

HEALTH PROMOTION

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Kimberley Renal Services



CONTEXT

Proven benefits of delivering patient education in CKD:

- Postpone commencement of RRT
- Reduce rate of initiation of
- Reduced rate of decline in eGFR
- May delay CKD progression in earlier stages



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CONTEXT

Identified issues...

- ❖ Resources developed ad hoc, sometimes in duplication with other existing resources
- ❖ Resources not developed in consultation with consumers
- ❖ Resources not evaluated



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AIMS

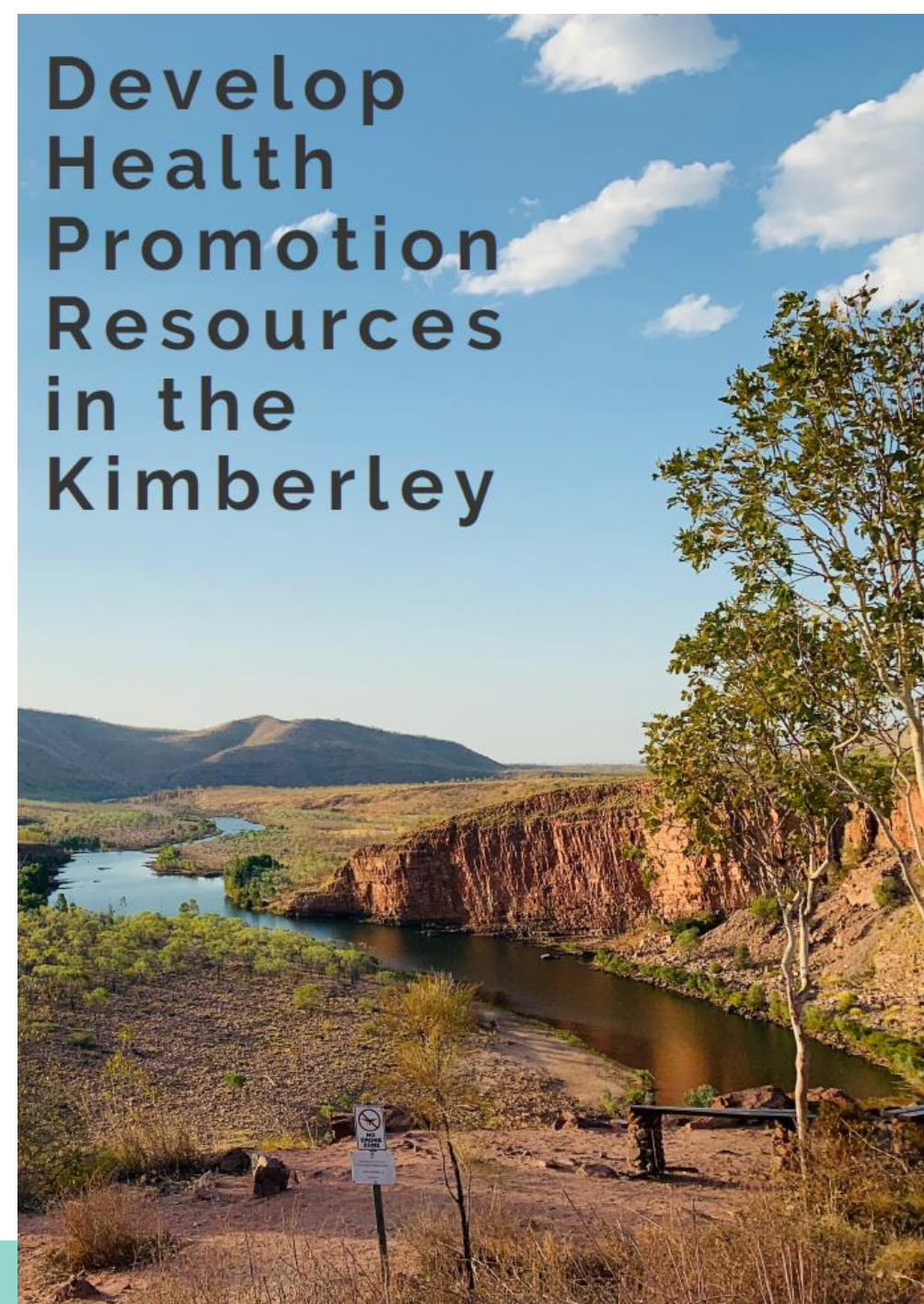
- To promote interagency collaboration in the design of health promotion and health education resources in the Kimberley region
- To promote evaluation in Kimberley health promotion
- To promote cultural safety in Kimberley health promotion
- To pilot the process of health education resource development

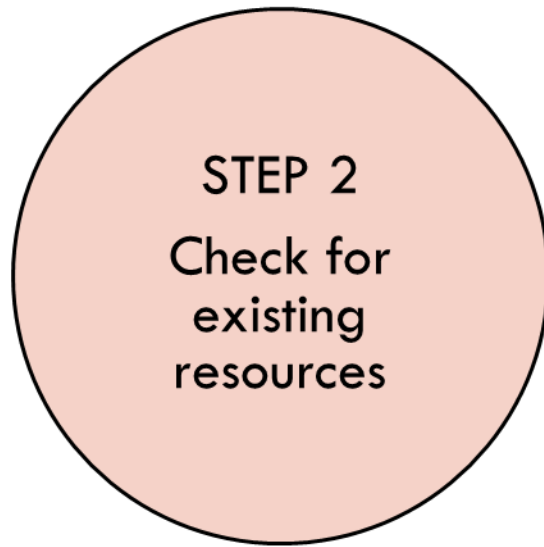


RESULT: TEN STEP GUIDE

1. Identify the area of interest
2. Check for existing resources
3. Define the message and target audience
4. Create a working group
5. Complete an evaluation plan
6. Produce resource in draft form
7. Test the resource with members of target group
8. Re-draft your resource
9. Distribute your resource
10. Evaluate your resource

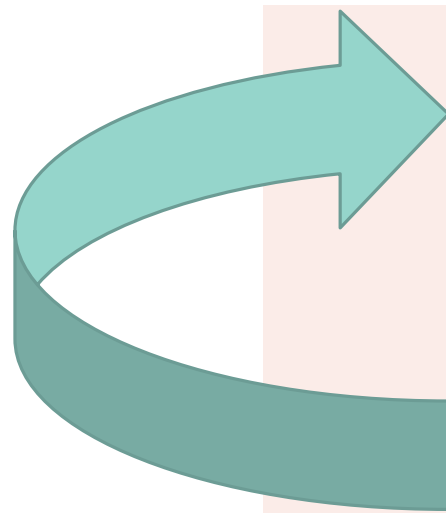
Develop Health Promotion Resources in the Kimberley





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STEP 6-8
Draft and review resource with testing from target group

USE FEEDBACK FROM TARGET AUDIENCE AND EVALUATION RESULTS TO IMPROVE RESOURCE

STEP 9
Distribute your resource

STEP 10
Evaluate your resource

PILOT OF TEN STEP GUIDE

1. Identify the area of interest:

- Revised Kimberley diabetes protocol now recommends routine annual screening from 15 years of age using HbA1c
- Confusion re: HbA1c vs BSL and staff having difficulty explaining diabetes results

2. Check for existing resources

- No resources addressing the explanation of diabetes results (BSL, HbA1c) identified on the Australian HealthInfoNet or in discussion with regional diabetes educator



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PILOT OF TEN STEP GUIDE

3. Define the message and target audience

- Role of resource intended to aid consultation between health care provider and patient, not standalone resource
- Working message: **“Unmanaged diabetes can lead to problems with your heart, eyes, feet and kidney – know what your diabetes results and goals are to know if you are on track to stay healthy”**

4. A working group was formed including:

- Kimberley Renal Service GPs, CKD Educators, Aboriginal Care Coordinators.



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PILOT OF TEN STEP GUIDE

5. Complete an evaluation plan

- For initial design and redrafting - patient feedback forms
- For evaluation of effect – pre- and post- resource testing of recall and understanding of key message

6. – 8. Resource drafted, tested and redrafted

9. Resource distributed

- Regionally via e-mail and available online:
- Australian HealthInfoNet: <http://www.healthinfonet.ecu.edu.au/key-resources/promotion-resources?lid=31186>
- KAMS website: <http://kams.org.au/resources/health-promotion/>

10. Evaluation - ongoing

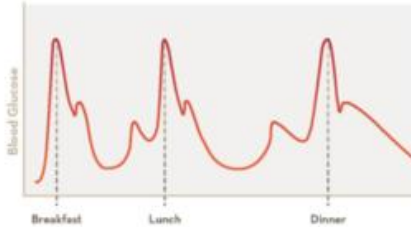


Diabetes Check

Blood sugar graph used to show change in BSL during the day. Used to explain insulin titration.

What is Blood Sugar (Glucose) Level?

It's a measurement of the amount of sugar floating in the blood.
High blood sugars = **MORE** sugar floating in the blood.



Your value: _____

Your goal: _____

Blood cells with sugar attached (can match to demonstration)

What is HbA1c?

It's a measurement of the amount of blood sugar attached to the Haemoglobin part of your red blood cells.

High blood sugars for a long time = **MORE** sugar stuck to Haemoglobin.



Your value: _____

Your goal: _____

Speedometer used as risk metaphor

Impact on patient – end organ damage

Motivating and optimistic message

Untreated diabetes can seriously affect your heart, eyesight, feet and kidneys.



It's never too late to make positive changes to your lifestyle!

Eating well and keeping active can improve long term health and help to maintain good kidney function.



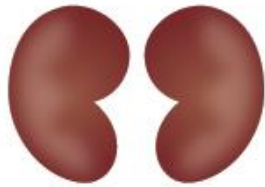
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Kidney Check



NO KIDNEY DISEASE

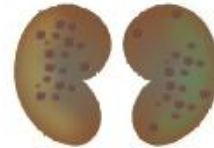


STAGE 1
eGFR > 90



STAGE 2
eGFR 60-89

KIDNEY DISEASE



STAGE 3
eGFR 30-59



STAGE 4
eGFR 15-29



STAGE 5
eGFR < 15

END Stage Kidney Disease

Proteinuria (Urine test check) Protein in the urine is bad for your kidneys. More protein means kidneys get sick quicker.

Chronic Kidney Disease (blood test check)

Waste builds up and causes sickness.



Your values:

Protein: eGFR:

Creatinine: Stage:

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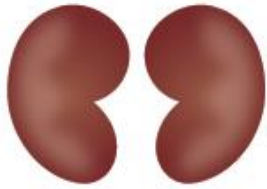
Kidney Check



Waste builds up and causes sickness.



No Kidney Disease



Stage 1
eGFR > 90



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Stage 5
eGFR <15

END Stage Kidney Disease

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ABORIGINAL HEALTH PROMOTION IN WESTERN AUSTRALIA

Achieving improvements in Aboriginal Health Promotion is a priority acknowledged in health policies at a regional and national level, including in the WA Aboriginal Health and Wellbeing framework

- How do we share our health promotion endeavours?
- How do we learn from each other?
- How do we best build inter-jurisdictional partnerships?
- How do we support high quality health promotion activities in Aboriginal and Torres Strait Islander health to achieve long term goals?



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