

UNIVERSITY OF VICTORIA
FACULTY CURRICULUM VITAE

Date: November, 2017
Name: McGowan, Patrick, Professor
Faculty or School: Human and Social Development
Department: School of Public Health and Social Policy

1. DEGREES AND DIPLOMAS

<i>Degree</i>	<i>Field</i>	<i>Institution</i>	<i>Year Granted</i>
Ph.D.		Institute of Health Promotion, University of British Columbia	1996
<i>Title of Thesis or Dissertation</i>			
The Relationship of Self-Efficacy to Pain, Depression and Quality of Life			
M.S.W.	Social Work	University of British Columbia	1975
B.A.	Sociology	University of British Columbia	1973

2. POSITIONS HELD PRIOR TO APPOINTMENT AT UNIVERSITY OF VICTORIA

2002 -	Associate Director, Institute on Aging & Lifelong Health (Ladner Office) University of Victoria
1996-2001	Assistant Director / Senior Research Associate, University of British Columbia Institute of Health Promotion Research
1995-2002	Project Evaluator, British Columbia Excellence in Health: Seniors Medication Strategy
1997	Sessional Instructor - U.B.C. School of Social Work SOWK 573 - Health Policy SOWK 420 - Research Methods
1995-97	Recipient - NHRDP Community Researcher Award Seniors Independence Research Program and Canada's Drug Strategy
1993-95	Recipient - National Health Ph.D. Fellowship
1987-95	Director of Social Work Services, The Arthritis Society of British Columbia
1993-94	Sessional Instructor - U.B.C. School of Social Work SOWK 551 - Research on Social Welfare Programs and Policies

1982-84	Case Manager, City of Vancouver Health Department, Long Term Care Program
1980- 82	Research & Evaluation Consultant, Registered Nurses Association of BC
1978	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	Author, B & C List Publishers
1975	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

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

2017-19 CIHR PARTNERSHIPS FOR HEALTH IMPROVEMENT Cancer Burden: Testing a Proactive Model of Care to Improve the Quality of Toxicity Management through Patient Activation for Cancer Self-Management during the Active Treatment Phase. (Krzyzanowska (PI); Howell (Co PI); Redwood, Barbera, Kukreti, Wiljer, Sherifali, Lukosius-Bryant, McGowan, Papadakos, O'Brien, Pond, Pottie & Finnerty).	\$1,000,000
2017-18 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES Patient self-management programs and health professional self-management support training. (McGowan)	\$2,200,000
2016-17 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES Patient self-management programs and health professional self-management support training. (McGowan)	\$2,180,000

2015-16 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES Patient self-management programs and health professional self- management support training. (McGowan)	\$2,000,000
2015 CANADIAN INSTITUTES OF HEALTH RESEARCH SPOR Research Network for self-management of multimorbidities (McCusker, Godwin, Liddy, McGowan, Kennedy)	\$50,000
2014 THE LAWSON FOUNDATION The Role and Effectiveness of Diabetes Coaches in British Columbia (McGowan)	\$200,000
2012 THE LAWSON FOUNDATION The Effectiveness of Diabetes Self-Management Program in a Canadian Setting. (McGowan)	\$40,000
2012-15 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES Patient Self-Management Programs and Health Professional Self- Management Support Training. (McGowan)	\$6,000,000
2011-12 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES Patient Self-Management Programs and Health Professional Self- Management Support Training. (McGowan)	\$2,000,000
2011 PUBLIC HEALTH AGENCY OF CANADA The Punjabi Diabetes Self-Management Program (McGowan)	\$109,760
2010-11 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES Patient Self-Management Programs and Health Professional Self- Management Support Training. (McGowan)	\$2,000,000
2010 CANADIAN ARTHRITIS NETWORK Development and evaluation of a culturally sensitive, family-based psycho-educational arthritis management program for Aboriginal Peoples. (Lacaille, Esdaile, Backman, Li, Avina, McGowan)	\$299,526
2010 CIHR Integration of a Disease Self-Management Approach in the Cancer System to Optimize Health and Living with Cancer: A Road Map for Implementation. (Howell, Bottorff, Elser, Fleshner, Jones, Krzyzanowska, McGowan)	\$228,250
2010 CIHR Reducing malaria related child mortality in Uganda: defining a sustainable community self-management program. (Kassam, Adome, Hogg, Lowenberger, McGowan, Ochwo)	\$100,000
2010 THE LAWSON FOUNDATION The Effectiveness of Diabetes Self-Management Program in a Canadian Setting. (McGowan)	\$150,000

2009-10 BRITISH COLUMBIA MINISTRY OF HEALTH SERVICES Patient Self-Management Programs and Health Professional Self-Management Support Training. (McGowan)	\$1,644,113
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
2008-9 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 (McGowan)	\$30,000
2005 HEALTH CANADA Diabetes Self-Management Programs in Aboriginal Communities (McGowan)	\$60,000
2005-6 BC MINISTRY OF HEALTH SERVICES Implementing and Evaluating Self-Management Programs in BC (McGowan)	\$1,553,868
2005 MICHAEL SMITH FOUNDATION FOR HEALTH RESEARCH Seniors Preventative Health Intervention Program (McGowan, Cloutier-Fisher, Crow, Penney, MacLure, Warburton, Virani, Smith, Korabek)	\$100,000

2004-5 BRITISH COLUMBIA MINISTRY OF HEALTH Implementation and Evaluation of Self-Management Programs in BC Health Regions (McGowan)	\$425,425
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
2003-4 BRITISH COLUMBIA MINISTRY OF HEALTH Implementation and Evaluation of Self-Management Programs in BC Health Regions (McGowan)	\$155,707
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. (McGowan & Green)	\$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
1988-91 HEALTH AND WELFARE CANADA Health Promotion Secretariat - Seniors Independence Program (McGowan)	\$261,207
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

6. APPOINTMENTS AT UNIVERSITY OF VICTORIA

a. Academic:

<i>Years</i>	<i>Rank</i>	<i>Department</i>
2012 -	Professor	School of Public Health and Social Policy
2005 – 2012	Associate Professor	Centre on Aging - Social Sciences
2002 – 2005	Assistant Professor	Centre on Aging - Social Sciences

b. Administrative:

Funds and directs the Ladner Office of the Centre on Aging & Lifelong Health. Staff:

Sherry Lynch, MSW	Research Associate
Rhonda Carriere, MA	Coordinator, Self-Management Programs (Fraser Health)
Mark Davies, BA	Coordinator - Self-Management Programs (Vancouver Island)
Karen Hannah, BSW	Coordinator, Self-Management Program (Vancouver Coastal)
John Murphy	Coordinator, Self-Management Programs (North)
Charles Labun, BSc	Coordinator, Self-Management Program (IH)
Lana Barry, BA, BEd, MEd	Coordinator, Online Self-Management Program
June Clearsky	Coordinator, Aboriginal Self-Management Programs
Jagdev Bains, MPE, MA, BSc	Coordinator, Punjabi Self-Management Program
Courtney Kang, MD, MPH	Coordinator, Chinese Self-Management Program
Sofia Khouw, MA Psych	Coordinator, Self-Management Health Coach Program
Louise Rolland, DCH, AIEHP, DBA	Office Manager
Naida Khan, MBA	Office Administrator
Navah Jacobs, MA	Research Assistant
Suzanne Harmandian, RSA	Research Assistant
Julieta Gerbrandt, MSc	Research Assistant

Shayan Shakeraneh, MPH	Research Assistant
Ginette McLennan, BA	Project Support Assistant
Christine Bramwell, BA	Project Support Assistant
Lisa Herriot, BA	Project Support Assistant
Becca Bastien, BA	Project Support Assistant
Terry Griffiths, BA	Administrative Support

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

a. Articles Published in Refereed Journals

- 2015 McGowan, P. The relative effectiveness of self-management programs for type 2 diabetes. *Canadian Journal of Diabetes*, 39, 5, 411-419.
- 2013 McGowan, P. The challenges of integrating self-management support into clinical settings. *Canadian Journal of Diabetes*, Vol. 37, Issue 1, 45-50.
- 2013 McQuillen K, Davis CL, Ho K, McGowan P, Resin J, McEwan K, Kallstrom L, Rauscher C. Challenges in measuring patient participation: case studies from British Columbia's Patients as Partners initiative. *J Participat Med*. 2013 Feb 27; 5:e10.
- 2012 McGowan, P. Self-management education and support in chronic disease management. *Primary Care: Clinics in Office Practice*. 39 (2012) 307-325.
- 2011 McGowan, P. The effectiveness of diabetes patient education and self-management education in persons with type 2 diabetes. *Canadian Journal of Diabetes*, 35, 1, 46-53.
- 2006 Fu, D., Ding, Y., McGowan, P., & Fu, H. Qualitative evaluation of Chronic Disease Self-Management Program (CDSMP) in Shanghai. *Patient Education and Counselling*, 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.
- 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: 49-53.
- 1998 McGowan, P. (1998). Review of supporting self-care: The contribution of nurses and physicians. *Patient Education and Counselling*, 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*. 201-212.
- 1992 McGowan, P. (1992). Self-Help. Recovery. Insurance Corporation of British Columbia Magazine, Vol.3, No.6, December. 30-34.
- 1990 McGowan, P. (1990). Psychological, emotional and practical problems of persons with arthritis. *Canadian Family Physician*. March. 503-507.
- 1988 McGowan, P. (1988). Arthritis men's group. *Arthritis Care and Research*, Vol.1, No.1, March. 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. 225-237.

b. Books, Chapters, Monographs

- 2015 McGowan, P. Integrating self-management support in clinical practice: The Tri-cities and Maple Ridge Diabetes Health Centres experience. *The Diabetes Communicator*, Spring 2015.
- 2010 McGowan, P. Patient education and self-management support. In A.R. Jadad, A. Cabrera, R. Lyons, F. Martos & R. Smith (Eds.) *When People Live with Multiple Chronic Diseases: A Collaborative Approach to an Emerging Global Challenge*.
- 2008 McGowan, P. The delivery of self-management interventions. In S. Newman, L. Steed and K. Mulligan (Eds.) *Chronic Physical Illness: Self-Management and Behavioural Interventions*. Berkshire England: Open University Press, McGraw Hill.
- 2006 McGowan, P. The Chronic Disease Self-Management Program in BC. In J. Dorland & M.A. McColl (Eds.) *Emerging Approaches to Chronic Disease Management in Primary Health Care*. Montreal & Kingston: McGill-Queen's University Press.
- 2005 McGowan, P. Patient Self-Management. Background paper to the New Perspectives: International Conference on Patient Self-Management. Victoria, BC. September 2005.
- 2002 McGowan, P. We are more than just asking questions! Implementation and evaluation of self-management programs in Aboriginal communities. In L. E. Young & V. Hayes (Eds.) *Transforming Health Promotion Practice: Concepts, Issues, and Applications*. Philadelphia: F.A. Davis Company.

- 1996 Heart and Stroke Foundation of British Columbia and Yukon (1996). Secondary analysis of the Yukon Health Promotion Survey: From a heart health perspective. Vancouver: Author (Maxwell, McGowan, Green).
- 1995 The Arthritis Society, British Columbia and Yukon Division (1995). The First Nations Arthritis Self-Management Program. Vancouver: Author (McGowan & Green).
- 1994 The Arthritis Society of Canada. The impact of the Arthritis Self-Management Program in Canada. Toronto: Author (McGowan).
- 1990 The Arthritis Society, British Columbia and Yukon Division. The ABC Project - Providing active participation in responsible health care. Vancouver: Author (McGowan).
- 1982 Registered Nurses Association of British Columbia. Quality Assurance Program: Demonstration Project. Vancouver: Author (McGowan).
- 1980 City of Edmonton Social Planning Department. Evaluation of The Boys and Girls Clubs of Edmonton. Edmonton: Author (McGowan).
- 1977 Educational Research Institute of British Columbia. Declining enrolment: Implications for British Columbia's public school system. Vancouver: Author (Schwartz & McGowan).

c. Other Publications

- 2014 McGowan, P., Effectiveness of Diabetes Self-Management in the Canadian Context. Submitted to The Lawson Foundation of Canada.
- 2009 McGowan, P., Effectiveness of the Chronic Disease Self-Management Program in Aboriginal Communities. Report submitted to Health Canada, Aboriginal Diabetes Initiative.
- 2009 McGowan, P., Self-Management Support Programs in BC Aboriginal Communities 2008-09. Report submitted to Health Canada, Aboriginal Diabetes Initiative.
- 2008 McGowan, P., Self-Management Programs in BC Aboriginal Communities. Report submitted to First Nations and Inuit Health Branch, Health Canada.
- 2007 McGowan, P., Northern Aboriginal Communities Diabetes Self-management Project. Submitted to First Nations and Inuit Health Branch, Health Canada.
- 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., Chronic Disease Self-Management Program in BC Aboriginal Communities. Report submitted to Health Canada.
- 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., Evaluation of the Diabetes Self-Management Program. Report submitted to Health Canada, Diabetes Initiative.
- 2003 McGowan, P., Chronic Disease Self-Management Program Vancouver and Richmond, BC Evaluation. University of Victoria.

- 2003 McGowan, P. 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. 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 McGowan, P., Chronic Disease Self-Management Program - Vancouver and Richmond BC. Program Evaluation. Report submitted to Vancouver/Richmond Health Board.
- 2000 McGowan, P. 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. "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. 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. "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. Review of supporting self-care: The contribution of nurses and physicians. Patient Education and Counseling, 33, 91.
- 1977 McGowan, P. The Osteoporosis Self-Management Program evaluation. Report submitted to Seniors Independence Program, Health Canada.
- 1997 McGowan, P. 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. Quality Assurance Program: Demonstration Project. Vancouver: Author (McGowan).
- 1980 City of Edmonton Social Planning Department. Evaluation of the Boys and Girls Clubs of Edmonton. Author (McGowan).

d. Papers, Lectures and Addresses

Invited Presentations and Lectures

- June, 2017 Mary Pack Arthritis Program REACH Education Day, Vancouver BC, June 5.
 - *Self-Management Programs in BC Communities*
- May, 2017 Exploring Evidence in Wound Care, Kamloops, BC, May 13.
 - *Coaching and Other Strategies to Support Self-Management*
- Nov., 2016 Re-think Aging National Conference. National Institute on Aging, Toronto ON, Nov 24-2
 - *Consumer-directed and peer supported models of care*

- March 2016 CIHR Institute of Musculoskeletal Health and Arthritis. Vancouver BC, March 30-31
 - *Peer involvement in programming and research*
- March 2016 University of Victoria “Optimizing Aging and Health Colloquium.” March 1, Victoria BC
 - *The role and effectiveness of self-management support.*
- Nov., 2015 Cancer Quality Council of Ontario 12th Annual Signature Event. Toronto ON, Nov 18th
 - *Self-management Supports: Building Capacity Among HealthCare Professionals*
- Nov., 2015 2015 ARC / ARHP Annual Meeting, San Francisco, CA. Nov 6-11.
 - *Make self-management a reality (Workshop - McGowan, P. & Lorig, K.)*
- May, 2015 BC Hospice Palliative Care Association, Richmond BC.
 - *Decision making strategies in self-management*
- March, 2015 Thriving Community Partnerships for Healthy Aging Forum - Lillooet Hospice Society and Squamish Lillooet District, Squamish BC.
 - *Our responsibility in managing our chronic health conditions.*
- Feb., 2015 Quality Forum - BC Patient Safety & Quality Council, Vancouver, BC
 - *Self-management support: An effective prescription for patients and providers.*
- June, 2014 CINI 2014. Health and Civil Society, Surrey, BC.
 - *Self-Management Program – BC Experience.*
- Apr., 2014 Oceanside Family Health & Wellness Fair. Parksville, BC.
 - *Self-management and wellness for quality of Life.*
- Oct., 2013 9th Lawson Diabetes Workshop, Montreal, QC.
 - *The relative effectiveness of diabetes self-management programs in a Canadian context.*
- Oct., 2013 3rd World Parkinson Congress. Montreal QC.
 - *Evidence-based self-management practices.*
- June, 2013 Canadian Public Health Association 2013 Annual Conference. Ottawa, ON.
 - *Self-management support strategies to influence patient behaviours (Pre-conference Workshop).*
- Mar., 2013 Vancouver Island University ElderCollege, Parksville BC.
 - *Sustainability and you.*
- Nov., 2012 The 18th Annual Conference “A Canadian Healthcare Crisis: Chronic Wounds.” London, ON.
 - *Strategies to support patient self-management of chronic wounds.*
- Oct., 2012 Health Literacy Event. Pharmaceutical Services Division, Ministry of Health, Victoria, BC.
 - *Self-management programs.*
- Oct., 2012 Continuing Care Conference, Dept of Health and Social Services, Yellowknife, NWT.
 - *Using self-management support with clients.*
 - *Integrating self-management support into clinical practice.*
- May, 2012 Mary Pack Arthritis Program Staff Education Day, Vancouver, BC.
 - *The 5A’s approach to facilitating client self-management.*

- May, 2012 Transforming Wound, Ostomy and Continence Care Conference. Canadian Association for Enterostomal Therapy, Vancouver, BC.
- *Using self-management support strategies to influence patient behaviour.*
- Nov., 2011 North West Community Care Access Centre, Thunder Bay, ON.
- *Rationale for self-management support from an administrative perspective.*
 - *Self-management support for health care providers. (two workshops)*
 - *Chronic disease self-management: The theory, research and evidence.*
- Nov., 2011 6th Annual Island Rehabilitation Forum, Parksville, BC.
- *Self-management support for health care providers.*
- Sept., 2011 Implementing Chronic Condition Self-Management in Practice, Adelaide, Australia
- *Self-management in British Columbia, Canada and the emergence of the chronic pain program.*
- June, 2011 Provincial Pain Summit, Vancouver, BC.
- *Self-management support strategies for health professionals.*
- May, 2011 Grand Rounds GF Strong Rehabilitation Centre, Vancouver, BC.
- *Self-management research.*
- Mar., 2011 Tour Way to Wellness, Wolfville, NS.
- *Self-management and Aboriginal communities.*
 - *Facilitation skills.*
- Mar., 2011 3rd Annual Chronic Disease Self-Management Conference, Ottawa, ON.
- *Self-management in Aboriginal communities.*
 - *Self-management support strategies for health professionals.*
- Mar., 2011 Foundation for Medical Excellence & The College of Physicians and Surgeons of British Columbia. 24th Annual Pain and Suffering Symposium. "The Assessment and Management of the Patient with Complex Chronic Pain, Vancouver, BC.
- *Self-management support techniques to help patients manage pain.*
- Feb., 2011 The Inaugural Asian Conference on Integrated Care. Singapore
- *Strategies to support self-management in chronic conditions.*
- Nov., 2010 Chronic Pain Association of Canada, Vancouver, BC.
- *Self-management for chronic pain.*
- Oct., 2010 7th Lawson Foundation Diabetes Workshop, Edmonton, AB.
- *The effectiveness of the Diabetes Self-Management Program in a Canadian context.*
- Sept., 2010 Chronic Disease Management Institute, Toronto, ON.
- *Self-management support: An integral component of the Chronic Care Model.*
 - *Self-management support strategies.*
- Apr., 2010 Building Bridges 13 Conference. Vancouver Coastal Health. Vancouver, BC.
- *Self-management support for health professionals.*

- Mar., 2010 Lost in Knowledge Translation? Innovation in Health Human Resources Policy. 2010 CHSPR Conference., Vancouver, BC.
- *Innovative models of service delivery.*
- Nov., 2009 Oswaldo Cruz Foundation International Seminary Manguinhos, Rio de Janeiro, Brazil.
- *The concept of self-management.*
 - *Self-management support for health professionals.*
- Sept., 2009 Building Momentum for CDPM. Newfoundland Health. Gander, NL.
- *Introduction to self-management.*
 - *Self-management support for health professionals.*
- Sept., 2009 Nova Scotia Diabetes Care Program of Nova Scotia. NS.
- *Self-management support for health care professionals.*
- Apr., 2009 Heart and Stroke Conference. Niagara on the Lake, ON.
- *The place of self-management support in the Chronic Care Model.*
- Mar., 2009 University of Wisconsin LA CROSSE 2009 Canadian Health Promotion / Public Health Study Tour, Vancouver, BC.
- *Self-management in British Columbia and Canada.*
- Mar., 2009 Diabetes Education Academy, Vancouver, BC.
- *Chronic disease self-management support strategies.*
- Mar., 2009 8th BC Aboriginal Diabetes Conference. Penticton, BC.
- *Self-care strategies in managing diabetes – We also have responsibilities!*
- Nov., 2008 2nd 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, Gloucester, ON.
- *Chronic disease self-management: Improving care in the Champlain LHIN.*
- June, 2008 Montreal Neurological Institute and Hospital, McGill University, Montreal, QC.
- *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.*
- Mar., 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, AB.
- *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, ON.
- *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, MB.
- *Behavior change through self-management.*

- May, 2007 Valley Spring Refresher. Wolfville, NS.
 - *Patient self-management and self-management support: Effective ways to motivate patients.*
- Apr., 2007 Special Lecture series. Montreal Neurological Hospital, Montreal, QC.
 - *The community self-management program and self-management support.*
- Apr., 2007 Symposium on Management of Chronic Illness During the Life Course. Bielefeld, Germany.
 - *Theoretical orientation to self-management in chronic illness.*
- Mar., 2007 Central Regional Health Authority, Portage, MB.
 - *Behavior change through self-management.*
- Mar., 2007 2nd Annual Oregon Living Well with Chronic Conditions Forum. Portland, Oregon, USA.
 - *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, ON.
 - *Effects of a Self-Management Program.*
- Nov., 2006 Patient Adherence and Chronic Disease Management Strategies Conference, Toronto, ON.
 - *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, ON.
 - *Implementing the Chronic Disease Self-Management Program in British Columbia.*
- Sept., 2006 Yorkton Diabetes Forum, Yorkton, SK.
 - *Patient self-management and self-management support.*
- Sept., 2006 Canadian Association of Nephrology Social Workers Annual Meeting, Ottawa, ON.
 - *Self-management for renal social work.*
- June, 2006 RehabNet National Conferenc, Vancouver, BC.
 - *Understanding self-management.*
- June, 2006 Chronic Disease Managed Care Conference, Vancouver, BC.
 - *Implementing the Chronic Disease Self-Management Program in BC.*
- May, 2006 Health Quality Council, Saskatoon, SK.
 - *Patient self-management.*
- Apr., 2006 Diabetes Care Program of Nova Scotia and Cardiovascular Health Nova Scotia – 2006 Joint Spring Workshop. “Chronic Care: Maximizing the Concept of Self-Management.” Halifax, NS.
 - *Enhancing the effectiveness of patient education with self-management training.*
- Apr., 2006 National Chronic Disease Management Conference, Toronto, ON.
 - *Chronic Disease Self-Management Program in BC.*

- Mar., 2006 Country Roads, Merrickville District & North Lanark County Community Health Centres, Perth, ON.
 - *Enhancing effectiveness with patient self-management.*
- Mar., 2006 Bridgepoint Health Centre, Toronto, ON.
 - *Interactive skills-building activity: Supporting patient self-management.*
- Mar., 2006 Bridgepoint Health Centre, Toronto, ON.
 - *Advanced patient self-management concepts.*
- Feb., 2006 Delta Home Care Nurses for 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.*
- Mar., 2005 BC Regional Seniors' Workshop on Research, Vancouver, BC.
 - *From concept to results: Self-management programs for chronic health conditions 1987 to 2005.*
- Mar., 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.*
- Mar., 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 - 21st Century. Calgary, AB.
 - *Chronic disease management and First Nations communities. (Keynote Closing Address).*
- Nov., 2003 3rd 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.*
- Apr., 2003 BC Nutrition Council Annual Meeting, Vancouver, BC.
 - *Enhancing patient education.*

- Mar., 2003 City Psychiatrist Association, Education In-Service, Vancouver, BC.
 - *Self-management patient education.*
- Nov., 2002 BC Aboriginal Diabetes Conference, Penticton, BC.
 - *Using self-management in diabetes.*
- Oct., 2002 37th 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 Self-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.*
- Apr., 2002 Workshop on Aboriginal Health Promotion Research, Victoria, BC.
 - *Strengths of health promotion/participatory research in addressing community health – The Aboriginal TB Education Program.*
- Mar., 2002 BC Health Association Strategic Workshop on Chronic Disease Management, Vancouver, BC.
 - *Implementation and evaluation of self-management programs in BC & Canada.*
- May, 2001 1st 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.*
- Mar., 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.*
- Mar., 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.*
- Apr., 1995 Self-Help Conference 1995 - Self-Help Association of B.C. New Westminster, BC.
- *Moving beyond the self-help ideology.*
- Mar., 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 28th 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.*
- Mar., 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.*
- Apr., 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.*

Presentations with Published Abstracts

- 2017 McGowan, P., Gerbrandt, J., Lynch, S., Hensen, F., Harmandian, S., Albrecht, L. 2017 CDA/CSEM Canadian Diabetes Association Professional Conference and Annual Meeting, Edmonton AB Oct 2-4. CJD Oct 2017, Vol 41, Suppl 1.
 - *A Grounded Theory Study Describing the Process of a Peer-delivered Telephone Coaching Program for Persons with Type 2 Diabetes*
- 2017 McGowan, P. & Hensen, F. Quality Forum 2017. Vancouver, BC, March 1-3
 - *The Feasibility, Viability and Effectiveness of Peer Coaches*
- 2016 McGowan, P. & Hensen, F. Patient Experience Summit 2016. Surrey BC, Dec 2.
 - *Peer coaching for effective diabetes self-management*
 - *Using the Patient Activation Measure to gauge activation*
- 2016 McGowan, P. & Hensen, F. 2016 CDA/CSEM Canadian Diabetes Association Professional Conference and Annual Meeting, Ottawa, ON, Oct 26-29.
 - *Integrating self-management support into diabetes clinical care*
 - *Feasibility and effectiveness of peer diabetes health coaches*
- 2015 McGowan, P. & Hensen, F. 5th Annual Quality Forum. Vancouver, BC, Feb 24 - 26
 - *Integrating self-management support into diabetes care: From pilot to practice*
- 2015 McGowan, P., Lynch, S., Grebrandt, J., Harmandian, S., Hensen, F., Whalley, S. World Diabetes Congress 2015. Vancouver, BC, Nov 30 - Dec 4.
 - *Implementing a diabetes coach study – Lessons learned in recruiting and training coaches*
- 2015 McGowan, P. Whalley, S., Broyles, K., Noc, R., Webster, R., Skrypnik, P., Masoudi, L., Temple, M., Poinau, M., and Hensen, F. World Diabetes Congress 2015. Vancouver, BC, Nov 30 - Dec 4.
 - *Integrating self-management support into clinical care: Pilot to reality*

- 2015 McGowan, P. 7th International Conference for Evidence- Based Health Care. Taormina, Italy, October 28-31.
- *Integrating self-management support into clinical practice*
- 2015 McGowan, P. American Association of Diabetes Educators Annual Meeting. New Orleans, LA, August 5- 8.
- *Evaluating relative effectiveness of self-management programs*
- 2015 McCusker, J., Lambert S., Wong, S., Hudon, C., Chouinard M.D., McGowan, P. North American Primary Care Research Group. 2015 Annual Meeting. Cancun, Mexico, Oct 24-28.
- *Experiences of researchers with using the Patient Activation Measure (PAM)*
- 2015 McGowan, P. 2015 CAHSPR Conference - *Learning from each other: Across disciplines, jurisdictions and generation.* Montreal, QC, May 25-28, 2015
- *Practicality of using the Patient Activation Measure to gauge program effectiveness*
- 2014 McGowan, P. CAG2014, 43rd Annual Scientific and Educational Meeting of the Canadian Association on Gerontology. Niagara Falls, ON, Dec 2-4.
- *Monitoring seniors' activation levels in managing chronic health conditions*
 - *Diabetes self-management and chronic disease self-management: Is there a difference in effectiveness?*
- 2014 McGowan, P. CSEM Canadian Diabetes Association Professional Conference and Annual Meeting, Winnipeg MB, Oct 22-15.
- *Effectiveness of a general self-management program compared to a diabetes self-management program*
 - *Pilot to investigate the effectiveness of self-management for women with a history of gestational diabetes as a strategy to prevent onset of type 2 diabetes*
- 2013 McGowan, P. International Diabetes Federation, Melbourne Australia. Dec 2-6, 2013.
- *Relative effectiveness of diabetes and chronic disease self-management programs*
- 2013 McGowan, P. Evidence, Governance, Performance. 2nd International Conference for EBHC Teachers and Developers. Taormina, Italy, Oct 30 – Nov 2, 2013.
- *Assessing patient activation – A proximal measure of service provision*
- 2013 McGowan, p. Vascular 2013. CDA/CSEM Professional Conference & Annual Meetings. Montreal QC. Oct 17-20.
- *The Punjabi Diabetes Self-Management Program*
- 2013 McGowan, P. Canadian Public Health Association 2013 Annual Conference. Ottawa. June 9-12
- *Gauging Patient Activation – A Proximal Indicator for Programming Effectiveness*
- 2013 Massé, Hancock, Drouin, McGowan Canadian Association for Health Services and Policy Research Conference. Vancouver, BC May 28-30.
- *Improving population health: Adding health to health care*
- 2012 McGowan, P. 41th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology. Vancouver, BC. Oct 18-21.
- *Self-management programming to enhance level of patient activation.*
 - *Addressing seniors' perspectives to sustain quality involvement.*

- 2012 Kang, C & McGowan, P. BC Public Health Conference, Burnaby, BC
- *Engaging and empowering Cantonese-speaking seniors to take effective action against chronic disease.*
- 2012 McGowan, P. Canadian Pain Society Conference, Whistler, BC, May 23-26. Pain Res Manag, Vol. 17(3), May/June, 2012.
- *Making self-management programs available to all British Columbians*
- 2011 McGowan, P. 40th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology & 4th Pan American Congress of the International Association of Gerontology and Geriatrics.
- 2011 McGowan, P. Canadian Association Gerontology Conference, Ottawa, ON, Oct 21-23.
- *Making self-management accessible to British Columbians.*
 - *The self-management program leader experience.*
- 2011 McGowan, P. The Lawson Foundation Diabetes Workshop. Toronto, ON, Oct 25-26.
- *The effectiveness of diabetes self-management in a Canadian context.*
- 2010 McGowan, P. Self-management Support for health professionals. 39th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology. Montreal, QC, Dec 2-4.
- *Accessing self-management programs in British Columbia.*
 - *Investigating implementation and impact of self-management in First Nations communities.*
- 2010 McGowan, P. 2nd Conference on Positive Aging: An Interdisciplinary Team Approach for Health Professionals. Vancouver, BC, Nov 7-8.
- *Self-management support as a strategy for sustained independence*
- 2010 McGowan, P. International Conference on Support for Self-Management of Health. Stirling, Scotland, May 11-13.
- *The effectiveness of a Chronic Disease Self-management Program in BC First Nations communities.*
 - *Additional benefits of augmenting professionally-led education with self-management education.*
 - *Strategies to support self-management chronic conditions: Collaboration with patients planning -Self-management initiatives for all communities.*
- 2009 Stewart, A. McGowan, P., Fredericks, S. Transforming Nursing through Knowledge, Sharing Global Visions and Local Solutions. Toronto, ON, Dec 2-4.
- *Creative strategies for effective self-management support: Nursing best practice guidelines.*
- 2009 McGowan, P. International Diabetes Federation- 20th Diabetes Conference. Montreal, QB, Oct 18-22.
- *Benefits accrued by augmenting traditional diabetes education with self-management education.*
- 2009 Carriere, R., Lynch, S., McGowan, P. & Ramsay, J. International Diabetes Federation - 20th Diabetes Conference. Montreal, QB, Oct 18-22.
- *Making it work: Addressing program implementation practices in indigenous communities.*
- 2009 McGowan, P. 19th IAGG World Congress of Gerontology and Geriatrics. Paris, France, July 5-9. JNHA, Vol. 13, Supp. 1, June, 2009.
- *Self-management support practitioner training in primary care: The British Columbia approach.*

- 2008 McGowan, P. 2nd International Diabetes in Indigenous Peoples Forum – International Best Practices. Vancouver, BC. Nov 16-19.
- *Implementation of the Chronic Disease Self-Management Program in First Nations communities.*
- 2008 Fredricks, McGowan, & Chee. Integrated Chronic Disease Prevention: Taking Action Together. Third National Conference. Ottawa, ON. Nov 2008.
- *Development of a Best Practice Guideline “Patients as Partners: Strategies to support self-management in chronic conditions.*
- 2008 McGowan, P. Taking Charge of our Health: Canadian Conference on Integrated Chronic Disease Self-Management. Toronto, ON. Oct 2008.
- *Using the RE-AIM Framework to evaluate self-management programs.*
- 2008 McGowan, P. Taking Charge of our Health: Canadian Conference on Integrated Chronic Disease Self-Management. Toronto, ON. Oct 2008.
- *Self-management support strategies for health professionals.*
- 2008 Lynch S. & McGowan P. Taking Charge of our Health: Canadian Conference on Integrated Chronic Disease Self-Management. Toronto, ON. Oct 2008.
- *Effectiveness of diabetes self-management.*
- 2008 Kallstrom, L., McGowan, P., McQuillen, K., & Routledge, J. Taking Charge of our Health: Canadian Conference on Integrated Chronic Disease Self-Management. Toronto, ON. Oct 2008.
- *British Columbia’s approach to self-management.*
- 2008 Holubiec, McGowan, & Chee. 2nd Annual Community Health Nurses Conference: Shaping the Future. Toronto, ON. May 29 - 31, 2008.
- *Innovative self-management support nursing practice guideline and its application to community health nursing.*
- 2007 McGowan, P. Global Perspectives on Chronic Disease: Prevention & Management. Calgary, AB Conference, 2007.
- *The RE-AIM framework for evaluating the Chronic Disease Self-Management Program.*
- 2007 McGowan, P. Fredricks, S., Chee, J. Global Perspectives on Chronic Disease: Prevention & Management. Calgary Conference, 2007.
- *Developing a best practice guideline for self- management support.*
- 2007 McGowan, P. & Eisler, G. Global Perspectives on Chronic Disease: Prevention & Management. Calgary Conference, 2007.
- *Providing self-management in BC: Developing an action plan.*
- 2007 McGowan, P. 19th IUHPE World Conference on Health Promotion and Health Education. Vancouver, BC.
- *Self-management support: Individual and systemic level strategies to reduce health inequities.*
- 2007 Chee, J., McGowan, P., Fredericks, S. (June). -International Conference on Evidence-Based Practice Guidelines. Markam, ON.
- *Consensus building in the development of the purpose and scope for a new self-management support guideline.*

- 2006 McGowan, P. (April). Therapeutic Patient Education. Florence, Italy. 92.
 - *Implementation and sustainability of self-management education in rural communities.*
- 2005 McGowan, P., (November). Where's the Patient's Voice in Health Professional Education? International Conference. Vancouver, BC, 80.
 - *The Chronic Disease Self-Management Program.*
- 2005 McGowan, P. (September). Global Perspectives on Chronic Disease Management. Calgary, AB.
 - *Self-management programs in BC and Canada.*
- 2005 McGowan, P., Lynch, S., Davies, M., Hannah, K., Findlay, T. (September). New Perspectives: International Conference on Patient Self- Management. Victoria, BC, 29.
 - *CDSMP Participant attendance patterns 2003-2005.*
- 2004 McGowan, P., Lorig, K., Van Walleggham, D. (November). Integrated Chronic Disease Prevention: Getting It Together. First National Conference, Ottawa, ON, Abstract book currently being published.
 - *Effectiveness of self- management training for persons with type 2 diabetes.*
- 2004 McGowan, P., Lorig, K., Van Wallegghem, D. (October). CDA/CSEM Professional Conference and Annual Meetings, Quebec City, QC, 21.
 - *Effectiveness of self- management training for persons with type 2 diabetes.*
- 2004 McGowan, P., Davies, M.V., Findlay, T.A., & Hannah, K.L. (October). Canadian Association on Gerontology 33rd Annual Scientific and Educational Meeting, Victoria, BC, 133.
 - *Self-efficacy training for seniors with diabetes.*
- 2004 McGowan, P. (October). Toward a New Perspective – From Aging to Aging Well International Conference, Montreal, QC, 71.
 - *Effectiveness of lay-led self-management training for seniors with diabetes.*
- 2004 McGowan, P. (March) Self- Managing Health and Chronic Disease Conference, Hong Kong, China.
 - *The history of self-management in BC and Canada.*
- 2004 McGowan, P. (March). Self-Managing Health and Chronic Disease Conference, Hong Kong, China.
 - *Self-management for persons with Type 2 diabetes: Convincing the medical community.*
- 2004 McGowan, P., Cook, V.J., Shadmani, S., Dean, S., Rempel, S., Elwood, R. K., & Fitzgerald, J. M. (March). Self-Managing Health and Chronic Disease Conference, Hong Kong, China, 37.
 - *Tuberculosis self-management education in Aboriginal communities.*
- 2004 Hensen, F., Monroe, K., & McGowan, P. (March). Self-Managing Health and Chronic Disease Conference. Ottawa, ON.
 - *The interface of diabetes patient education and self-management education.*
- 2003 Hensen, F., Monroe, K., & McGowan, P. (October) 7th Annual CDA/CSEM Professional Conference Annual Meeting, Ottawa, ON., 9.
 - *Diabetes patient education and self- management education.*
- 2003 McGowan, P., Davies, M.V., & Van Wallegghem, D. (October) 7th Annual CDA/CSEM Professional Conference Annual Meeting, Ottawa, ON., 47.
 - *Diabetes self- management patient education.*

- 2002 Hannah, K., & McGowan, P. (October). Aging and Society: Taking Charge of the Future, Canadian Association on Gerontology Annual Meeting, Montreal, QC, 100.
- *Capacity building strategies used with the Chronic Disease Self-Management Program.*
- 2002 McGowan, P. (October). Aging and Society: Taking Charge of the Future. Canadian Association on Gerontology Annual Meeting, Montreal, QC, 106.
- *Attracting, developing, nurturing and retaining seniors.*
- 2002 McGowan, P. (October). Aging and Society: Taking Charge of the Future. Canadian Association on Gerontology Annual Meeting, Montreal, QC, 131.
- *Evaluating the impact of the Diabetes Self-Management Program.*
- 2002 McGowan, P., & Fitzgerald, M. (October). Aging and Society: Taking Charge of the Future. Canadian Association on Gerontology Annual Meeting, Montreal, QC, 103.
- *The value of community expertise and “know how” in addressing community tuberculosis problems.*
- 2002 McGowan, P., & Lai, R. (October). Aging and Society: Taking Charge of the Future, Canadian Association on Gerontology Annual Meeting, Montreal, QC, 132.
- *Why do some seniors with chronic health conditions volunteer?*
- 2002 McGowan, P., & Karttik, S. (May) XXV International Congress of the World Federation of Hemophilia, Seville, Spain.
- *Hepatitis C/HIV psychosocial needs assessment. HEMOPHILIA 2002.*
- 2002 McGowan, P., & Karttik, S. (May). Hemophilia 2002, XXV International Congress of the World Federation of Hemophilia, Seville, Spain.
- *Hemophilia/Von Willbrand disease/Hepatitis C. Psychosocial needs assessment.*
- 2001 McGowan, P., Beattie, B., Chappell, N., Clarke, H., Gayton, D., Green, L., & Maclure, M. (July). International Association of Gerontology World Congress, Vancouver, BC.
- *The high risk patient intervention program evaluation.*
- 2001 McGowan, P., Chappell, N., Green, L., Maclure, M., & Miller, P. (July). International Association of Gerontology World Congress, Vancouver, BC.
- *Impact of a medication education program led by trained seniors.*
- 2001 M., Fulton, P., Grewal, M., Kinloch, T., Kloppenborg, A, M. (July). International Association of Gerontology World Congress. Vancouver, BC.
- *Seniors’ quality of life project.*
- 2001 White, F., & McGowan, P. (July). International Association of Gerontology World Congress, Vancouver, BC.
- *The Chronic Disease Self-Management Program – What happens after a pilot?*
- 2001 McGowan, P., & Fitzgerald, M. (July). International Association of Gerontology World Congress, Vancouver, BC.
- *The aboriginal tuberculosis program: A new strategy to deal with an age-old problem.*
- 2001 McGowan, P., & Fitzgerald, M. (July). XVIIth World Conference on Health Promotion and Health Education, Promotion and Education, VIII/3 – Supplement 2, Paris, France.
- *Working with aboriginal communities to combat tuberculosis.*

- 2000 McGowan, P., & Henn-Pander, B. (October). Canadian Association on Gerontology Annual Meeting, Edmonton, AB, 108.
- *Implementation and evaluation of the Chronic Disease Self-Management Program in Vancouver and Richmond.*
- 2000 McGowan, P. (July). National Chronic Disease Self-Management Conference: Sharing Health Care, Sydney, Australia, 29.
- *Implementing self-management programs in Canadian Aboriginal communities.*
- 2000 McGowan, P. (July). National Chronic Disease Self-Management Conference: Sharing Health Care, Sydney, Australia, 63.
- *Working with Aboriginal communities to address chronic health problems: The Aboriginal Tuberculosis Project.*
- 1999 McGowan, P. (November). Canadian Association on Gerontology Annual Meeting, Ottawa, ON, 58.
- *A lay-led qualitative study examining the effectiveness of a seniors' medication program.*
- 1999 McGowan, P., Scherrer-Bannerman, A., Fofonoff, D., Minshell, D., & Downie, S. (November) Canadian Association on Gerontology Annual Meeting, Ottawa, ON, 82.
- *A qualitative study to evaluate the impact of a web-based patient education program.*
- 1999 McGowan, P. (November) Canadian Association on Gerontology Annual Meeting, Ottawa, ON, 57.
- *Evaluation of a medication minimal intervention strategy on seniors' behaviour and knowledge.*
- 1999 Raphael, D., Richards, L., Lightfoot, B., Wheeler, J., & McGowan, P. (November). Canadian Association on Gerontology Annual Meeting, Ottawa, ON, 72.
- *Influencing social policy through a participatory health promotion framework.*
- 1999 Green, L., Frankish, C.J., Bottorff, J., Johnson, J., Lovato, C., McGowan, P., Ratner, P., Shoveller, J., & Sparks, J. (November). American Public Health Association Annual Meeting, Chicago, IL.
- *A systematic review of smoking cessation effectiveness in various settings and through various channels.*
- 1999 McGowan, P., & Scherrer-Bannerman, A. (October). 1st Global Conference on the Evaluation and Diffusion of Telehealth Conference, Calgary, AB.
- *Web-based patient education: Results of a study comparing the impacts of a web-based program and use of a manual.*
- 1999 McGowan, P., & Watts, J. (March). Tobacco & Aboriginal Health Conference, Vancouver, BC.
- *Helpful tips in planning community programs.*
- 1998 McGowan, P. Arthritis Care and Research, 11(6).
- *Effectiveness of a senior-led education program on seniors' knowledge and behaviour.*
- 1998 McGowan, P. Arthritis Care and Research, 11(6).
- *The effectiveness of self-help in patient education: Results and dissemination of a 3-year program of applied research.*
- 1998 McGowan, P. Arthritis Care and Research, 11(6).
- *Impact of a self-help and mutual aid program with arthritis: Results of a randomized controlled trial of the Arthritis Self-Management Program.*

- 1998 Clarke, A.E., Pierre, S. L., & McGowan, P. *Arthritis and Rheumatism*, 41(9), S249.
- *A randomized-controlled trial of the Arthritis Self-Management Program: Comparing health status and health care utilization across groups.*
- 1998 Stewart, M., McGowan, P., Green, L., Gutman, G., Wister, A., Lavoie, F., & Rootman, I. (October). *Canadian Association on Gerontology Annual Meeting, Halifax, NS, 84.*
- *Fostering seniors' independence through self-care, self-help and mutual aid – A synthesis of findings from the SIRP Program of applied research.*
- 1998 McGowan, P. (October). *Canadian Association on Gerontology Annual Meeting, Halifax, NS, 83.*
- *The Chronic Disease Self-Management Program in the Yukon.*
- 1998 McGowan, P., & Clarke, A. (October). *Canadian Association on Gerontology Annual Meeting, Halifax, NS, 109.*
- *Results of a randomized-controlled trial of the Arthritis Self-Management Program: A SIRP PAR on self-help and mutual aid.*
- 1998 McGowan, P. (October). *Canadian Association on Gerontology Annual Meeting, Halifax, NS, 104.*
- *Evaluating a community medication education program for seniors.*
- 1998 McGowan, P. (June). *Canadian Public Health Association Annual Meeting, Montreal, QC.*
- *Explaining medication taking – The seniors' perspective.*
- 1998 McGowan, P., & Hobson, C. (June). *Canadian Public Health Association Annual Meeting, Montreal, QC.*
- *Implementation and evaluation of the Chronic Disease Self-Management Program in the Yukon.*
- 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). *22nd European Conference on Psychosomatic Research, Manchester, UK.*
- *The structure of lifestyle disruption in chronic disease: A confirmatory factor analysis of the Illness Intrusiveness Scale.*
- 1997 McGowan, P. *Arthritis & Rheumatism*, 40(9), S319.
- *Evaluation of the osteoporosis prevention and self-management program.*
- 1997 McGowan, P. *Arthritis & Rheumatism*, 40(9), S271.
- *Investigating medication-taking behaviour in seniors with arthritis.*
- 1997 McGowan, P. *Arthritis and Rheumatism*, 40(9), S122.
- *The relationship of self-efficacy with depression, pain and health status in the Arthritis Self-Management Program.*
- 1997 McGowan, P., Amdam, L., & McMillan, M. *Arthritis and Rheumatism*, 40(9), S32.
- *Evaluating a community pilot project on medication use among seniors.*
- 1997 McGowan, P., & Brown, M. *Arthritis and Rheumatism*, 40(9), S329.
- *Participants' perspectives on the impact of the Arthritis Self-Management Program.*

- 1997 McGowan, P., Green, L., Stewart, M., Samuels, S., & Watson, J. (October). Canadian Association on Gerontology Annual Meeting, Calgary, AB.
- *SIRP Symposium – Dissemination of research and project lessons on self-help, self-care and mutual aid.*
- 1997 Bellehumer, L., Montbriand, M., & McGowan, P. (October). Canadian Association on Gerontology Annual Meeting, Calgary, AB.
- *SIRP Symposium – Understanding of seniors’ medication behaviour.*
- 1997 Green, L., Gutman, G., McGowan, P., & Wister, A. (October). Canadian Association on Gerontology Annual Meeting, Calgary, AB.
- *Seniors’ independence through self-care, self-help and mutual aid.*
- 1997 McGowan, P., & Brown, M. (October). Canadian Association on Gerontology Annual Meeting, Calgary, AB.
- *The benefits of participatory research on members of a community advisory committee.*
- 1997 McGowan, P., & Amdam, L. (October). Canadian Association on Gerontology Annual Meeting, Calgary, AB.
- *Excellence in Health: Seniors’ medication strategy – White Rock/South Surrey pilot project.*
- 1997 McGowan, P. (October). Canadian Association on Gerontology Annual Meeting, Calgary, AB.
- *Evaluation of the osteoporosis prevention and self-management program.*
- 1997 McGowan, P., & Green, L. (July). 5th National Health Promotion Research Conference, Halifax, NS.
- *The First Nations Arthritis Self-Management Program: Planning and evaluation.*
- 1997 McGowan, P. (July). 5th National Health Promotion Research Conference, Halifax, NS.
- *Evaluation of the osteoporosis prevention and self-management program.*
- 1996 McGowan, P., Lasser, F., & Stockton, J. (October). Canadian Association on Gerontology Annual Meeting, Quebec City, QC.
- *A community development approach to seniors’ medication problems.*
- 1996 McGowan, P. (October). Canadian Association on Gerontology Annual Meeting, Quebec City, QC.
- *NSAID use by seniors: A multi-method research project.*
- 1996 Green, L., Gutman, G., Hall, H., McGowan, P., & Wister, A. (October). Canadian Association on Gerontology Annual Meeting, Quebec City, QC.
- *Seniors’ independence through self-care, self-help and mutual aid: A collaborative multi-method research program on community approaches.*
- 1996 McGowan, P. (October). Canadian Association on Gerontology Annual Meeting, Quebec City, QC.
- *A critical appraisal of self-help.*
- 1996 McGowan, P. (July). Canadian Public Health Association 87th Annual Conference, Vancouver, BC.
- *Excellence in health: Seniors’ medication strategy – White Rock Community Pilot.*
- 1996 Maxwell, L., McGowan, P., & Green, L. (July). Canadian Public Health Association 87th Annual Conference, Vancouver, BC.
- *Secondary analysis of the Yukon health promotion survey: A heart health perspective.*

- 1996 Green, L., Gutman, G., Hall, H., McGowan, P., & Wister, A. (July). Canadian Public Health Association 87th Annual Conference, Vancouver, BC.
- *Senior's independence through self-care, self-help and mutual aid: A collaborative multi-method research program on community approaches.*
- 1996 McGowan, P., & Green, L. (June). 4th Canadian Conference on Health Promotion, Montreal, QC.
- *A health promotion collaboration with First Nations communities.*
- 1996 Lorig, K.R., McRae, S., McGowan, P., & Ellring, M. (March). 4th International Conference of Behavioural Medicine, Washington, DC.
- *Chronic disease self- management: From needs assessment to evaluation.*
- 1995 McGowan, P. (1995). Arthritis and Rheumatism, 38(9), S306.
- *Qualitative evaluation: First Nations Self-Management Program.*
- 1995 McGowan, P., & Green, L. W. Arthritis and Rheumatism, 38(9), S306.
- *Qualitative evaluation: First Nations Self-Management Program.*
- 1995 McGowan, P., & Green, L. W. Arthritis and Rheumatism, 38(9), S397.
- *Predictive power of screening questions for arthritis in a general population: Results of a Yukon health promotion survey.*
- 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). Canadian Association on Gerontology Annual Meeting, Vancouver, BC.
- *An advisory committee that advises.*
- 1995 McGowan, P. (October). Canadian Association on Gerontology Annual Meeting, Vancouver, BC.
- *Non-steroidal anti-inflammatory and other drug use by seniors with arthritis. Physician prescribing patterns and seniors' behaviour.*
- 1995 McGowan, P., Gutman, G., Hall, H., Wister, A., Clarke, A., MacFlagen, S., & Maxwell, L. (October). Canadian Association on Gerontology Annual Meeting, Vancouver, BC.
- *The BC Consortium for health promotion research projects on self-care, self-help and mutual aid under SIRP grant.*
- 1994 McGowan, P. (November). Health Conference 94 – Coming to Terms,
- *The First Nations Self-Management Program project.*
- 1994 McGowan, P., Green, L.W., & Lorig, K. (October). American Public Health Association Annual Meeting, Washington, DC.
- *Collaborative planning and evaluation with First Nation communities: The First Nations Arthritis Self-management Program project.*
- 1994 McGowan, P., & Green, L.W. Arthritis and Rheumatism, 37(9), S365.
- *The osteoporosis prevention and self-management program: Implementation and evaluation in BC.*
- 1994 McGowan, P., Badley, E., Choquette, D., Devins, J., Edworthy, S., Green, L.W., & Lorig, K. Arthritis and Rheumatism, 37(9), S357.
- *National implementation of the Arthritis Self-Management Program: Impact and evaluation.*

- 1994 McGowan, P., Badley, E., Choquette, D., Devins, J., Edworthy, S., Green, L.W., & Lorig, K. *Arthritis and Rheumatism*, 37(9), S160.
- *Seasonal variation as a moderator of treatment.*
- 1994 McGowan, P. (October). Canadian Association on Gerontology Annual Meeting, Winnipeg, MB.
- *Planning and evaluating the First Nations Self-management Program.*
- 1994 McGowan, P., & Green, L.W. Canadian Public Health Association Annual Conference, Edmonton, AB.
- *Facilitating community participation in the planning and delivery of arthritis programs with First Nations communities.*
- 1994 McGowan, P., & Sutherland, J. Canadian Public Health Association Annual Conference, Edmonton, AB.
- *Measuring and encouraging citizen participation in community health planning.*
- 1994 McGowan, P. (May). 1st International Symposium on Qualitative and Quantitative Methods, Banff, AB.
- *Facilitating community participation in the planning and delivery of arthritis programs with First Nations communities.*
- 1993 McGowan, P. *Arthritis Care and Research*, 6, S12.
- *Qualitative methodology as a strategy in collaborate programming with First Nations communities.*
- 1993 Maxwell, L., & McGowan, P. *Arthritis Care and Research*, 6, S6.
- *Participatory action research: An innovative strategy for enhancing the relevance of practice research.*
- 1993 McGowan, P. (October). Canadian Association on Gerontology Annual Meeting, Montreal, QC.
- *The role of self-management in the Canadian health-care system.*
- 1993 McGowan, P. Society for Public Health Education Annual Conference, San Francisco, CA.
- *Health promotion planning with First Nations communities.*
- 1992 Green, L.W., McGowan, P., Kreuter, M., Lorig, K., Daltroy, L., Riportella-Muller, R., DeVellis, B., Allegrante, J., & Goepfinger, J. *Arthritis Care and Research*, 5, S10.
- *Application of the PRECEDE-PROCEED model to planning and evaluation of health promotion and self-care programs in special populations.*
- 1992 Lynch, S., Bortollo, C., & McGowan, P. *Arthritis Care and Research*, 5, S10.
- *Using volunteer perception to safeguard program integrity.*
- 1992 McGowan, P. *Arthritis Care and Research*, 5, S519.
- *Community surveys as quality management strategies.*
- 1991 McGowan, P., Lorig, K., & Mussell, B. *Arthritis Care and Research*, 4, S30.
- *Arthritis self-management program leader's training: First Nations (Native American) experience.*
- 1991 McGowan, P., Zeigler, S., Casterline, G., & Furst, G. *Arthritis Care and Research*, 4, S29.
- *West Coast/East Coast: A comparison of prioritized clinical assessment needs.*

- 1991 McGowan, P., & Satosky, J. *Arthritis Care and Research*, 4, S2.
 - *Patient assessment for the clinician.*
- 1991 McGowan, P., & Yasuda, L. *Arthritis Care and Research*, 4, S3.
 - *Patient assessment for the clinician.*
- 1990 Lorig, K., Gonzales, V., Minor, M., Gecht, M., Boutaugh, M., McGowan, P., & Davidson, J. *Arthritis Care and Research*, 3, S13.
 - *Arthritis self-help course for the 1990's.*
- 1990 McGowan, P. *Arthritis Care and Research*, 3, S14.
 - *Implementing the arthritis branch community support project.*
- 1990 McGowan, P., & Denford-Nelson, B. *Arthritis Care and Research*, 3, S19.
 - *Fitness and exercise study for women with rheumatoid arthritis: A follow-up study.*
- 1989 McGowan, P. (October) American Evaluation Association Meeting, San Francisco, CA.
 - *Evaluation a health promotion program.*
- 1988 McGowan, P., & McCloy, L. *Arthritis and Rheumatism*, 4, S159.
 - *Functional outcome measures in the clinical setting: Priorities for research.*
- 1987 McGowan, P. *Arthritis and Rheumatism*, 30, S59.
 - *Client satisfaction with social work service.*
- 1987 McGowan, P. (October). American Evaluation Association Meeting, Boston, MA.
 - *Getting ready for evaluation.*
- 1986 McGowan, P. (October). American Evaluation Association Meeting, San Francisco, CA.
 - *Evaluation of a quality assurance program.*
- 1986 McGowan, P. *Arthritis and Rheumatism*, 29, S154.
 - *Arthritis men's group.*

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 telephone services: An exploratory study.* (Romedier, 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 BC. 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, Feb., 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, Feb., 1982.

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

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

- *Social impact assessment.* (McGowan), Invited Speaker

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 BC.*

June, 2006 Kidney Foundation of Canada. Achieving Change: A Blueprint for action. Vancouver, BC.

- *Empowering patients: The effectiveness of self-management training programs.*

Mar., 2006 Country Roads, Merrickville District & North Lanark County Community Health Centres, Perth, ON.

- *Patient self-management and the future.*

Mar., 2006 Yee Hong Centre for Geriatric Care, Scarborough, ON.

- *The Effectiveness of patient self-management.*

Mar., 2006 Bridgepoint Hospital, Toronto, ON.

- *Patient self-management: What it is and its place in the health care system.*

- Mar., 2006 Baycrest Hospital, Toronto, ON.
 - *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.*
- Apr., 2004 Canadian Diabetes Association, Kamloops, BC.
 - *Volunteer opportunities with self-management programs.*
- Apr., 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

List of Media Interviews/Productions:

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

External Committees and Responsibilities

CIHR Grants Review Committee, Stage 1 and Stage 2	16 - 17
Co-Chair, BC Ministry of Health Self-Management Support Committee	09 - 13
Member, BC Ministry of Health Patients as Partners Committee	07-
Expert Panel Member, Primary Health Care and Self-Management for Chronic Disease Health Council of Canada	11 - 12
Member, CIHR Pfizer Operating Grant in Disease Prevention/Management Committee	10 - 11

Expert Panel Member, Self-Management. National Center for Chronic Disease Prevention and Health Promotion US Centers for Disease Control and Prevention	08 - 10
Advisory Committee Member, Global Self-Management Support Alliance Panel Lead, Registered Nurses Association of Ontario. Best Practice Self-Management Support Practice Guidelines.	07 - 10 07 - 10
Member, ALCOA National Diabetes Project Advisory Committee	07 - 08
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
Member, Population Health Review Committee, NHRDP, Health Canada	96 - 97
Chair, Research Committee, Self-Help/Mutual Aid Canada	93 - 97
BC Representative, Federal Seniors Independence Research Program Advisory Committee	93 - 98
Health Canada Chair, Stage 1 Review Committee, Community Research Grants BC Health Research Foundation	94 - 97
Member, Scientific Advisory Committee, BC Health Research Foundation	94 - 97
Chair, Delta Community Health Council, BC Ministry of Health	94 - 96
Chair, Community Services Advisory Committee, Municipality of Delta	84 - 88

8. TEACHING DUTIES AT THE UNIVERSITY OF VICTORIA

a. Courses Taught

University of Victoria School of Public Health

AGEI 473 – Chronic Disease and Ageing May 2013
 AGEI 473 – Chronic Disease and Ageing May 2014
 AGEI 473 – Chronic Disease and Ageing May 2015
 AGEI 473 – Chronic Disease and Ageing May 2016
 AGEI 473 – Chronic Disease and Ageing May 2017

b. Graduate Student Supervision

<i>Year</i>	<i>Student</i>	<i>Degree Program</i>	
2016	Ashley Clark	MA	U of Vic, Sociology
2016	Jay Bains	PhD	Visva-Bharati University, Santiniketan, India
2015	Gemma Fletcher	MA	UBC School of Public Health
2013	Eileen Brooks	BA	U of Vic School of Nursing
2012	Manie Roy-Bearden	MA	Royal Roads University
2010	3 Nursing students	BA	U of Vic School of Nursing
2007	Natalie Gauthier	BA	Simon Fraser University
2004	Egeli, Natasha	BA	UBC
2003	Lynch, Sherry	MSW	UBC
2003	Hensen, Fran	MA	U of Vic Education
2003	Munroe, Karen	MA	U of Vic Education
2001	Hoey, Shawn	MSW	UBC
2001	Fu, Dongbo	PhD	Research Dissertation Committee

9. ADMINISTRATIVE DUTIES

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

10. OTHER INFORMATION

Chair, New Perspectives: International Conference of Patient Self-Management. Victoria, BC. September, 2005. www.newperspectivesconf.com

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