

Project aims

- Develop a web-site that encourages and supports interprofessional teamwork and patient collaboration in supporting CDSM
- Assess CDSM knowledge, opinions, values, attitudes and behaviour before and after web-site exposure

Collaborating UDRHs

- University Department of Rural Health (UDRH) Northern NSW
 - o Tamworth, NSW
 - Cardiovascular disease



MONASH University

- Spencer Gulf Rural Health School (SGRHS)
 - Whyalla, SA
 - o Diabetes
- Monash University Department of
 Rural and Indigenous Health (MUDRIH)
 - o Moe, Vic
 - o Happiness and wellbeing

Web-site development

- RISEN Rural Interprofessional Self-management Education Network
- · Mixture of original material and extensive links
- · Seven main tabs:
 - o CDSM & SMS
 - $\circ \ \text{Indigenous CDSM} \\$
 - $\circ \ \, \text{Chronic Disease Resources}$
 - o Health Professional Resources
 - o Consumer Resources
 - o Case Studies
 - o Reflective Exercises



















Project participants

- 31 recruited: 15 in Tamworth; 15 in Whyalla; 1 in Moe
- Disciplines: Practice Nursing; Community Nursing; Midwifery; Acute Care Nursing; Pharmacy; Physiotherapy; Occupational Therapy; Dietetics; Lifestyle Advisory; Aboriginal Maternal Care; Psychiatric Disability Support
- · Questionnaires before and after exposure to RISEN
- · Submit de-identified case studies
- · Only 7 completed the full study

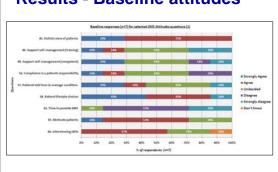


Questionnaires

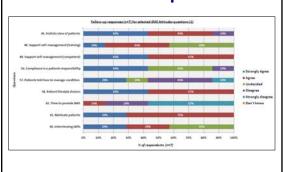
- · Development informed by literature
- · Consisted of 3 sections:
 - o Self-Management Support Attitudes Questionnaire
 - $\circ\;$ Health Professional Self-Efficacy in Chronic Care Questionnaire
 - $\circ\;$ Core Skills for Self-Management Support Questionnaire
- Delivered via Survey Monkey™
- 15 20 minutes to complete



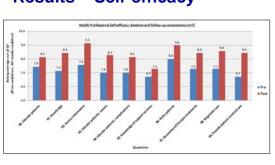
Results - Baseline attitudes



Results – Follow-up attitudes



Results - Self-efficacy



Results + External evaluation

Centre for Rural Health & Community Development (CRHaCD) University of South Australia

Changes in self-management support:

- Development of shared care plans Incorporation of best practice

- One-on-one work with patients
 Involvement of carers/family in self-management

Changes in confidence:

- Development of care plans
- Detect the readiness of patient to change
- Assess patient capacity
 Access information when needed
- Refer patients
- Negotiate care
- Provide patient-centred care



Limitations

- · Delays in progress against the timeline
- Testing period limited to 4 weeks
- · Recruitment was difficult
- Small sample size 7 full participants
- · Not all objectives achieved



Conclusions

- Outcomes are credible and relevant to strengthening capacity to provide CDSM support
- RISEN is a one-stop-shop for valid and reliable CDSM resources
- RISEN should be a link on the desktop computers of all rural and remote health professionals

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