



1982 – 84	Case Manager, City of Vancouver Health Department Long Term Care Program
1980 – 82 1978	Research & Evaluation Consultant 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 1975	Author, B & C List Publishers 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, Self-Management. National Center for Chronic Disease Prevention and Health Promotion US Centers for Disease Control and Prevention	08 - 09
Advisory Committee Member, Global Self-Management Support Alliance	07 -
Panel Lead, Registered Nurses Association of Ontario. Self-Management Support Practice Guidelines.	07 -10
Committee Member, Self-Management Support. Vancouver Coastal Region Practice Education Innovation Fund	06 - 08
Chair, Patient Self-Management and Health Literacy Committee, 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 “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, Health Canada	93 - 98

Chair, Stage 1 Review Committee, Community Research Grants, 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**

**Grants applications under review**

2009 FRASER HEALTH iCONNECT COMMUNITY ENGAGEMENT Evaluation of the Chronic Pain Self-Management Program (McGowan)	\$100,000
2009 CIHR - PARTNERSHIPS FOR HEALTH SYSTEM IMPROVEMENT One to One Support - Effectiveness, Feasibility, and Cost of a Health Trainer in Primary Care: A Two-Province Investigation. (PI's Liddy, McGowan, Johnston Co-PI's Brown, Hart, Hillmer McQuillen, Dwyer, MacLure, Mahoney, Pottie, Srinivasan, Zhong)	\$587,750
2009 CANCER CARE ONTARIO A Mixed-Method Cross-Case Comparison Study: Integration of a Disease Self-Management Approach in a Cancer System (PI - Howell, Co-PI's Jones, Friedman, Catton, McGowan, Fleshner, Leighl, Krzyanowska, Elser, Fierini, & Davey)	\$533,579

**Grants received**

2009 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES Patient Self-Management Programs and Health Professional Self-Management Support Training. (McGowan)	\$1,700,000
2009 HEALTH CANADA – FIRST NATIONS AND INUIT HEALTH Evidence for self-management in Aboriginal Communities. (McGowan)	\$76,450
2009 FRASER HEALTH AUTHORITY Community Wellness Grants Punjabi Chronic Disease Self-Management Program (McGowan)	\$50,000

2008 HEART AND STROKE FOUNDATION OF CANADA Effectiveness of patient self-management and clinical self-management support interventions in secondary stroke prevention. Stage 1 – Letter of Intent. (McGowan, Wilkinson, Eng, Maclure, Westby, Acheson, Novak, Lynch)	\$5,000
2008 HEALTH CANADA – FIRST NATIONS AND INUIT HEALTH Self-management support in Aboriginal Communities. (McGowan)	\$85,000
2008 BRITISH COLUMBIA MINISTRY OF HEALTH Patient Self-Management and Health Professional Self-Management Support. (McGowan)	\$525,000
2007 HEALTH CANADA - FIRST NATIONS AND INUIT HEALTH Self-Management Programs in BC Aboriginal Communities (McGowan)	\$81,750
2007 BRITISH COLUMBIA MEDICAL ASSOCIATION The Effects of Drug Cost-Sharing and Chronic Disease Self-Management Programs in British Columbia: A Phone Interview Study (McGowan, Maclure, Schneeweiss)	\$95,000
2007 PUBLIC HEALTH AGENCY OF CANADA Canadian version of the Self-management Course book (McGowan)	\$25,000
2006 HEALTH CANADA Northern Aboriginal Communities Diabetes Self-management Project (McGowan)	\$84,500
2006 BC ACADEMIC COUNCIL Self-management Support for Health Care Professionals	\$30,000
2006 BC MINISTRY OF HEALTH SERVICES Implementation and Evaluation of Self-Management Programs in BC Health Regions (McGowan)	\$1,000,000
2005 HEALTH CANADA Diabetes Self-Management Programs in Aboriginal Communities (McGowan)	\$60,000
2005 BC MINISTRY OF HEALTH SERVICES Implementing Self-Management Programs in Nisga'a Territories (McGowan)	\$30,000
2005 MICHAEL SMITH FOUNDATION FOR HEALTH RESEARCH Seniors Preventative Health Intervention Program (McGowan, Cloutier-Fisher, Crow, Penney, MacLure, Warburton, Virani, Smith, Korabek)	\$100,000

2003 BRITISH COLUMBIA MEDICAL SERVICES FOUNDATION Effectiveness of Self-Management Training for Persons with Type 2 Diabetes (McGowan, Hensen, Lu, Dauphinee, Bradshaw, Leslie)	\$50,000
2003 BRITISH COLUMBIA MINISTRY OF HEALTH Implementation and Evaluation of Self-Management Programs in BC Health Regions (McGowan)	\$1,000,000
2002 HEALTH CANADA COORDINATING COMMITTEE ON THE NATIONAL DIABETES STRATEGY CARE WORKING GROUP Report on Self-Management Education for Diabetes (McGowan)	\$10,000
2001 BC MEDICAL SERVICES FOUNDATION Qualitative Evaluation of the Aboriginal TB Education Program (McGowan, FitzGerald, Dick, North, Watts, Paul, Abraham, George)	\$32,000
2001 HEMOPHILIA SOCIETY OF CANADA Hepatitis C/HIV Needs Assessment (McGowan)	\$41,265
2001 HEALTH CANADA, POPULATION AND PUBLIC HEALTH BRANCH Diabetes Self-Management Program (McGowan, Lorig, Nichol)	\$300,542
2001 BC CENTRE FOR DISEASE CONTROL Aboriginal Tuberculosis Education Program Evaluation (McGowan & FitzGerald)	\$60,000
2001 CANADIAN CENTRE FOR PHILANTHROPY What Difference Does Culture Make? A Study of Volunteering Among Seniors with Chronic Health Problems in Four Ethnic Communities. (McGowan, White, Upton, Reynolds, Ip)	\$107,560
2000 HEMOPHILIA SOCIETY OF CANADA Psychosocial Needs Assessment. (McGowan)	\$48,600
2000 VANCOUVER/COASTAL HEALTH AUTHORITY Implementation & Evaluation of the Chronic Disease Self-Management Program (McGowan)	\$96,600
1999 BC CENTRE FOR DISEASE CONTROL Aboriginal Tuberculosis Education Project. (McGowan)	\$100,000
1999 CANADIAN HEALTH NETWORK Resource Mapping of Self-Help. (McGowan & Fine)	\$56,000
1998 DAIRY FOUNDATION OF BRITISH COLUMBIA Evaluation of Health Education Methods and Materials. (McGowan)	\$15,000
1998 MEDICAL RESEARCH COUNCIL OF CANADA The High-Risk Patient Intervention Program Evaluation. (McGowan, Beattie, Chappell, Clarke, Gayton, Green, & Maclure)	\$287,750

1998 THE BC MEDICAL SERVICES FOUNDATION Evaluation of "Knowledge is the <i>best</i> medicine" program. (McGowan, Green, Clarke, MacLure, Chappell, Miller)	\$50,000
1997 HEALTH CANADA, ADULT HEALTH CARE DIVISION The Canadian Breast Cancer Initiative - Synthesis of Evaluation Reports and Identification of Common Themes. (McGowan)	\$25,000
1997 GOVERNMENT OF YUKON Feasibility and Viability of the Chronic Disease Self- Management Program in the Yukon. (McGowan)	\$50,000
1996 BC HEALTH RESEARCH FOUNDATION Excellence in Health: Seniors Medication Project. (McGowan, Cooke, Kilpatrick, Chappell, Green, Maclure, Clarke, Miller, Miller, Dibert)	\$5,000
1996 NEW HORIZONS, HEALTH CANADA Excellence in Health: Seniors Medication Project. (McGowan)	\$33,200
1996 VANCOUVER FOUNDATION Excellence in Health: Seniors Medication Project. (McGowan)	\$25,000
1996 BC HEALTH RESEARCH FOUNDATION (Stage 1 Development Grant). Excellence in Health: Seniors Medication Project. (McGowan, Cooke)	\$5,000
1995 BC HEALTH RESEARCH FOUNDATION Stage 1 Development Grant). Planning For Health In Delta: A Resident-based Approach. (McGowan, Sutherland, Lynch, Green, Carr, Robinson, Willis)	\$5,000
1994 THE ARTHRITIS SOCIETY & GOVERNMENT OF YUKON Prevalence and Social and Economic Correlates of Arthritis in Yukon Territory -Yukon Health Promotion Survey. (McGowan & Green)	\$9,000
1994 BC HEALTH RESEARCH FOUNDATION Special Research Demonstration Competition, Native Health, Stage II. 1992 - 1994. Impact of the Arthritis Self-Management Program with First Nations People. (Green & McGowan)	\$143,376
1994 SENIORS INDEPENDENCE PROGRAM, HEALTH CANADA Seniors Involvement in Self-Help Research. (Self-help Canada, Simon Fraser University Gerontology Research Centre, The BC Tri-University Health Promotion Consortium) (McGowan)	\$5,000
1994 NATIONAL HEALTH RESEARCH DEVELOPMENT PROGRAM Symposium on "Methodological Diversity and Quality in Applied Social and Health Research on Aging and the Elderly. Alymer, QB. (McGowan)	\$84,000
1994 SENIORS INDEPENDENCE PROGRAM, HEALTH CANADA National Arthritis Self-Management Program Implementation. 1990 - 1994. (McGowan, Green, Lorig, Edworthy, Badley, Devins, Choquette)	\$508,000

1993 SENIORS INDEPENDENCE PROGRAM, HEALTH CANADA Osteoporosis Prevention and Self-Management Program. (McGowan & Green)	\$240,000
1991 YUKON INVESTMENT FUND Yukon Self-Management, Support, and Community Involvement Project. (McGowan)	\$2,000
<b>HEALTH AND WELFARE CANADA</b>	
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. (McGowan, Brown, Burnside, Hill, Vadasz)	\$7750
1989 BC HEALTH RESEARCH FOUNDATION An Exercise Program for Women with Rheumatoid Arthritis: A Follow-Up Study. (McGowan, Dennord-Nelson)	\$5,840
1979 CITY OF EDMONTON, SOCIAL PLANNING BRANCH Evaluation of the Londonderry and Rundle Heights Boys and Girls' Clubs of Edmonton. (McGowan)	\$15,000

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

6. ***APPOINTMENTS AT UNIVERSITY OF VICTORIA***

***a. Academic:***

<b><i><u>Inclusive Years</u></i></b>	<b><i><u>Rank</u></i></b>	<b><i><u>Department</u></i></b>
2005 – present	Associate Professor	Social Sciences 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
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
Robert Toews	Self-Management Coordinator
Carol Sicoli, MA	Self-Management Coordinator
Jay Bains, MA, MPE	Punjabi Self-Management Program Coordinator
June Clearsky, BA	Interviewer
Linda Epp, BA	Interviewer
Ginette McLennan, BA, BEd	Project Support Assistant
Maria Reeves	Office Administrator
Suzanne Harmandian	Project Support Assistant

## 7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

### a. Articles Published in Refereed Journals

- 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 trail. 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***

- 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)***

- 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**

- 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*
- 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 Physiatrist 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

- 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 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
- 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 Wallegghem, 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 Walleggem, 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., & Goepfinger, 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, 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 “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, Health Canada	93 - 98
Chair, Stage 1 Review Committee, Community Research Grants, 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:*

Student                      Title

*b. Graduate Student Supervision*

<u>Year</u>	<u>Student</u>	<u>Degree Program</u>	<u>Type of supervision</u>
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:

Augmenting Traditional Diabetes Education with Self-Management Training  
Diabetes Care

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