

Working out if Work It Out Works: Evaluation of a Chronic Disease Self-Management Program

Project title:	Working out if Work It Out Works: Evaluation of a Chronic Disease Self-Management Program
Project duration:	Ten (10) Weeks
Description:	<p>Background</p> <p>Programs that support chronic disease prevention, self-management, and rehabilitation are key to addressing the health-gap that exists between Aboriginal and Torres Strait Islander people and non-Indigenous Australians. This is because chronic diseases account for 70 percent of the health-gap between Indigenous and non-Indigenous Australians (Vos et al., 2009). For example, according to Vos and colleagues, Type II Diabetes accounts for 12 percent of the health-gap and is one of the three main chronic diseases that contribute to this gap, along with cardiovascular disease and substance use disorders.</p> <p>Work It Out is a free education and exercise program delivered by the Institute for Urban Indigenous Health (IUIH) and designed specifically for urban Aboriginal and Torres Strait Islander people with, or at risk of, a chronic disease. Aboriginal and Torres Strait Islander people with chronic conditions, who participate in the program, are provided with support to cope, take part in everyday activities and live a healthy lifestyle. Participants are referred to the program by their doctor. The program aims to:</p> <ul style="list-style-type: none"> • improve quality of life/participation in everyday life • increase confidence and ability to cope • improve fitness • provide a better understanding of how to live a healthy and active life • improve social and emotional wellbeing <p>The program is based on a 12 week cycle (Participants can complete more than 1 cycle). Each week there are 2-4 sessions. Each session involves one hour of exercise and a 45 minute education session, delivered by a range of health professionals, including Indigenous health workers, occupational therapists, exercise physiologists, psychologists, dietitians, and diabetes educators. Each participant's exercise program is individually tailored for them by an exercise physiologist and delivered within a supportive group setting.</p> <p>Allied health professionals also undertake one-on-one consultations with clients so they can achieve a greater result.</p> <p>Aim</p> <p>To evaluate the effectiveness of a chronic disease self management program (Work It Out) over a 12 month period.</p> <p>Research Questions</p> <p>Does participation in Work It Out over a 12 month period:</p>

	<p>a) improve participants' chronic disease self management skills according to client self report on the Partners In Health Survey?</p> <p>b) improve participation in everyday life activities according to client self report on the WHODAS 2.0?</p> <p>c) improve physiological health according to the 6 minute walk test, waist-hip ratio, blood pressure measurements, and blood glucose measurements?</p> <p>d) improve the social and emotional wellbeing of participants according to the Kessler Psychological Distress Scale (K5)</p> <p>Hypotheses</p> <p>H₀</p> <p>a) There will be no significant change over the 12 month period when comparing pre- and post - Partners In Health Survey scores</p> <p>b) Participation in everyday life activities, measured using the WHODAS 2.0 will show no significant change over 12 months?</p> <p>C1) There will be no significant change between pre- and post- (12 month follow up) on 6 minute walk test results</p> <p>C2) There will be no significant change between pre- and post- (12 month follow up) on waist-hip ratio measurements</p> <p>C3) There will be a significant increase between pre- and post- (12 month follow up) systolic blood pressure measurements (as we know that systolic blood pressure increases with age)</p> <p>C4) There will be no significant change between pre- and post- (12 month follow up) blood glucose measurements (Hba1c)?</p> <p>d) Pre- and post- Kessler Psychological Distress Scale (K5) scores will show no significant change over a 12 month period</p> <p>H₁</p> <p>a) Partners In Health Survey scores will be significantly higher in the post-survey responses than in the pre- survey responses.</p> <p>b) Participation in everyday life activities, measured using the WHODAS 2.0 will show significant improvements (lower score) over 12 months?</p> <p>C1) Participants will walk significantly further in six minutes in the post- 6 minute walk test than they did in the pre- six minute walk test.</p> <p>C2) Waist-hip ratio measurements will be significantly smaller after 12 months of participation in Work It Out when comparing pre- and post-measurements</p> <p>C3) Systolic blood pressure will decrease or remain constant (no significant change) between pre- and post- measurements.</p> <p>C4) Blood glucose measurements (Hba1c) will decrease significantly between pre- and post- measurements over 12 months</p> <p>d) Pre- and post- Kessler Psychological Distress Scale (K5) scores will show a significant decrease (less distress) over a 12 month period according to pre- post- survey data.</p> <p>Approach</p> <p>Your role will include joining in the 'Work It Out' program weekly for a set period of time at one location (e.g. Woodridge,</p>
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	<p>Capalaba, Morayfield, or Woolloongabba) to experience the program first hand. Data (survey responses and physiological biomarkers of 'Work It Out' participants) is being collected by the employees of IUIH working on the 'Work It Out' program.</p> <p>At the time of your involvement, pre- and post- data will have been collected over a 12 month period. You will be involved in cleaning the data, data analysis, and writing up methods, findings, and contributing to the discussion section for a paper regarding the effectiveness of the Work It Out program. Introduction/literature review for the paper will be provided to you as background information before commencing the project and to provide you with a clear idea of the existing evidence regarding chronic disease self-management programs. It is expected that you will be a co-author on a paper for publication.</p>
Expected outcomes and deliverables:	<p>Expected skill development: Carrying out applied research in an interdisciplinary team setting Experience attending (and assisting qualified health professionals) in an Aboriginal and Torres Strait Islander Health Setting Supported self-reflection regarding own cultural background and working in a diverse cultural environment (including historical and social context) Data analysis (quantitative) Writing (methods, findings, discussion)</p> <p>Deliverables: Working with professionals, managers, and other researchers (psychologist, exercise physiologists, dietitians, occupational therapists) you will deliver</p> <ol style="list-style-type: none"> 1) a clean data set 2) complete data analysis for the above hypotheses 3) complete write up of methods and findings 4) contribution to inter-professional team dialogue (e.g. in staff meeting) regarding discussion section for a paper 5) outline of discussion section for a paper (based on team dialogue)
Suitable for:	<p>This project is open to students studying: Health and Rehabilitation Sciences Public Health Human Movements/Exercise Science Aboriginal and Torres Strait Islander Health Or a similar field.</p> <p>3-4 year students</p> <p>Excellent interpersonal and organisational skills are necessary. Experience working, researching, volunteering, or completing student fieldwork in a diverse and inclusive environment is preferable. (e.g. disability sector, multicultural settings, mental health services, gender</p>

	<p>equality/women's health programs, Aboriginal and Torres Strait Islander health/education settings)</p> <p>Aboriginal and Torres Strait Islander students are encouraged to apply. All applications are appreciated and welcome.</p>
Primary Supervisor:	<p>Dr Emma Campbell, Occupational Therapy, School of Health and Rehabilitation Sciences, University of Queensland.</p> <p>Co-supervisors</p> <p>Dr Alison Nelson, Workforce Development Manager, Institute for Urban Indigenous Health</p> <p>Ms Tabinda Basit, Psychologist, Work It Out, Institute for Urban Indigenous Health</p> <p>Ms Samara Dargan, Manager, Work It Out, Institute for Urban Indigenous Health</p>
Further info:	<p>Please email e.campbell4@uq.edu.au to express your interest in the project and discuss your application prior to submission.</p> <p>This project is in partnership with the Institute for Urban Indigenous Health (IUIH). Prior to commencing the project, the student must attend an IUIH orientation. The successful applicant will work closely with researchers and health professionals at IUIH and at the University of Queensland.</p>