

CHSSN

Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

PROJECT REPORT

Community Health Education Program (CHEP) 2009-2010



July 2010

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INTRODUCTION

The Community Health Education Program (CHEP) is a dynamic program that facilitates distance community learning of health and social information for English-speaking Quebecers in remote communities, via five different components:

- Videoconferencing
- Telephone conferencing
- Videoconferencing Session DVD's
- Community radio (Internet access)
- Follow-up activities (face-to-face)

The goal for this interim year for CHEP was to continue to support community networks in their efforts to improve access to health and social services in English. The activities for achieving this were:

1. Coordinating, delivering and evaluating videoconferencing and DVD sessions
2. Supporting community networks in identifying and delivering follow-up activities
3. Facilitating the development of sustainable partnerships with public and private partners

During the past year, only five of the intended ten video conferences could be provided due to uncertain funding. However, the chosen topics resulted in an unexpected outcome of a 50% increase in attendance at these videoconferences over the previous year.

Based on the knowledge that effective education often requires an extra component to help people act on the information they have been given, the Community Health Education Program encouraged and supported two follow-up initiatives that clearly demonstrated and enhanced the impact of videoconferencing.

This summary report highlights the results achieved over the past funding year of April 1, 2009 to March 31, 2010.

RESULTS ACHIEVED

Table 1: Summary of CHEP 2009-2010 Results at a Glance

DATE	TOPIC/PRESENTER	COMMUNITY NETWORK	PARTICIPANTS
April 29, 2009 1:30-3:30 PM	<i>Care-giving: At Home and in Institutions</i> Norma Gilbert, Community Organizer - CSSS Cavendish Montreal	Townshippers' Association – Estrie and Montérégie CASA MCDC NSCA Vision Gaspe	42 participants 6 community networks 6 sites
January 20, 2010 1:00-3:00 PM	<i>Parkinson 101</i> Lucie Lachance, R.N. MSc., McGill University Movement Disorder Clinic Ginette Mayrand, Parkinson Society Quebec	CAMI, CASA, Townshippers' Association –Montérégie (1 site) and Estrie (2 sites), Neighbours' Association, OHSSN, MCDC + 1 guest site: Huntingdon CLC (Nursing Assistance Students from Ormstown)	104 participants 7 community networks 7 sites 1 guest site (Huntingdon) For a total of 8 sites
February 3, 2010 1:00-3:00 PM	<i>Alzheimer's: Challenges and Support</i> Laura Guerschanik, Alzheimer Society of Montreal (ASM)	CAMI, CASA, MCDC, Townshippers' Association - Estrie, NSCA and OHSSN	94 participants 6 community networks 7 sites
February 23, 2010 7:00-9:00 PM	<i>Prostate Cancer: A Man's Perspective</i> Dr. Kees Maas, Psychologist Myra Siminovitch, Physiotherapist Montreal West Island Prostate Cancer Support Group	MCDC NSCA	30 participants * 2 community networks 2 sites
March 23, 2010 1:30-3:00 PM	<i>Seniors' Eye Health</i> Dr. Antonio Canuto, Optometrist – MAB-Mackay Rehabilitation Centre Patty Ferrarsi, MAB-Mackay Rehabilitation Centre	CAMI CASA (3 sites) Neighbour's Association of Rouyn-Noranda MCDC OHSSN Townshippers' Association- Estrie (2 sites)	98 participants 6 community networks 10 sites
TOTALS:	5 sessions	6/8 original community networks 1 new community network	368 participants 23 sites

* Townshippers' Association - Montérégie had 20 male participants confirmed, but was forced to cancel due to a crisis at the location.

Comments:

- Topics reflected the global needs as identified by the community networks
- The program schedule, set in advance, proved essential for effective planning
- Details of the above topics appear in the individual Impact Reports (APPENDIX E)

Highlights

1. The total of 368 participants represented an average of 75 participants per videoconferencing session, compared to 38 participants per session in the previous year.
2. Four out of five video conferences were requested “follow-ups” to previous topics. *Parkinson 101* was a new topic, with 104 participants at 8 sites.
3. The North Shore Community Association (NSCA) joined as a fully participating CHEP community network (See APPENDIX A – Letter of Thanks from a Community Member).

SIGNIFICANT OUTCOMES FROM THE VIDEO CONFERENCES

Acting upon lessons learned from last year:

- Topics had a wider appeal, contributing to a 50% increase in attendance at video conferences.
- Evaluations consistently reveal participants’ appreciation for the opportunity to interact directly with the expert speaker and with the other participating communities.
- Video conference presentations were limited to one hour, to better meet the needs of the communities, and this facilitated future use of the DVD recording.
- The optional half hour question period at the end of the sessions continued to be popular.
- Evidence of significant community utilization of the DVDs resulted in a decision to digitally record (DVD cam) the last 4 sessions to facilitate their potential editing.
- Reviewing and rating 2009-2010 DVDs, including outlines and resources, contributed to the production of a complete DVD resource binder to facilitate dissemination of the session DVDs.

ACTIVITIES

Resource-Sharing and Partnering

CHEP endorsed resource-sharing and partnering in order to sustain community capacity by:

- Promoting the *Pied/Stand-Up Programme* provided by the CSSS by linking community networks with applicable information and resources.
- Organizing a videoconferencing session on *Balance* with CSSS Laurentian and a new pilot community network (4Korners).

- Continuing contact with the Montreal West Island Prostate Cancer Support Group to ensure their outreach to the regions.
- Successfully partnering with four new regional and provincial associations: Parkinson Society Quebec, Alzheimer Society Quebec, Alzheimer Society Montreal (ASM), and the MAB-Mackay Rehabilitation Centre.
- Successfully engaging the CSSS Cavendish, Montreal for a video conference on care-giving and the CSSS La Pommeraiie Mont regie for “Health Matters.”
- Encouraging community network coordinators to enlist local volunteers at video conferences to greet and assist with consent forms and evaluations.
- Consistently promoting Care-Ring Voice, Ami-Quebec, Mini-Med, CLCs and other related health events.
- Continuing to partner with the CLC’s to promote their video conferences and facilities with the CHEP community networks.
- Updating and improving the CHEP web site and Health Resource Library: http://www.chssn.org/En/Health_Education_Program/index.html, linking to new partners (ex.: Parkinson Society Quebec).
- Promoting CHEP and its developing resources to nine existing and eight new community networks at the February Network Partnering Initiative (NPI) Retreat.
- Aligning the Seniors Health Promotion Modules (http://www.chssn.org/En/Health_Education_Program/health_resource_library.html) with related CHEP components.
- Compiling Impact Reports following each video conference to accompany requested DVDs and inform partners.

The CHEP supported two pilot programs with the Townshippers’ Association – Mont regie, which provided models for: a) Starting and sustaining a support group, and b) A series of CHEP DVD health sessions successfully involving CSSS professionals. This resulted in the development and implementation of two highly successful programs:

1. "Health Matters," a monthly scheduled presentation of a DVD chosen from previous CHEP video conferences. These were held at the CSSS in Cowansville, enabling health care professionals with interest in and/or expertise to participate in the question and answer period. The results encouraged a closer partnership amongst the community members, CSSS, Avanti Women’s group and Townshippers’ Association. An increasing number of participants each session attest to its success.

2. “Parkinson Peer Support and Caregivers group (PPS&C)” grew out of a need for English Parkinson’s resources and services in the Eastern Townships region. With the assistance of CHEP, an advisory committee was created and a support group of 19 participants was formed. Meeting monthly, they partnered actively with the Parkinson Society Quebec, Townshippers’ Association, Montérégie Wellness Group, and the Lac Brome Community Center. To date, the group has attended a video conference, requested the session DVD, and started an exercise class with CSSS assistance. Their numbers continue to grow at each monthly meeting.

These are but a few examples of what can be accomplished with a consistent coordinated team dedicated to involving the community and partnering with established community organisations to ensure participation in improving access to English health and social services in their remote regions.

Improved Documentation

An important task was further streamlining the evaluation process. This involved:

1. Improving videoconferencing agendas by integrating learning objectives, speaker biographies and available resources (APPENDIX B).
2. Renegotiating consent to enable more widespread use of the DVDs among the community networks.
3. Tightening the participant evaluation completed at every CHEP session (APPENDIX C).
4. Modifying the Networking, Partnering and Follow-up Information Sheet (APPENDIX D).
5. Producing Impact Reports (APPENDIX E), providing a synthesis of the sessions and illustrating immediate valuable feedback from participants.

The evaluation process was simplified and structured to enable the community network coordinators to review participants’ evaluations and submit a Summary of Evaluations, along with a Networking, Partnering and Follow-up Information Sheet. These tools:

- Assisted community networks and their organizers to apply the feedback from participants, ensuring better assessment of future needs.
- Facilitated session planning around the invitation of public partners and the targeted results in terms of follow-up.

ELEMENTS FOR SUCCESS

The lessons learned over the past year of CHEP programming include:

- Training CHEP community network organizers and their volunteers in group animation provides them with the means to more effectively engage their participants, stimulate learning and help them to feel more connected to each other and to the speaker.
- Video conference session DVDs continue to be a powerful tool for community networks to use in follow-up activities.
- Community network partnering with national, provincial and local associations enabled communities to access services in English and served to make the associations themselves, aware of the existence of the English community's need for these services.
- The CHEP allows for an integrated approach with other CHSSN programs such as: Senior's Health Promotion, Media Health Information and Community Public Health Strategy (See CHSSN web site: http://www.chssn.org/En/Programs_Projects.html).
- Community networks must be continually creative in exploring ways to engage their public partners around the five components of the Community Health Education Program.
- The DVD component was successful in helping to get public partners out for the "Health Matters" sessions and potentially serves as a model for other community networks.

ACKNOWLEDGEMENTS

The Community Health Education Program owes its continued success to:

- The community network coordinators—many thanks for their creative and tireless promotion of both videoconferencing and DVD sessions.
- Dynamic, interactive experts in their respective fields (nursing, counseling, psychology, education and community medicine), who presented a variety of health and social topics-- thanks to them and invited guest speakers from organizations representing chosen topics, CHEP participants keep coming back.
- The Montreal Children's Hospital Telehealth Coordination Centre team, for its smooth administration and coordination of the technical aspects of each video conference.
- McGill University for its continued funding of the distance community support program.

APPENDIX A: Thank you Letter from a Community Member

Allow me to express my thanks to the **Community Health Education Program** along with **CHSSN (Community Health and Social Services Network)** with the support of the local **CLC (Community Learning Center)** and **NSCA (North Shore Community Association)** here in Baie Comeau for making available the recent video conferences being held at Baie Comeau High School.

With the new services of video conferencing provided by our local **CLC** we have had experts inform the small English population in various regions of Quebec on subjects such as Parkinson's, Alzheimer's and just recently Prostate Cancer. In the past this was never possible but with the implication of Jody Lessard (**NSCA**), Marilyn Durepos (**NSCA**) and Maxime Cote (**CLC**) our conferences have been very informative and pleasant.

We have had excellent crowds for this relatively new service (here in Baie Comeau) being offered to the English community and I personally hope this service continues.

Who knows; we may have saved a life or two recently with the excellent presentation given by Kees Maas on his experience with Prostate Cancer. We were also supplied with excellent documentation and pins and awareness bracelets provided by Marilyn which she received from Prostate Canada. What a great initiative on her part.

THANK YOU to all mentioned above for this fine service you all are providing the English community. May the **Community Health Education Program** with cooperation of all the local associations expand to all regions of Quebec and continue to be very informative.

Thank you

David B.
[Baie Comeau, Quebec]

APPENDIX B: Sample Videoconferencing Session Outline

**COMMUNITY HEALTH EDUCATION PROGRAM
HEALTH VIDEO CONFERENCE
Tuesday, February 23, 2010
7:00 to 9:00 PM (EST)**

***Prostate Cancer: A Man's Perspective*
Kees Maas, Ph.D., Psychologist and Cancer Survivor
with Myra Siminovitch, MBA, Physiotherapist
Moderated by Jo Ann Jones, The Montreal Children's Hospital
Hosted by MCDC**

This health education session aims at increasing awareness and understanding about the disease and its impact. In addition to the speakers, representatives from The Montreal West Island Prostate Cancer Support Group will be present to answer your questions about available resources.

Learning Objectives

In this 45-minute presentation, interspersed with your questions, you will learn about:

- A man's perspective of prostate cancer
- The impact of the illness and treatments on family and work life
- Getting through the initial shock and ongoing concern about your health

About Your Speakers

Kees Maas is a psychologist, who, at 56 years old, is a survivor of two cancers. In 2008 he was diagnosed and treated for prostate cancer. His professional training and experience as a clinical psychologist contributes to his comments and understanding of his personal experience.

Myra Siminovitch is a physiotherapist specializing in osteoporosis and incontinence.

Resources

- Prostate Cancer Canada Network at www.cpcn.org
- West Island Prostate Cancer Support Group at www.mtlwiprostcansupportgrp.ca
- Video conference session DVD *Prostate Cancer 101* with Dr. Irwin Kuzmarov (October 22, 2008)

* * * * *

**Community Health Education Program
January to March 2010**

Upcoming—ask your community organization...

- *Parkinson 101* on Wednesday, January 20, 1:00-3:00 pm
- *Alzheimer's – Challenges and Support* on Wednesday, February 3, 1:00-3:00 pm
- ***Prostate Cancer – A Man's Perspective on Tuesday, February 23, 7:00-9:00 pm***
- *Seniors' Eye Health* on Tuesday, March 23, 1:00-3:00 pm

Visit CHEP online @ http://www.chssn.org/En/Health_Education_Program/index.html

APPENDIX C: Summary of Session Evaluations Sheet

Summary of Session Evaluations

Tell us about who attended your session by providing details taken from your Participant Session Evaluation Forms...

Total Number: _____ # of Males: _____ # of Females: _____ Age Range: _____
of Students: _____ # of Community Members: _____ # of Health Care Providers: _____
of Others: _____ Please explain: _____

Attendance Sheet signed by all participants: Yes No # of Consent Forms Received: _____

***Important Note:** Signed consent forms must be cross-referenced with the Attendance Sheet or else the DVD of the session cannot be released (in the case of videoconferencing).

Number of completed evaluations: _____

Please enter the total number of responses for each choice in the boxes from the Participant Session Evaluation Form / Question 4:

The Presentation	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
...was helpful					
...was interesting					
...met my expectations					
...resources/handouts were clear/useful					

Please give us 2-3 memorable quotes from "What did I learn today that is worth remembering for a lifetime?"

What other topics were mentioned as being of interest to your community?

What specific follow-up actions on this topic will you take to move forward in this area?

Other comments:

APPENDIX E: Impact Reports for the Five Video Conferences

CHSSN Community Health Education Program (CHEP) Impact Report – *Care-giving: At Home and In Institutions* April 29, 2009

“Don’t feel guilty; learn to forgive yourself,” “You are #1-remembering that caregivers come first,” “I need to pick my battles when I am visiting my loved one,” and “Quote of the day: ‘Good enough caregiver.’” – Participants, *Care-giving: At Home and in Institutions*.

A live video conference, *Care-giving: At Home and in Institutions*, with Norma Gilbert, Community Organizer, of the CSSS Cavendish, Montreal, took place in the afternoon of April 29, 2009. Five sites participated from CASA, MCDC, NSCA, Townshippers’ Association-Estrie and Montérégie and the Vision Gaspé community networks. This health education session, aimed at caregivers, volunteers and family members, was designed to increase people’s awareness and understanding about care-giving as a process and the issues involved in care-giving at home and in institutions. Stress management and care-giving for the care-giver were explored. This session provided information on ways to take care of oneself as care-giver so as to provide care without burning out. In all, 42 participants assembled to ask an expert questions on the topic of care-giving.

The presentation facilitated the sharing of information around one’s rights as a care-giver, how to set healthy limits and boundaries when care-giving and how to put one’s own needs on their to do list. Many resources were shared, including:

- CSSS Cavendish *Vital Aging Bulletin*:
<http://www.mcconnellfoundation.ca/utilisateur/documents/EN/Initiatives/Care%20Renewal/Vital%20Aging%20piece.pdf>
- For professionals:
http://www.santemontreal.qc.ca/CSSS/cavendish/docs/Counselling_Caregivers%20en.pdf
- Support for Family and Natural Caregivers:
http://www.ophq.gouv.qc.ca/documents/depliant/soutien_familles_ang.doc
- Care-Ring Voice Network: <http://www.caringvoice.com/>

Outcomes:

- 6 community networks attended with 6 sites
- 42 people (39 females and 3 males, ranging in age from 20 to 85 years) gained new knowledge about care-giving
- 100% of participants completed evaluations, rating the session as highly satisfactory
- Valuable links were made to the CSSS Cavendish in Montreal
- Community networks invited their public health partners, but none were able to attend.
- The session DVD and resources are now available for community networks’ use in follow-up activities (churches, curling clubs, service clubs, seniors’ groups and seniors’ residences)

CHSSN
Community Health Education Program (CHEP)
Impact Report – *Parkinson 101*
January 20, 2010

“We have to live with it but it does not have to control you,” “Movement disorder clinics exist throughout the province,” “Importance of good eating habits, exercise, etc,” “I know what questions to ask the doctor now and what symptoms to look for,” “TRAP – tremors, rigidity, akinesia, postural instability,” “How to tackle Parkinson’s Disease.” —Participants, *Parkinson 101* videoconference

On Tuesday afternoon January 20, 2010, seven community networks—Townshippers’ Association – Montérégie and Estrie, CASA, MCDC, NSCA, OHSSN, and Neighbour’s Association, along with one guest site, the Huntingdon CLC—participated via video conference to “ask an expert” on Parkinson Disease. Their chosen topic attracted ninety-nine people at eight different sites across Quebec. The practical and clear presentation by Lucie Lachance, M.Sc., Clinical Nurse Specialist – McGill Movement Disorder Clinic at the MUHC, was highly rated by the 104 attending persons with Parkinson’s, their caregivers, as well the group of Chateauguay Valley Career Center (Ormstown) nursing assistance students and their nurse instructors at the Huntingdon CLC.

This health education session, aimed at people with Parkinson’s, caregivers, volunteers and family members, was designed to increase people’s awareness and understanding about the disease. Issues such as communicating with health care workers, asking the right questions, and managing symptoms were explored. In addition the speaker talked about resources available from the Parkinson Society Quebec. In her 45-minute presentation, interspersed with questions, the presenter explored:

- What is Parkinson’s Disease?
- How is Parkinson’s disease diagnosed and treated?
- What to do if you have Parkinson’s Disease

The presentation was complimented by the presence of 17 members of the newly formed Parkinson Peer Support and Care-giving group in Lac Brome. They enthusiastically shared their experience in starting a support group for the English speaking population in the Eastern Townships. Our invited guest, Ginette Mayrand, a nurse-educator from Parkinson Society Quebec, provided resources and support from this organization. She extended a warm welcome to all the participants, encouraging requests in English to be directed to their office. Due to the unexpected high number of people attending and the numerous questions addressed, a *Parkinson Part 2* will be requested.

Outcomes:

- 7 community networks attended with 7 sites
- 1 guest site (Huntingdon CLC – healthcare students and instructors)
- 104 people participated (20 males and 84 females, ranging in age from 19 to 82 years); the majority was patients and family
- 88% return on evaluations, which overwhelmingly reveal that the presentation adequately answered their questions; they would recommend this session to others and that it met their expectations

- The session DVD and resources are now available for community networks' use in follow-up activities (churches, curling clubs, service clubs, seniors' groups and seniors' residences)
- Host community Townshippers' Association will be a resource for Anglophones as they now have a newly formed Anglophone support group for Parkinson's Disease
- New partnership and linking with Parkinson Society Quebec at www.parkinsonquebec.ca (1-800-720-1307) and Parkinson Society Canada at www.parkinson.ca (1-800-565-3000)

CHSSN
Community Health Education Program (CHEP)
Impact Report – *Alzheimer’s: Challenges and Support*
February 3, 2010

*“Never ask ‘Do you know me?’ always introduce yourself, “ “Same people but have changed a bit, “
“Communication is key to working with people with AD,“ “The way to talk to a person with
Alzheimer’s,” and “You are not alone...and there are lots of resources readily available in English.”*
—Participants, *Alzheimer’s: Challenges and Support* video conference

On Wednesday, February 3, ninety-four participants from six community networks at seven sites across Quebec—Magdalen Islands, Gaspé (Baie des Chaleurs), Thetford Mines, Bury, Gatineau and the North Shore—joined via video conference, Laura Guerschanik, Educator for the Alzheimer Society of Montreal. In her introduction to the Federation Alzheimer Quebec, which has 21 regional offices throughout the province, she extended a warm welcome from Sandro Di Coro, Executive Director, encouraging participants to contact and utilize their extensive resources and services.

This health education session, aimed at families and caregivers of people with Alzheimer’s, was designed to increase people’s awareness and understanding about the disease and related disorders. Participants also learned how to approach communication challenges using basic techniques that can be adapted to people touched by Alzheimer’s disease. The video conference addressed the following aspects of Alzheimer’s:

- What is Alzheimer’s disease and related disorders (ADRD)?
- What are the symptoms and risk factors of Alzheimer’s?
- What medications are currently available?
- Introduction to communication strategies

Numerous questions were directed to Laura throughout the one-hour presentation, spilling into an active half-hour optional question period! Practical examples in dealing with dementia, diagnosis, and treatment were described in a clear and sensitive manner, communication skills and personal experiences with socialization, inhibitions and loss of initiative demonstrated, were especially appreciated by family, caregivers and professionals in attendance.

Outcomes:

- 6 community networks attended with 7 sites
- 94 participants (15 males and 79 females, ranging in age from 19 to 83 years; the majority was patients and family)
- 100% return on evaluations overwhelmingly revealing that the presentation adequately answered their questions; they would recommend this session to others and that it met their expectations
- The session DVD and resources are now available for community networks’ use in follow-up activities (churches, curling clubs, service clubs, seniors’ groups and seniors’ residences)
- All community networks invited their public partners; none were able to attend

CHEP's initial contact with the Federation of Alzheimer's Quebec has resulted in all regional offices being contacted about the CHEP program and community needs for the English population. Two representatives in Bury and Baie des Chaleurs agreed to attend the video conference. All network coordinators had received the requested material in English. The Sherbrooke office of the Alzheimer Society has committed to providing a bilingual representative.

Follow-up Activity

- Community Network Coordinators are encouraged to maintain contact with their local Alzheimer's representatives for English resources. If no one asks they will be unaware of the need to keep in contact with the Alzheimer's Federation and Society to ensure a sustainable valuable partnership.

CHSSN
Community Health Education Program (CHEP)
Impact Report – Prostate Cancer: A Man’s Perspective
February 23, 2010

“Regular checkups/testing are key to early diagnosis,” “The better informed we are, the better off we’ll be,” “Kegel exercises,” and “Most men will experience some type of prostate problem as they age.”—Participants, *Prostate Cancer: A Man’s Perspective* video conference

On Tuesday evening, February 23, 2010, two community networks—MCDC and NSCA—participated via video conference in *Prostate Cancer: A Man’s Perspective* with Psychologist and cancer survivor, Kees Maas. Kees was joined by our frequent CHEP presenter, physiotherapist, Myra Siminovitch, specializing in incontinence. This follow up session to last year’s *Prostate Cancer 101* with Dr. Irwin Kuzmarov. The well attended session of 30 participants included pertinent physical exercises tried by all and numerous appropriate questions were asked throughout the one and a half hour presentation.

With one out of eight Canadian men developing this disease during their lifetime, prostate cancer is the most commonly diagnosed cancer in our male population. Consequently, this session aimed at increasing awareness and understanding about the disease and its impact. In addition to the speakers, representatives from The Montreal West Island Prostate Cancer Support Group were present to answer questions about available resources.

Following an informative and dynamic introduction on the anatomy and physiology of the prostate gland by physiologist and incontinence expert Myra Siminovitch, the predominately male attendees were captivated by the sensitive, personal story of Kees Maas. Kees Maas talked about the impact of the illness and treatments on family and work life and addressed getting through the initial shock and ongoing concern about one’s health. His presentation was enriched by the presence and exchange with Charles Curtis of the Montreal West Island Prostate Support Group. This group provided the written resources for our communities and has offered a province wide telephone Helpline, newsletter and up-to-date website.

Outcomes:

- 2 community networks attended with 2 sites
- With 15 confirmed reservations from the men of the Knowlton Lions Club the host Townshippers’ Association - Montérégie (with 16 confirmed participants) had to cancel at the last minute due to unforeseen circumstances at their conference site
- 30 participants (25 males and 5 females, ranging in age from 22 to 77 years)
- 100% of participants completed evaluations; most participants stated their questions were adequately answered, met their expectations and that they would recommend this session to others
- The session DVD and resources are now available for community networks’ use in follow-up activities (churches, curling clubs, service clubs, seniors’ groups and seniors’ residences)
- Unanswered questions indicated the need for participants to view the DVD *Prostate Cancer 101* with Dr. Kuzmarov (Oct. 22, 2008)

Follow-up Activities and Resources

The session DVD is available to all CHEP community coordinators and will be utilized by the host site Townshippers' Association for the Lions Club.

The key message "early detection is essential as prostate may be curable if diagnosed early" indicates the need to promote the two DVDs to the men in our communities as a two part health series with an invited expert facilitator.

MCDC of Thetford Mines has committed to a focus group of men who attended both video conferences to obtain info on future activities for September 2010 Prostate Cancer month.

The following resources were made available to the community networks:

- Prostate Cancer Canada Network at www.cpcn.org
- West Island Prostate Cancer Support Group at www.mtlwiprostcansupportgrp.ca
- Video conference session DVD Prostate Cancer 101 with Dr. Irwin Kuzmarov (Oct. 22, 2008)

CHSSN
Community Health Education Program (CHEP)
Impact Report – Senior’s Eye Health
March 23, 2010

“Excellent presentation by the doctor!” “Professional clear presentation with visual aids-extremely clear,” “Pay attention to eye changes,” “We should check for glaucoma after 40,” and “Importance of nutrition to eye health and preventing macular degeneration” —Participants, *Seniors’ Eye Health* video conference

On Tuesday March 23, 2010, six community networks—CAMI, CASA, MCDC, Neighbour’s Association, NSCA, OHSSN, and Townshippers’ Association-Montéregie—participated via video conference to “ask an expert” on Seniors’ Eye Health. This topic was chosen by Neighbour’s Association of Rouyn-Noranda and was an enhancement of the Senior’s Health Promotion Binder module *My Eyes are Dim*. The practical and clear presentation by Dr. Antonio Canuto, Optometrist with the MAB-Mackay Rehabilitation Centre, along with guest Patty Ferraresi Program Coordinator of the MAB-Mackay Rehabilitation Centre, was well attended by 97 participants at 10 sites.

This health education session aimed at increasing awareness and understanding about eye health and the various diseases affecting seniors’ vision. In this 45-minute presentation, interspersed with question periods, participants learned about:

- The anatomy of the eye
- Common eye diseases (cataracts, glaucoma, macular degeneration)
- Current prevention and treatment

Patty Ferraresi explained the various services of the MAB-Mackay Rehabilitation Center.

Outcomes:

- 6 community networks attended with 10 sites
- 98 participants (21 males and 77 females, ranging in age from 35 to 85 years); the majority were seniors
- 90% return on evaluations, overwhelmingly revealing that the presentation adequately answered their questions; they would recommend this session to others and that it met their expectations.
- The session DVD and resources are now available for community networks’ use in follow-up activities (churches, curling clubs, service clubs, seniors’ groups and seniors’ residences)
- The following resources were made available to all participants: *My Eyes are Dim* and *As the Eye Unfolds* - Senior’s Health Promotion Workshops online at http://www.chssn.org/En/Health_Education_Program/health_resource_library.html
MAB-Mackay Rehabilitation Centre at <http://www.mabmackay.ca/2.0/en/>

Follow-Up Activities

Patty Ferraresi made available post session to CHEP community networks, a list of service centers serving the remote regions of Quebec.