Australasian Peers for Progress Diabetes Program: Features and potential for transfer to other countries

Brian Oldenburg
Monash University
on behalf of Australasian PfP Team
1. **Background and Design**
Type 1 & 2 Support Group across Victoria – COMNET (Diabetes Australia -Victoria)

Type 1 groups 15
Type 2 groups 63

www.monash.edu
1. To implement and evaluate the impact of the Australasian Peers for Progress Diabetes Project on:
   - Assistance and consultation in applying diabetes management plan in daily life;
   - Emotional and social support;
   - Linkages to & assistance in gaining access to clinical care;
   - Ongoing availability of support.

2. To evaluate the cost effectiveness of Australasian Peers for Progress Diabetes Project and its potential long-term benefits and potential transferability to other settings and countries.
STUDY DESIGN

Diabetes Self-Management Education

INTERVENTION ARM

LEADERS

Group Facilitation Training

PARTICIPANTS

Intervention
12 monthly meetings
Participant resources
Regular supervision for leaders

6 and 12 Month Measurements

Ongoing Support

18 month measurements

WAITLIST ARM

LEADERS

DA-Vic champion program

PARTICIPANTS

Usual Care

Peer Leader Training

Intervention
12 monthly meetings
Participant resources
Measurement

- **Clinical outcomes:**
  - Cardiovascular risk score
  - HbA1c, Blood pressure, Weight, Waist circumference
  - Psychosocial functioning

- **Behavioural outcomes:**
  - Physical activity, Medication adherence,
  - Links with clinical care team,
  - Adoption of healthy eating patterns
  - Quality of life
2. INTERVENTION
4 KEY OUTCOMES:
1. Diabetes self-management
2. Social and emotional support
3. Linkages to clinical care
4. Ongoing support
**SELF MANAGEMENT EDUCATION PROGRAM**

**ALL Participants and Leaders**

- One day program (approx 7 hours) led by credentialed diabetes educators from Diabetes Australia – Vic

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<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
<th>Led by</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am – 9.10am</td>
<td>Introduction, Introductions and housekeeping</td>
<td>Diabetes Educator (DE)</td>
</tr>
<tr>
<td>9.10am – 9.40am</td>
<td>What is diabetes?</td>
<td>DE</td>
</tr>
</tbody>
</table>
| 9.40am – 10.35am | Management of type 2 diabetes
> Introduction to the seven behaviours important to self management.
> Blood Glucose Monitoring as a feedback tool & the HbA1c test | DE      |
| 10.35am – 10.50am | MORNING TEA                                                           |         |
| 10.50am – 11.35am | Diabetes medication and insulin                                       | DE      |
| 11.35am – 1.00pm | Dietary Management
> “What can I eat?” – A closer look into the dietary management of diabetes | Dietitian|
| 1.00pm – 1.30pm | LUNCH                                                                |         |
| 1.30pm – 2.00pm | Physical Activity
> Benefits, precautions & monitoring                                  | Dietitian|
| 2.00pm – 2.20pm | Hypoglycaemia
> What is a hypo, treatment and prevention                             | DE      |
| 2.20pm – 2.25pm | Sick Days
> What to do when you’re not well                                      | DE      |
| 2.25pm – 2.40pm | AFTERNOON TEA                                                         |         |
| 2.40pm – 3.30pm | Complications
> What are the long term risks of diabetes and can we reduce those risks? | DE      |
| 3.30pm – 3.35pm | Complications screening tests
> What tests should you have?                                           | DE      |
| 3.35pm – 3.40pm | Driving and diabetes                                                 | DE      |
| 3.40pm – 3.45pm | Conclusion and evaluation                                            |         |

This session plan maybe revised due to the availability of the dietician and DE on the day.
Food choices for people with diabetes

What matters most is that you eat balanced meals. That means eating breakfast, lunch, dinner, and snacks. When you eat balanced meals, your body gets the nutrients it needs to function properly.

A balanced meal includes:
- Protein: lean meats, fish, poultry, beans, tofu, eggs
- Vegetables: dark green, leafy vegetables, other vegetables
- Whole grains: brown rice, whole-wheat bread, pasta, oatmeal

When eating out, look for dishes that are high in these nutrients.

To maintain a healthy weight, choose to eat lower calorie foods. This can help you manage your diabetes and improve your overall health.

Maintaining a healthy weight can help you feel better and reduce your risk of developing other health problems.


diabetes & good health

Diabetes is a chronic medical condition that affects the body’s ability to use sugar for energy. When you have diabetes, your body cannot produce or use insulin properly. Insulin is a hormone that helps your body use glucose, a type of sugar found in food, for energy.

Diabetes can cause complications in other parts of your body, such as your eyes, heart, kidneys, and nerves. It can also increase your risk of developing other health problems, such as heart disease and stroke.

Therefore, it is important to maintain good diabetes control. This includes eating a healthy diet, exercising regularly, and taking medications as prescribed.

By managing your diabetes well, you can improve your quality of life and reduce your risk of developing other health problems.

Have your last checkup each year by your doctor or diabetes health professional

Keeping your diabetes under control

It’s important to:
- Check your blood glucose levels regularly.
- Keep your blood glucose levels within the recommended range (normal and diabetic).
- Take your medicines as prescribed.
- Eat a healthy diet.
- Exercise regularly.
- Avoid smoking.
- Keep your feet and eyes healthy.
- Have your last checkup each year.

Foods to remember:
- Don’t eat too many high-sugar foods.
- Limit your calories.
- Choose foods that are rich in fiber.

Have your last checkup each year by your doctor or diabetes health professional
Training Of Peer Leaders

• **Peer leader training provides skills required to:**
  – Facilitate group meetings, listen, empathise, share stories & experiences
  – Conduct role play, especially associated with clinical interactions
  – Provide supportive environment to engage participants
  – Facilitate group discussion and activities to assist with daily management issues eg. diet, activity, medication adherence

• **Ongoing supervision facilitated by:**
  – monthly teleconference with Project Health Psychologist and other leaders.
  – Face-to-face meetings twice a year
PEER LEADER TRAINING PROGRAM

• 2 ½ day training program of small groups of 8-10 people

• Training manual provided for leaders to be used as a resource during meetings

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAY 1</td>
<td></td>
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</tr>
<tr>
<td>Session 1</td>
<td>Setting the Scene</td>
<td>What the first PIP support group meeting will look like</td>
</tr>
<tr>
<td>Session 2</td>
<td>PIP Support Groups</td>
<td>Aims of the PIP groups, Principles &amp; goals of peer leadership, Evolving stages of a group</td>
</tr>
<tr>
<td>Session 3</td>
<td>Story telling &amp; Communication skills</td>
<td>Facilitating story telling, Active listening skills, Roadblocks to communication</td>
</tr>
<tr>
<td>Session 4</td>
<td>Goal-Setting</td>
<td>Assisting people to set goals, Developing an Action Plan</td>
</tr>
<tr>
<td>DAY 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Review Goals &amp; Problem-Solving</td>
<td>Strategies to review goals in a group setting, Problem solving exercise</td>
</tr>
<tr>
<td>Session 6</td>
<td>Linkage to Clinical Care</td>
<td>Setting diabetes-related goals, Working in partnership with health professionals, GP Management Plan, Team Care Arrangement, Medicare entitlements</td>
</tr>
<tr>
<td>Session 8</td>
<td>Ethics &amp; Self care</td>
<td>Confidentiality, Boundaries, Self-care</td>
</tr>
<tr>
<td>Session 9</td>
<td>Peer Leader Roles and Responsibilities</td>
<td>Preparing for monthly meetings, Dealing with informational needs</td>
</tr>
<tr>
<td>DAY 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session 10</td>
<td>Putting It All Together</td>
<td>Leading a group</td>
</tr>
<tr>
<td>Session 11</td>
<td>Working with the research group</td>
<td>Update regarding the research project, Support from the project team, Administrative responsibilities</td>
</tr>
</tbody>
</table>
Session 1: Setting the Scene

Overview

Topic
- Welcome
- Introduction
- Overview of the training program
- Australasian Peers for Progress Diabetes Project
- Overview of the day
- Peer leader basics

Objectives
At the end of this session you will:
- Begin to get to know the other peer leaders
- Understand the goals of the PFP-DP project
- Be able to visualize what your first support group meeting will look like

Steps in the development of a group

The formation of a valuable support group can take time and effort. Historically, stages of group development have been established. The model is a useful guide to understanding the stages through which a group may go. Understanding these stages can help lead to the effective use of participating groups, and it is important to recognize the stages of group development. It is important to recognize that these stages do not necessarily follow one after the other as a different stage can develop from the one in which it is currently at.

Task Description
- Description of the group's purpose
- Description of the group's objectives
- Description of the group's activities
- Description of the group's meeting format
- Description of the group's membership
- Description of the group's leadership structure
- Description of the group's evaluation process

Example
A peer leader is someone with type 2 diabetes who uses simple listening and problem-solving skills, in collaboration with learned knowledge and lived experience, to assist people who are their peers. Peers are capable of solving their own problems if given a chance. The main goal is to help your peers find their own solutions to their own problems rather than solving their problems for them. Your tools are active listening skills, problem-solving skills, and your own experience of living with type 2 diabetes.
GROUP MEETINGS – TOPICS/ISSUES

Session 1:
- Introductions and Program Overview

Sessions 2 – 11:
- Risk assessment
- Linkage to clinical care
- Exercise
- Foot care
- Stress & coping
- Setting goals/Action planning
- Healthy eating
- Blood glucose levels
- Eye care
- Relationships

Session 12:
- Building on change and ongoing support
Participant Workbook

Australasian PEERS FOR PROGRESS Diabetes Project

Peers for Progress Meeting details

Your Peer Leaders:

Name:  Ph:

Your scheduled monthly meeting location:

Your scheduled monthly meeting day & time:

Day:  Time:

For queries, please contact the Peers for Progress project manager: 03 9693 0812

If you need medical help, do not call Peers for Progress - call your health centre or doctor.

In an emergency, call 000.

If you feel distressed, call a helpline counsellor on 13 11 14.

My clinical target records

Clinical targets are health goals that you should aim for if you want to be the healthiest that you can be.

This table shows the clinical targets that are generally recommended for people with type 2 diabetes. However, each person will have their own clinical targets, based on their individual circumstances and health. You should discuss your individual clinical targets with your doctor.

You can use this table to record your targets and recent measurements, and see where you could improve. There is also room for you to enter your follow-up measurements and track your progress.

<table>
<thead>
<tr>
<th>Target Description</th>
<th>Value</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood pressure (systolic)</td>
<td>&lt; 140 mmHg</td>
<td></td>
</tr>
<tr>
<td>Blood pressure (diastolic)</td>
<td>&lt; 90 mmHg</td>
<td></td>
</tr>
<tr>
<td>HbA1c</td>
<td>&lt; 7.5%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt; 4.5 mmol/L</td>
<td></td>
</tr>
<tr>
<td>Triglycerides</td>
<td>&lt; 1.5 mmol/L</td>
<td></td>
</tr>
<tr>
<td>Body mass index (BMI)</td>
<td>&lt; 30 kg/m²</td>
<td></td>
</tr>
<tr>
<td>waist measurement</td>
<td>&lt; 100 cm</td>
<td></td>
</tr>
<tr>
<td>HDL cholesterol</td>
<td>&gt; 1.0 mmol/L</td>
<td></td>
</tr>
<tr>
<td>LDL cholesterol</td>
<td>&lt; 2.5 mmol/L</td>
<td></td>
</tr>
<tr>
<td>Other medications</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

My diabetes management plan

If you look at the table on the previous page, you should be able to see where you could make some improvements in your diabetes management by comparing your results with the generally recommended targets. The following table lists some of the key things you can do to improve your health and achieve clinical targets. You might want to use this table to record what you need to do to improve each of these areas. You can return to this table during your support meetings to see how you are going with the changes you decided to make:

Self-Care Behaviours | What I need to do & Changes I need to Make
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Useful tips from your peers:

Eat a Healthy Diet

1. Eat plenty of fresh vegetables and fruits.
2. Choose lean meats and limit your consumption of red meat.
3. Choose whole grains instead of refined grains.
4. Limit your intake of sugary drinks.
5. Drink plenty of water.

4. Alcohol

Reducing your alcohol consumption will help you to manage your diabetes. Drinking alcohol can interfere with your body's blood sugar levels.

How can I do this?

Follow the Australian guidelines for healthy eating and reducing your alcohol consumption. These guidelines suggest:

- drinking no more than two standard drinks on any day, and
- no more than four standard drinks on any single occasion.

You can use the information on the right-hand page of this workbook to help you.

<table>
<thead>
<tr>
<th>Drink Type</th>
<th>Alcohol Content</th>
<th>Standard Drink Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer</td>
<td>5%</td>
<td>400 ml = 4 standard drinks</td>
</tr>
<tr>
<td>Wine</td>
<td>12%</td>
<td>125 ml = 1 standard drink</td>
</tr>
<tr>
<td>Spirits</td>
<td>40%</td>
<td>25 ml = 1 standard drink</td>
</tr>
</tbody>
</table>
Website support

www.peersforprogress.monash.edu.au

Monash University

Thank you to everyone who has already responded to our recent mail-out inviting people to join a diabetes peer support group.

For those who have already contacted us to express interest in the program, you should have received an Explanatory Statement and Consent form in the mail shortly after you contacted us. Remember to return your consent form as soon as possible so that we can officially enrol you into a group.

We are still very keen for more people to join groups in these locations:


If you have type 2 diabetes and are interested in joining a peer support group in one of these areas, please give us a call today!

You can reach the project team at Monash by calling 03 9903 0512, or you can find out more information about the project by using the links on the left-hand side.

Now Recruiting

We are currently seeking people with type 2 diabetes to join our Peers for Progress groups as leaders or participants. If you are interested, please click here to find out more.

Have you already returned your consent form?

If you have already returned your consent form, click here to find out what will be happening next.
3. Recruitment and Promotion for the Project
Promotional Materials

A3 Poster

Do you have type 2 diabetes?

The Australasian Peers for Progress Diabetes Project has been developed as a community-based project to study the benefits of group peer support in local areas.
- Are you aged between 25 and 75 years?
- Have you had type 2 diabetes for more than 12 months?

To find out about a group starting in your area phone 9903 0512 or go to our website www.peersforprogress.monash.edu.au

A4 Brochure

We want to hear from you today!

If you are interested in participating and...
- You have been diagnosed with type 2 diabetes for 12 months or more
- You are aged between 25 and 75 years
- You live in Melbourne
- You are willing to participate in some research elements

Expression of interest in the Peers for Progress project

Name: ____________________________
Phone: ____________________________

Do you have type 2 diabetes?

We are looking for individuals who have been diagnosed with type 2 diabetes for more than 12 months to participate in a research project aimed at improving the quality of life for people with diabetes.

The Australasian Peers for Progress Diabetes Project is a community-based project that aims to improve the quality of life for people with diabetes through peer support groups.

Benefits of joining a Peers for Progress group

- Increased social support
- Improved diabetes management
- Increased confidence and self-esteem
- Increased knowledge about diabetes and its management

Diabetes Management

- Group sessions will be facilitated by trained diabetes educators.

Links to Health Professionals

- Peer support groups can help you work with health professionals and the health system more effectively.

The project is supported by the Australian Diabetes Council and the Australian Diabetes Society.
3. Recruitment and Promotion for the Project
## Recruitment Results

<table>
<thead>
<tr>
<th></th>
<th>First Wave</th>
<th>Second Wave</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letters Sent (excl. RTS)</td>
<td>8,526</td>
<td>3,500</td>
<td></td>
</tr>
<tr>
<td>EOI</td>
<td>442</td>
<td>99</td>
<td>541</td>
</tr>
<tr>
<td>(5.1% response)</td>
<td></td>
<td>(2.8% response)</td>
<td></td>
</tr>
<tr>
<td>Consented Participants</td>
<td>177</td>
<td>72</td>
<td>249</td>
</tr>
<tr>
<td>Consented Peer Leaders</td>
<td>28</td>
<td>6</td>
<td>34</td>
</tr>
</tbody>
</table>

**Total % EOI Converted to Enrolment/Consented Participants:** 52.3%
HbA1c distribution all Peers for Progress participants
# GP management plan

<table>
<thead>
<tr>
<th>HbA1c control</th>
<th>Yes (%)</th>
<th>No (%)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤ 7.0 %</td>
<td>78 (48.75%)</td>
<td>50 (52 %)</td>
<td>128</td>
</tr>
<tr>
<td>7 - 7.5 %</td>
<td>36 (22.5%)</td>
<td>16 (16.7%)</td>
<td>52</td>
</tr>
<tr>
<td>&gt; 7.5 %</td>
<td>46 (28.75%)</td>
<td>30 (31.3%)</td>
<td>76</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>160 (100%)</td>
<td>96 (100%)</td>
<td>256</td>
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</tbody>
</table>
PfP FORMULA FOR SUCCESS:
CREATED BY LEADERS AT MENTOR MEETING
ON APRIL 15-6

1. Use the Group
2. Use Stories in your Group
3. Navigate NOT Dictate.
4. Stop, Think, Listen Then React.
5. Use Positive Thinking—3 positive thoughts to every 1 negative!
6. Be happy—happiness is important to your well being.
7. Listen to the Group
8. Generate More Emphasis on Goal Setting—set SMART GOALS
9. Attitudes Can be Changed
10. Focus on Task in Monthly Meetings
11. Focus on Building a Successful Project
12. Leaders Boundaries—3 calls to reluctant members is enough
13. Educate your Groups—use the Project Resources
14. HAVE FUN in your groups.
Some issues

* Implementing a ‘real world’ complex intervention trial is COMPLEX
* Letting a program mature over time – Strength or limitation?
* Working in partnership with organisations whose agendas are different to those of research organisations
* Preparing for ‘scaling up’ in Australia to other chronic conditions
* Adaptation/transfer to Malaysia, India and China
Kerala Diabetes Prevention Program (K-DPP)

Figure 1. Kerala State, India
Acknowledgements

• Australasian Peers for Progress Investigators

• Diabetes Australia – Vic

• Australasian Peers for Progress Monash Project Team

• Diabetes Australia – Vic Community Network Leaders and Groups