



National Health Promotion Program

National Program Consultant

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Expression of Interest: Healthy Spines 2008

The CAA National Board are funding the National Healthy Spines Health Promotion Program because they want to support community programs that lead to better spinal health for all Australians. At all times in Healthy Spines the focus is on **spinal health** - go visit the Healthy Spines website listed above to find out how we do this. As you all well know, whatever step(s) people take to look after their spinal health, whether it is learning good posture, exercising, ensuring furniture is appropriately sized or positioned, avoiding carrying heavy loads, creating policies for a safe environment, or consulting a spinal health professional, it is a good step and a step toward good overall health.

The training program will run over two weekends in an accessible location for CAA members across the country on Nov 30th-Dec 2nd and Feb 8-10th. To participate you pay a co-contribution fee of \$600 (GST incl.), about 30-35% of the training program cost). At this point in time, these dates do not overlap with other major professional development events. The exact location depends on the outcomes of this expression of interest, as we will choose a location nearest to the strongest show of interest. Those who need to travel will pay a lower co-contribution fee. We strongly encourage **both** metropolitan and rural Chiropractors to be involved, as has occurred in all four previous programs since 2004. Information on training scholarships to support rural practitioners is available from the CAA.

If you become involved with Healthy Spines then you will learn about and strengthen your ability to:

- Engage and work with children
- Understand and practice Health Promotion
- Create good relationships with school communities
- Promote good spinal health for Australia's young people

This is a golden opportunity to learn some 'real' health promotion skills to use within your local community that are specific to chiropractic and spinal health, and significantly extend any health education work you may be doing currently. These skills are 'transferable'. You will find them incredibly useful in other aspects of communication and healthcare within your practice. The promotion of health, including spinal health, can lead to better-informed people and safer and healthier environments, as well as reduced health care costs for both individuals and society in general. It can mean an increased quality of life for people. We believe there is no better place to start this process than with children.

What exactly do you do in the Healthy Spines National Health Promotion Program?

First, as a volunteer chiropractor you complete an intensive training program in health promotion and working with schools. You attend two weekend workshops in late 2007 and early 2008 - they involve Friday evening, Saturdays, and Sunday sessions. There are eight required training sessions in total; 3-4 sessions are covered at each weekend workshop and the 8th occurs via teleconference once you start to engage schools in 2008. You must complete several follow-up readings, school observation and journal writing tasks for the 1st six sessions. Once you attend all sessions and complete all follow-up tasks, you become an official Healthy Spines Program Team Member (PTM). Allow ~ 45 hrs to complete the entire training program, and ~60 hrs to run a Healthy Spines program. This program has been

assessed by the CAA (National) Ltd and allocated a continuing professional development categorisation rating of **8 hrs in EACH of Category A, B and C**. To qualify for these CPD points you must complete **both** the training and the Healthy Spines program (including all evaluation tasks) within 2 years.

Upon becoming an official PTM you establish contact with a local school with which you wish to be involved so you can deliver the school-community and classroom-based components of Healthy Spines. These components are mapped out for you in a comprehensive handbook and CD that provides all the details of what you do and when. The program has been written to middle primary (Years 3-5) curriculum standards. You receive the handbook and CD during the training, as it is directly linked to the training content, and you need to become **very** familiar with it. The CAA will provide all program materials or props, although you will need to print/photocopy some of the forms required.

The following activities take place in Healthy Spines:

- PTMs meet with Principals and teaching staff to discuss and plan the program.
- School staff, school community members and participating students are surveyed on their knowledge and opinions about spinal health **before** the program starts.
- PTMs meet with members of the school community, either in a community meeting, at a 'Parents and Friends'/School Council meeting, a school event or through phone and letter contact to explain the purpose and focus of the program.
- PTMs run the classroom program in two Year 3, 4 or 5 classes involving 3 or 4 visits - the students also complete between session activities with teacher support.
- PTMs support students and teachers in sharing the outcomes of their work with the wider school community - strategies for doing this are outlined in the handbook.
- Outcomes are evaluated by surveys of staff, students and parents/guardians of the involved students, interviews that PTMs conduct with teachers and Principals, and journals kept by PTMs.
- Certificates of participation and completion are provided to participating students, schools & PTMs.
- Feedback on the evaluation will be provided to the school.
- The evaluation information will be pooled with other schools' evaluation outcomes from around Australia to create a report on the overall Healthy Spines Health Promotion Program in 2008 and build on the report of the outcomes from the previous four annual programs.

What do you gain...?

...a unique opportunity for focused training in health promotion work, and working effectively and respectfully with school communities. Usually such training is only available through universities or general professional development courses that are not targeted to spinal health applications. Many aspects of the training and program are transferable to other areas of your work, eg: communication skills; working in partnership with clients, other providers, and community groups; planning service goals, objectives and strategies; and evaluating your service - both your everyday work and any specific initiatives your clinic may take on. If you complete both the training program and run a Healthy Spines school program within a 2 year period, you get 8 hrs of CPD points in Category A, B & C.

You will be supported to participate in a well structured and proven health promotion activity that provides you with a positive way of contributing to a wider number of people in your local community. Please note that the project is about community service; it is **not** a practice building activity. However, your involvement will usually lead to a greater standing in your local community and an awareness of chiropractors' capacity to contribute positively and diversely to the community's health.

So, express your interest to join Healthy Spines! Contact the CAA on (02) 4731-8011 or nhq@caa.asn.au with your name, email, phone # and location **BY OR BEFORE SEPTEMBER 14th**. An official 2008 enrolment form with additional details, including training location, will be sent out in mid-September, and must be submitted with payment by October 19th 2007.