Multidisciplinary team approach for a Peer-Support based Cardiac-Diabetes Self-Management Program

Research team led by: Dr Jo Wu (Email: c3.wu@qut.edu.au; webpage: http://staff.qut.edu.au/staff/wuc2/), School of Nursing, Institute of Health and Biomedical Innovation, QUT; Honorary Research Fellow, Mater Medical Research Institute (MMRI); Honorary Visiting Research Fellow, RBWH

Team members:
Prof Anne Chang (QUT & MMRI), Prof Mary Courtney (ACU), Prof Lillie Shortridge-Baggett (Pace University, NYC, USA), A/Prof Karam Kostner (UQ, MMRI, PAH, cardiologist), Clinical collaborators, MHS, Graphic designer: Pam Koger

BACKGROUND:

- Heart disease is Australia’s biggest killer, 50% have further cardiac events, many of them have diabetes [1]
- Patients with dual conditions have much higher readmission rates (22% vs 6%) [2]
- Self-management programs are effective to improve clinical outcomes for one or both conditions [3, 4, 5]
- Great potential to use information technology (IT) to support self-management programs [6]
- Having peer support (“expert” patients with similar conditions) is likely to be valuable, however mixed results [6]

Gaps

- Urgent needs for transitional care for people with two major co-morbidities
- Incorporating IT & peer supports
- Absence of theory underpinning the program

Intervention – Peer Support Based Cardiac-Diabetes Self-Management Program (Peer-CDSMP)

Initial development - developed from
Adapted “Get to Know Your BGL Program”

Literature: Self-efficacy model

Previous studies:
- Patients’ profiles
- Perspectives of CCU diabetic patients on managing with their conditions

Initial development and test of CDSMP

Refinement of CDSMP, including DVD production

Theory-based (Fjeldsoe et al. 2010, McDowell et al. 2004)

Form an expert panel for the purposes of informing and reviewing program materials, including: cardiologist, nurse unit managers, nurse educators, diabetes educator, cardiac rehabilitation coordinator, researchers. The panellists reviewed and commented on program development, including DVD production entitled ‘Refocusing your life: Cardiac-Diabetes Self-Management Program’

- Sought advice from other researchers, experts, funding body, legal team
- Used non-professional (real every day people)
- To ensure whole team compliance with ethics requirements
- Copyright /confidential agreements

Peers (collaborative efforts)

- Development of a peer training manual (ACTRN12611000086965)
- Selected, trained and provided ongoing supports to peers

References: