

# Integrated Chronic Disease Management Newsletter

Autumn 2009

No. 7

Special points of interest:

**FREE membership to Australian Disease Management Association**

## A word from the Project Coordinator

Welcome to the Autumn 2009 ICDM Newsletter. In this addition the main focus is on the Australian Disease Management Association and the benefits members can access through the association. I have also featured a range of articles from their current newsletter relating to Respiratory and Cardiac conditions and the effects on chronic illness on employment participation. I welcome your feedback on the newsletter, and on other things you may like to see in upcoming issues. The newsletter is emailed out quarterly

for distribution within your agencies. If you would like to be added to the mailing list or make suggestions for further issues please contact me Monday to Wednesday on ☎ 58570243

✉ [droberts@kyhealth.org.au](mailto:droberts@kyhealth.org.au)

**Wishing you all a very Happy Easter**



## Project Update

- Ongoing work with Echuca Regional Health continues with a focus on services to clients with diabetes. To date this work has included an organisational Assessment of Chronic Illness Care survey, Process Mapping of diabetes services and pathways for clients, and a File audit/Client case study. The next steps will include a client survey using the Patient Assessment of Chronic Illness Tool and the development of a discussion paper identifying recommendations and future opportunities.
- A successful Care Coordination Networking evening was held in Echuca facilitated by Murray Plains Division of GPs, with GPs, Practice Nurses and Practice staff, local community and allied health clinicians both private and public attending. The evening's presentation was delivered by Megan Buick from General Practice Victoria on "Coordinating Care between General Practice and Allied Health services to improve client outcomes."
- As part of the rollout of Better Health Self-Management programs across Campaspe an evaluation of the program's impact on participants is taking place. We have now obtained a license to use the Melbourne University Health Education Impact Questionnaire (heiQ™) to evaluate the impact of programs and have commenced using the evaluation tool and will continue to do so until the July 2009. The intention is to evaluate one program delivered by each of the four services licensed to provide Better Health Self-Management programs. The four services include Campaspe Shire Council, Echuca Regional Health, Kyabram & District Health Services and Rochester & Elmore District Health Service.

### Inside this issue:

ADMA	2
Quality of Life of COPD Patients	3
Chronic Disease and Participation in Work	3
Heart Failure Information Sheets	3
Professional Development	4
Websites	4

# Australian Disease Management Association

No. 7

The Australian Disease Management Association (ADMA) offers all publicly funded Victorian Health services free corporate membership on an opt-in basis, as part of DHS's support to the association.

ADMA "provides a forum and advocacy for the disease management industry to promote programs which improve chronic condition outcomes and quality of life and reduce acute healthcare utilisation costs."

Membership includes:

- Quarterly newsletter
- The DM Review, a summary of publications relevant to disease management
- Access to the chat forum Disease Management Electronic Information Exchange
- Discounts for the annual disease management conference
- Access to other products and services developed by ADMA

Membership forms can be downloaded from:

<http://www.adma.org.au/membership.html>

Or for more information please contact:

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**FREE**  
**ADMA**  
**Membership**  
**available**  
**now**

The Australian Disease Management Association		
5th Annual Disease Management Conference		
<b>"Working together to Bridge the Gaps in Disease Management"</b>		
3rd and 4th September 2009		
Grand Hyatt Melbourne		
Registration Fees	One Day	Both days
<b>ADMA Member</b>		
Before July 31st 2009	\$440	\$770
After July 31st 2009	\$495	\$825
<b>Non-member</b>		
Before July 31st 2009	\$495	\$880
After July 31st 2009	\$550	\$990

For more information visit <http://www.adma.org.au/>

## Quality of Life of COPD Patients improved by Proactive Integrated Care

No. 7

9th January 2009: An improvement in the quality of life of patients with COPD has been observed by US researchers after the use of a proactive integrated care (PICP) program which integrates self-management education with proactive remote disease monitoring. They reported that healthcare costs declined in the PIC group by US \$1,401, compared with an increase of \$1,709 in the “usual care” group, but this was not statistically significant. William Vandivier and colleagues, University of Colorado suggested that the approach may decrease healthcare costs through early commencement of treatment for COPD exacerbations, but noted that larger trials need to be done.

Source: <http://www.az.air.com/?itemID+4622365>

Article: Koff PB et al. Proactive integrated care improves quality of life in patients with COPD. Eur Resp J 2009; doi:10.1183/09031936.00063108

*The information  
on this page has  
all been sourced  
from the current  
ADMA Newsletter  
March 2009*

## New AIHW Report : Chronic Disease and Participation in Work

11th February 2009: The Australian Institute of Health and Welfare released a report entitled “Chronic disease and participation in work” which looks at the effect of chronic disease on workforce participation and absenteeism from work. The major findings included;

Individuals suffering from chronic diseases were 60% more likely to not participate in the workforce, were less likely to have full-time employment, and more likely to be unemployed, than people without chronic disease.

Men with chronic diseases were more likely to be out of work compared to those without chronic disease.

People in the workforce who suffer from chronic disease had an average of about half a day off work in the previous fortnight due to illness, compared with a quarter of a day for those without chronic disease.

An annual loss of 537,000 full-time workers suffering from chronic conditions.

40% of the total loss in full-time employment was attributed to arthritis, 25% with depression and about 10% each with asthma and COPD.

The complete report can be accessed at <http://www.aihw.gov.au/publications/index.cfm/title/10442>

## Heart Failure Information Sheets translated into 16 languages

An information sheet for individuals with chronic heart failure and their careers is now available in 16 more languages. The information was developed by the Heart Foundation and is based on ‘Living Well with Chronic Heart Failure’. It includes information on how to reduce the symptoms of heart failure and remain healthy and an action plan. English copies of ‘Living Well with Chronic Heart Failure’ are available from the Heart Foundation to 1300 362787 and the translated sheets can be accessed at

<http://www.heartfoundation.org.au>



'Working Together for Healthy Communities'

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## 2009 ICDM Working Group Meeting Dates

Tuesday	21st April, 1-2 pm	Echuca Primary Care, Board Room
Tuesday	16th June, 1-2 pm	GVH Waranga Campus, Multipurpose Room
Tuesday	18th August, 1-2 pm	Kyabram District Health Services
Tuesday	20th October 9.30am-2 pm	SERVICE SOORDINATION FORUM Echuca (Venue TBC)
Tuesday	15th December 1-2 pm	Campaspe Shire Council, Rochester, Chamber Room

NB Meetings are held in the hour preceding the Service Coordination Steering Committee meeting

## Professional Development

Event	Dates	Contact details
Chronic Disease Self-Management Special Interest Group Meeting Topic: Kids moving into adult services	23 April 2009 10-12noon La Trobe Uni, City Campus, 215 Franklin St, Melbourne	Christine Walker Chronic Illness Alliance Ph 03 9882 4654 Em: cwalker@chronicillness.org.au
Health Coaching for Health Professionals	21-22 May 2009 Rendevous Hotel Melbourne \$850 or Early bird \$750 before 30	Health Coaching Australia Jeanette Gale www.healthcoachingaustralia.com
Tai Chi for Arthritis Leader Update & Tai Chi for Arthritis Part 2	1 April 2009 Swan Hill	Arthritis Victoria Sandra Barry Ph 8531 8008 www.arthritisvic.org.au

## Websites

### Chronic Illness Alliance

[www.chronicillness.org.au/](http://www.chronicillness.org.au/)

### Australian Disease Management Association

[adma.org.au](http://adma.org.au)

### Stanford Self-Management Programs

[patient.education.stanford.edu/programs](http://patient.education.stanford.edu/programs)

### Health Education Impact Questionnaire website

<http://www.heiq.org.au/public>

### DHS Community Health homepage

<http://www.health.vic.gov.au/communityhealth/cdm/index.htm>