Australasian Peers for Progress Diabetes Program: Transferability across cultures and countries

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1. BACKGROUND AND DESIGN
STUDY AIMS

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.
Setting:
- State of Victoria, February 2010 – Feb 2012
- Run through Monash University in collaboration with Diabetes Australia
- **Building on existing DA-Victorian ComNet Groups.**

Randomised Controlled Trial Design:
- All participants receive a 1 day of diabetes self-management education (DSME) and an Education Manual
- Peer group intervention compared to waitlist control
- Measurements taken at baseline, 6 and 12 months
- Intervention group to also be followed up at 18 months

**Intervention components:**
- 12 x 90 minute monthly peer group meetings facilitated by trained peer leaders
- Participant Workbook
- Website
STUDY DESIGN

Targeted recruitment in 24 locations

- Minimum 1 Peer Leader per Location
- Minimum 10 Participants per Location

Baseline Measures

Randomisation by group cluster

Diabetes Self-Management Education

INTERVENTION ARM

WAITLIST ARM

Comparison at 6 and 12 months
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

→ Diabetes self management
→ Linkage and communication with clinical care team
2. INTERVENTION
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**

- PARTICIPANTS
  - Usual Care
  - DA-Vic champion program
- LEADERS
  - Peer Leader Training
- **Intervention**
  - 12 monthly meetings
  - Participant resources
SELF MANAGEMENT EDUCATION PROGRAM

ALL Participants and Leaders

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

- All participants receive Education Manual

- Aim to educate participants about diabetes and their role in self-management
  - Healthy Living
  - Monitoring
  - Clinical Care
  - Complications
What causes high blood pressure?

Some of the causes of high blood pressure are not known although it is known that it tends to run in families. What you eat and how much you exercise can also play a role such as being inactive, overweight, smoking, drinking too much alcohol and eating too much salt.

In some cases there is a reason for high blood pressure that needs treatment. A major cause is kidney damage which may be caused by high blood pressure. Research shows it is very important for control blood pressure to reduce kidney damage.

How can I reduce my blood pressure?

There are several steps you can take to reduce your blood pressure:

- Don't smoke.
- Try to lose body weight and keep your weight under control.
- Do regular physical activity (at least 30 minutes on most days of the week).
- Choose a healthy eating plan that includes a variety of fruits, vegetables and grains, whole grains, lean meat, poultry, fish and low-fat dairy products.
- Have less salt by limiting processed and prepared foods, using low-fat or reduced-sodium (low钠) canned or bottled products and avoiding eating food in restaurants or at lunch. To reduce your total fat intake, choose lean meats and poultry. Saturated fat is found in foods with 13 grams or more of saturated fat per 100 grams of food.
- Limit alcohol to no more than 1 drink a day for women and no more than 2 drinks a day for men.
- Children should follow a diet of less than 10% of their total fat intake from saturated fat and less than 300 milligrams of sodium a day. Children under age 2 do not need salt in their food.

While these steps may be necessary to reduce blood pressure, there are other factors to consider for a healthy eating and regular physical activity. It is unusual to need to adjust medication or control blood pressure.

How often should I get my blood pressure checked?

Your blood pressure should be checked at every doctor's visit. Ideally, at least 3 months for people with normal blood pressure and 1 monthly for people with high blood pressure.

If your blood pressure reading is being monitored, your doctor needs to be measured every 1-2 weeks.

Food choices for people with diabetes

The dietary information shown below "Food choices for people with diabetes" has been reproduced with the permission of "Diabetes Australia". The information has been adapted from a variety of sources. This information is intended for educational purposes only and should not be used as a basis for the treatment of diabetes. The information is updated periodically and may be changed at any time. The information is not intended to replace the advice of a medical doctor or specialist. The information is provided "as is" and there are no warranties expressed or implied, including but not limited to implied warranties of fitness for a particular purpose or merchantability.

To help manage your blood glucose levels, improve your overall health and wellness, and reduce your overall risk of chronic disease, you may want to consider the following tips:

- Eating a healthy diet is important in managing diabetes. Eating the right foods at the right times can help control blood sugar levels and lower the risk of complications.
- Eating a healthy diet is key to managing diabetes. Eating the right foods at the right times can help control blood sugar levels and lower the risk of complications.
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Australasian PfP Intervention

**INTERVENTION components**

- **Group meetings led by trained peer leaders**
  - Resource Workbook which includes action planning, goal setting, diabetes management information and links to further resources.
  - Additional Resources and Supports:
    - Website
    - *Opportunistic activities with peers and/or leader between meetings

**PARTICIPANTS**

- 2.5 days group facilitation training
- Resource Manual provided during peer leader training
- Ongoing support, mentoring, and supervision from the research team, through monthly teleconferences

**PEER LEADERS**

**PARTICIPANT OUTCOMES**

**4 KEY OUTCOMES FOR PARTICIPANTS**

1. Assistance and consultation in applying diabetes management plan in daily life;
2. Emotional and social support;
3. Linkages to and assistance in gaining access to clinical care;
4. Ongoing availability of support.
Peer Leaders: Primus Inter Pares

First among equals
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
Peer Leader Manual

Australasian PEERS FOR PROGRESS Diabetes Project

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

Active listening
Active listening is a way of listening that focuses entirely on what the other person is saying and confirming understanding of both the content of the message and the emotions and feelings underlying the message. Active listening makes it more likely that your understanding of what the other person is saying is accurate. Figure 1 below represents active listening.

Figure 1: Active listening

Active listening strategies (GORS)
There are four active listening strategies that have the acronym GORS, that can help us to understand others better. These are:
1. Open ended questions
2. Attending
3. Reflecting feelings
4. Summarizing

Table 1: Stages of group development

<table>
<thead>
<tr>
<th>Stage</th>
<th>Characteristics</th>
<th>Strategies</th>
<th>Roles of Peer Leader</th>
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</thead>
<tbody>
<tr>
<td>Forming</td>
<td>Unstructured, frequent feedback, members are interested to solve problems together</td>
<td>Help group members understand that the group is forming, facilitate open communication, establish clear expectations</td>
<td>Assist members to start working together, keep the group on track, establish group norms and rules, help the group achieve its goals</td>
</tr>
<tr>
<td>Storming</td>
<td>Structure, frequent conflict, members are actively engaged in the group, members are not fully committed to the group</td>
<td>Help group members understand the storming stage, facilitate open communication, help members work through their differences, resolve conflicts</td>
<td></td>
</tr>
<tr>
<td>Norming</td>
<td>Structure, few conflicts, members are committed to the group, members are working together to achieve the group's goals</td>
<td>Help group members understand the norming stage, facilitate open communication, help members work through their differences, resolve conflicts</td>
<td></td>
</tr>
<tr>
<td>Performing</td>
<td>Structure, few conflicts, members work well together, the group is highly productive</td>
<td>Help group members understand the performing stage, facilitate open communication, help members work through their differences, resolve conflicts</td>
<td></td>
</tr>
</tbody>
</table>

Opening and closing a group meeting
An important role for peer leaders is to provide a structure for opening and closing group meetings.
GROUP MEETINGS – TOPICS

Session 1:
• Introductions and Program Overview

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

Session 12:
• Building on change and ongoing support
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.
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

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### 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 25-75 years
- You live in Victoria
- You are willing to participate in some research elements

Expression of interest in the Peers for Progress project

**Name:**

**Address:**

- I would like more information about participating in this study.
- I would like more information about enrolling in a peer group trial.
- I would like more information about the study and how membership is paid.

Your contact information will be kept in the strictest confidence. We will not share your details with any third parties.

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**Australasian Peers for Progress Diabetes Project**

The Australasian Peers for Progress Diabetes project involves small groups of 6-12 people with type 2 diabetes engaging in monthly sessions to share experiences and knowledge about living with and managing diabetes.

We are seeking participants who would like to join a peer support group. In addition, you will be asked to take part in research about the impact of peer support.

Fees and support with type 2 diabetes are covered by the study, which is primarily supported by diabetes communities.

**Benefits of joining a Peers for Progress group**

- **Training:**
  - All interested and participants will receive a free diabetes and diabetes self-management education program at the beginning of the study.
  - Peers will be given additional training to enhance their skills.

- **Peer Support:**
  - Group meetings will be facilitated by trained facilitators. You and your peers will be encouraged to share challenges of living with diabetes, in a comfortable and supportive setting.

**Diabetes Management:**

- Living and coping with diabetes will be discussed during the meetings according to the needs of the group members. For instance, groups may share experiences in relation to healthy eating, managing hypoglycaemic and hyperglycaemic episodes, and the health system more effectively.

**Links to Health Professionals:**

- Peer group meetings can help you work with health professionals and the health system better and will inform you about other services available in your community.
**RECRUITMENT STRATEGIES**

- **Wave 1:**
  - DA – Vic Community Network Newsletter and website articles
  - Mailed invitation to 8728 Victorian registrants on National Diabetes Services Scheme (NDSS) database in 24 selected locations
  - Community engagement progressed via NDSS pharmacies, GP divisions, local councils, community health centres, ancillary diabetes care providers, community organisations (Lions, Rotary etc)

- **Wave 2:**
  - Second mailed invitation to 3500 people in 12 of the selected locations which had a poor response after initial mail approach
  - Utilise recruited Peer Leaders to assist with recruiting extra participants in their local area if needed
  - Continued community engagement especially in locations with poor response
First wave:

<table>
<thead>
<tr>
<th>Letters Sent (excluding RTS)</th>
<th>8526</th>
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<tbody>
<tr>
<td>EOI</td>
<td>442 (5.1% response rate)</td>
</tr>
<tr>
<td>Consented Participants</td>
<td>&gt; 171</td>
</tr>
<tr>
<td>Consented Peer Leaders</td>
<td>26</td>
</tr>
<tr>
<td>% EOI converted to Enrolment</td>
<td>44.57%</td>
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Second wave scheduled July 29th 2010

Baseline measurement, baseline assignment, training and groups to start
**Next Steps and Issues**

- Baseline measurement, baseline assignment, training and groups are (almost) underway

- Preparing for ‘scaling up’ in Australia to other chronic conditions (Forum in a fortnight)

- Preparing for adaptation to Malaysia and other countries (Forum in October in Malaysia)

- Implementing a ‘real world’ complex intervention trial and multi-layered partnership is COMPLEX

- Working in partnership with organisations whose agendas are different to those of research organisations
Acknowledgements

• Australasian Peers for Progress Investigators

• Diabetes Australia – Vic

• Australasian Peers for Progress Monash Project Team

• Diabetes Australia – Vic Community Network Leaders and Groups