*, 3, S13.
- 1990 McGowan, P. Implementing the arthritis branch community support project. *Arthritis Care and Research*, 3, S14.
- 1990 McGowan, P., & Denford-Nelson, B. Fitness and exercise study for women with rheumatoid arthritis: A follow-up study. *Arthritis Care and Research*, 3, S19.
- 1989 McGowan, P. (October). Evaluation a health promotion program. *American Evaluation Association Meeting*, San Francisco, CA.
- 1988 McGowan, P., & McCloy, L. Functional outcome measures in the clinical setting: Priorities for research. *Arthritis and Rheumatism*, 4, S159.
- 1987 McGowan, P. Client satisfaction with social work service. *Arthritis and Rheumatism*, 30, S59.
- 1987 McGowan, P. (October). Getting ready for evaluation. *American Evaluation Association Meeting*, Boston, MA.
- 1986 McGowan, P. (October). Evaluation of a quality assurance program. *American Evaluation Association Meeting*, San Francisco, CA.
- 1986 McGowan, P. Arthritis men's group. *Arthritis and Rheumatism*, 29, S154.

### **3. Paper Presentations without Published Abstracts**

- The 15th Annual Public Health Forum, Richmond, BC, Oct., 1997.  
- *Excellence in Health: Seniors Medication Strategy*. (McGowan, Amdam, & McMillan)
- Evaluation '95. Vancouver, BC, Nov., 1995.

- *Collaborative Evaluation with First Nations Communities.* (McGowan)
- *Participatory Health Promotion Research: Defining the Field.* (Green, George, Cargo, Bowie, Frankish, Daniel, Herbert, Milligan, McGowan, Rootman)

The 12th Annual Pacific Health Forum. Richmond, BC, Oct., 1994.

- *Measuring and Encouraging Citizen Participation in Community Health Planning.* (McGowan & Sutherland)

The 6th Social Work Symposium Research Day, UBC, Vancouver, BC, May, 1993.

- *Canadian Implementation of a Health Promotion Program.* (McGowan)

Centre for Research in Women's Studies and Gender Relations. UBC, Vancouver, BC, May, 1993.

- *Health Promotion Planning with First Nations' Communities.* (McGowan)

Health Promotion: What Works and Why - 2nd National Conference on Health Promotion Research, Institute of Health Promotion Research, UBC, Vancouver, BC, March, 1993.

- *Self-Management for Chronic Health Conditions: Experience with First Nations Communities of BC* (Workshop) (Lorig, McGowan, & Watts)
- *Health Information and Support Telephone Services: An Exploratory Study.* (Romedor, McGowan, & Parsons)

Health '91 Conference. Vancouver, BC, Nov., 1991.

- *Collaborative Innovation In Patient Education.* (McGowan)

Research Day, 1991, Arthritis Society (BC and Yukon Division). Vancouver, BC, Oct., 1991.

- *Evaluation of a Community Education Program.* (McGowan).

Canadian Association of Social Work Administrators in Health Facilities. Edmonton, AB, Sept., 1991.

- *The Little Program That Did - A Health Promotion Program.* (McGowan)

Conference '91, Canadian Evaluation Society. Vancouver, BC, May, 1991.

- *Taking Advantage of Political Diversity with Innovative Programs.* (McGowan)

The 5th Social Work Symposium Research Day, University of B.C. Vancouver, BC, May, 1991.

- *My Doctor Didn't Tell Me.* (McGowan)

Continuing Care Conference '91, British Columbia Health Assoc. Vancouver, BC, March, 1991.

- *The Effectiveness of a Minimal Intervention Strategy for Persons Experiencing Chronic Conditions.* (McGowan)

The 4th Social Work Symposium Research Day, UBC. Vancouver, BC, May, 1990.

- *From Demonstration to Permanent Program.* (McGowan)

Hospital Social Work Directors Society of BC Research Day. Vancouver, BC, May, 1990.

- *The Role of Perceived Self-Efficacy in Management of Chronic Conditions.* (McGowan)

Arthritis Society Annual Conference, Arthritis Society of BC. Vancouver, BC, Oct., 1989.

- *Using Patient Education to Improve Health Status.* (McGowan)

Arthritis Society Annual Conference, Arthritis Society. Victoria, BC, 1989.

- *The Arthritis Branch Community Support Project.* (McGowan), Invite Speaker

The BC and Yukon Division Arthritis Society Research Day. Vancouver, BC, Nov., 1989.

- *Evaluating a Health Promotion Project - Muddy Boots Research.* (McGowan)

Annual Research Day, The Arthritis Society. Vancouver, BC, Nov., 1987.

- *Getting Ready For Evaluation.* (McGowan)

Social Work Symposium, UBC School of Social Work. Vancouver, BC, 1987.

- *Evaluating In-service Education Programs.* (McGowan)

Arthritis Health Professions Association, 1986 Regional Conference. Vancouver, BC, Nov., 1986.

- *Client Satisfaction with Social Work Service.* (McGowan)

1986 Conference of BC Hospital Social Work Directors Society. Vancouver, BC, 1986.

- *Development of a Self Help Group for Men.* (McGowan)

Social Work Symposium, UBC School of Social Work. Vancouver, BC, 1986.

- *Evaluating Quality Assurance Programs.* (McGowan)

Congress '86 Home Support Association of British Columbia. Vancouver, BC, February, 1986.

- *Living With Arthritis.* (McGowan)

1985 Pacific Health Forum. Health Care and Epidemiology Association. Vancouver, BC, Oct., 1985.

- *Factors Facilitating or Impeding Knowledge and Utilization of Nursing Standard Care Plans.* (McGowan)

The 24th Annual Medical Symposium on the Diagnosis and Treatment of Arthritis. ID, Oct., 1985.

- *The Socio and Economic Impact of Osteoarthritis.* (McGowan), Invited Speaker

- *Working with the Elderly.* (McGowan), Invited Speaker

BC Quality Assurance Group Conference. UBC, Vancouver, BC, February, 1982.

- *Program Evaluation.* (McGowan), Invited Speaker

Alberta Preventative Social Services Annual Conference. Banff, AB., Dec., 1979.

- *Social Impact Assessment.* (McGowan), Invited Speaker

#### 4. Public/Instructional Lectures

Sept. 2007 Best Friends - The dignified Way to Care for those with Alzheimer's and Dementia. Victoria, BC  
*Self-management for Caregivers*

Sept, 2007 Osteoporosis Conference, Richmond, BC  
*Self-Management in Osteoporosis*

June, 2007 Showcase of Research in Aging. Victoria, BC  
*Self-management support: Translating research into practice.*  
*The effectiveness of diabetes patient education and self-management training for persons with type 2 diabetes.*

Oct., 2006 Greater Victoria Seniors Association.

*Self-Management in British Columbia.*

- June, 2006 Kidney Foundation of Canada. Achieving Change: A Blueprint for action.  
Vancouver, BC.  
*Empowering Patients: The effectiveness of self-management training programs.*
- March, 2006 Country Roads, Merrickville District & North Lanark County Community Health  
Centres, Perth, Ontario.  
*Patient Self-Management and the Future.*
- March, 2006 Yee Hong Centre for Geriatric Care, Scarborough, Ontario.  
*The Effectiveness of Patient Self-Management.*
- March, 2006 Bridgepoint Hospital, Toronto, Ontario.  
*Patient Self-Management: What it is and its Place in the Health Care System*
- March, 2006 Baycrest Hospital, Toronto, Ontario.  
*What is Patient Self-Management?*
- Feb., 2006 University of Victoria – Centre on Aging Annual Community Forum, Victoria,  
BC.  
*Quality of Life, Health & Techniques to Enhance Capacity.*
- April, 2004 Canadian Diabetes Association, Kamloops, BC.  
*Volunteer Opportunities with self-management programs.*
- April, 2004 Canadian Diabetes Association, Vernon, BC.  
*Benefits of self-management for diabetes.*
- Feb., 2004 University of Victoria – Centre on Aging Annual Community Forum, Victoria,  
BC.  
*Developing Informed Activated Patients.*
- Nov., 2003 Diabetes and you: Taking charge of your health. Type 2 Diabetes - Educational  
Forum, Richmond, BC.  
*Diabetes and your Doctor.*
- Nov., 2003 Diabetes: Uncomplicated. Nanaimo, BC.  
*Using Self-management Strategies.*
- Feb., 2003 University of Victoria – Centre on Aging Community Forum, Victoria, BC.  
*Self- Management Patient Education.*
- Feb., 1998 University of Victoria - Winter Forum, Victoria, BC.  
*Seniors having an effect on policy -whatever that is.*
- Oct., 1995 Stimulating Research in Non-Profit Organizations. Vancouver, BC.  
*Grant Writing Tips.*

***e. Professional Activities***

Knowledge Transfer and Exchange Workshop. (November, 2005)  
Sponsored by BC Ministry of Health and CIHR. Research Lead.

**List of Media Interviews/Productions:**

The Chronic Disease Self-management Program (video) 2006.

***f. Professional Activities***

**External Committees and Responsibilities**

|   |         |
|---|---------|
| Member, CIHR Pfizer Operating Grant in Disease Prevention/Management Com.                                   | 10 - 11 |
| Member, ALCOA National Diabetes Project Advisory Committee  | 07 - 08 |
| Member, Provincial Steering Committee, BC NurseLine Self-Management   | 04 - 06 |
| Member, Provincial Steering Committee, BC Congestive Heart Initiative                                       | 02 - 04 |
| Member, Advisory Committee. Office of the Auditor General of BC<br>“Preventing and Managing Diabetes in BC” | 02 - 04 |
| Chair, Research Committee, Self-Help/Mutual Aid Canada  | 93 - 97 |
| Member, Seniors Independence Research Program Advisory Committee,<br>Health Canada                          | 93 - 98 |
| Chair, Stage 1 Review Committee, Community Research Grants,<br>BC Health Research Foundation                | 94 - 97 |
| Member, Scientific Advisory Committee, BC Health Research Foundation  | 94 - 97 |
| Member, Population Health Review Committee, NHRDP, Health Canada  | 96 - 97 |

**8. *TEACHING DUTIES AT THE UNIVERSITY OF VICTORIA***

***a. Courses Taught***

***Honours Theses:***

|                       |                     |
|-----------------------|---------------------|
| <b><u>Student</u></b> | <b><u>Title</u></b> |
|-----------------------|---------------------|

***b. Graduate Student Supervision***

| <b><u>Year</u></b> | <b><u>Student</u></b> | <b><u>Degree Program</u></b> | <b><u>Type of supervision</u></b> |
|--------------------|-----------------------|------------------------------|-----------------------------------|
| 2007               | Natalie Gauthier      | B.A.                         | (completed)                       |
| 2004               | Egeli, Natasha        | B.A.                         | (completed)                       |
| 2003               | Lynch, Sherry         | M.S.W.                       | (completed)                       |

|      |               |        |             |
|------|---------------|--------|-------------|
| 2003 | Hensen, Fran  | M.A.   | (completed) |
| 2003 | Munroe, Karen | M.A.   | (completed) |
| 2001 | Hoey, Shawn   | M.S.W. | (completed) |
| 2001 | Fu, Dongbo    | Ph.D.  | (completed) |

**9. ADMINISTRATIVE DUTIES**

*a. University and Faculty Committees (includes offices held and dates)*

**10. OTHER INFORMATION**

Submitted for publication:

Submitted for presentation

In Preparation:

Continuing Educational Events Attended

Chair, New Perspectives: International Conference of Patient Self-Management. Victoria, BC.  
September, 2005. [www.newperspectivesconf.com](http://www.newperspectivesconf.com)

**11. OTHER INFORMATION**

Canadian Trainer of T-Trainers for Chronic Disease Self-Management Program  
T-Trainer - Chronic Disease, Diabetes and Chronic Pain Self-Management Programs