

COMPARE-PHC Forum Sydney 8th Oct 2015

Program

Time	Item
8:30	Registration & coffee
9:00	Welcome and overview of COMPARE-PHC and the day
9:15	Stream 3: Implementation of obesity management guidelines <ul style="list-style-type: none"> • Factors influencing general practitioners' decision to refer patients with obesity in Australia • A cost neutral approach to improving the quality of preventive care in general practice: time for dissemination? • Countering weight gain in general practice
10:00	Stream 2: Adults with low health literacy <ul style="list-style-type: none"> • Management of obesity in patients with low health literacy in primary health care • Improving health literacy for weight management in Arabic-speaking migrants in Australia
10:45	Morning tea
11:15	Keynote: Professor Susan Jebb, University of Oxford <ul style="list-style-type: none"> • Weight management in primary care
12:30	Stream 1: Families with young children <ul style="list-style-type: none"> • Developing an innovative model to improve Infant-feeding practices of socioeconomically disadvantaged families: The Growing healthy program
1:15	Lunch
2:00	Aboriginal and Torres Strait Islander Peoples <ul style="list-style-type: none"> • Growing healthy at Inala: A mixed methods study exploring the appropriateness of a m-Health intervention at an urban Aboriginal and Torres Strait Islander primary health care service • Understanding health talk: health literacy and verbal communication of health information in an urban Aboriginal and Torres Strait Islander general practice
2:45	Knowledge exchange discussion tables
3:15	Wrap up
3:30	Afternoon tea and finish

Presentations

Keynote: International experience

Weight management in primary care



[Susan Jebb](#), University of Oxford (45 min presentation, 30 min Q&A)

This presentation will summarise the evidence of the effectiveness of behavioural weight management programmes to treat obesity in adults, focusing on our recent systematic reviews and data from new trials directly relevant to the primary care setting. It will include qualitative research drawing on the experience of practitioners and patients to consider how we can embed weight management as a routine part of primary care.

Stream 1: Families with young children

Developing an innovative model to improve Infant-feeding practices of socioeconomically disadvantaged families: The Growing healthy program

1. Overview of Growing healthy and introduction of speakers. [Elizabeth Denney-Wilson](#), University of Technology, Sydney
2. How can practitioners support parents with infant feeding to promote healthy weight gain? [Rachel Laws](#), Deakin University
3. What affects the infant feeding practices of socioeconomically disadvantaged Australian mothers? [Georgie Russell](#), University of Technology, Sydney
4. Key findings from Growing healthy. [Elizabeth Denney-Wilson](#)
5. Questions and discussion. All plus [Karen Campbell](#), Deakin University

Infants from disadvantaged backgrounds are more likely to experience excess weight gain in the first year of life and to be overweight as young children. The Growing healthy program provides a smart phone app and website with push notifications to parents of children under 9 months. The app contains expert advice around feeding, settling, parenting and self-care and complements the advice given by PHC practitioners at ages and stages visits. The development of the app content was based on a review of evidence and qualitative research with parents and nurses working in maternal and child health or general practice. This presentation reports on the developmental work with practitioners and parents and the key findings from the trial of the app.



Stream 2: Adults with low health literacy

1. Management of obesity in patients with low health literacy in primary health care

[Nighat Faruqi](#) & [Mark Harris](#), UNSW (30 min: 20 min presentation & Q&A 10 min)

This study evaluates the implementation and effectiveness of primary care nurse in supporting patients with low health literacy and who are obese to lose weight. Baseline data will be presented on the behavioural and physiological risk factors, quality of care reported, provided and recorded by GPs and PNs and the levels of health literacy of patients.

2. Improving health literacy for weight management in Arabic-speaking migrants in Australia

[Nouhad El-Haddad](#), UNSW (15min: 10 min presentation & 5 min Q&A)

A mixed-method case study exploring the weight management experiences of Arabic-speaking migrants who are obese and have low health literacy was conducted. Baseline results including the perceived facilitators, barriers, and ethnicity-related factors that affect weight management will be presented.

Stream 3: Implementation of obesity management guidelines

1. Factors influencing general practitioners' decision to refer patients with obesity in Australia

[Mark Harris](#), UNSW (15 min: 10 min presentation, 5 min Q&A)

Final results will be presented from a qualitative study that aimed to describe the factors influencing general practitioners' (GPs) referral intentions for their patients with obesity.

2. A cost neutral approach to improving the quality of preventive care in general practice: time for dissemination?

[Jon Karnon](#), University of Adelaide (15 min: 10 min presentation, 5 min Q&A)

The Preventive Evidence into Practice (PEP) was a multi-faceted intervention aimed at improving preventative care given to patients with risk factors for chronic disease in general practice. A randomised controlled trial showed improvements in the recording of risk factors. Results of the analysis of costs to the MBS/PBS will be reported and the implications for policy and planning will be discussed.

3. Countering weight gain in general practice

[Jodi Gray](#), University of Adelaide (15 min: 10 min presentation, 5 min Q&A)

The Counterweight program is a weight management program delivered by practice nurses that has been developed and rolled out in the UK. COMPARE-PHC is evaluating its feasibility and acceptability to Australian general practices in a South Australian pilot study. Early results from the trial will be presented.

Aboriginal and Torres Strait Islander Peoples

1. Southern Queensland Centre of Excellence in Aboriginal and Torres Strait Islander Primary Health Care Clinic (“Inala”): An introduction

[Noel Hayman](#) and [Deb Askew](#), Inala (5 min)

2. [Growing healthy at Inala](#): A mixed methods study exploring the appropriateness of a m-Health intervention at an urban Aboriginal and Torres Strait Islander primary health care service

3. [Annalie Houston](#), Inala (12 min presentation & 3 min Q&A)

The Growing healthy at Inala research project aims to determine the suitability of the Growing healthy program with parents of Aboriginal and Torres Strait Islander infants. The cultural appropriateness, acceptability and usefulness of the program have been explored with Aboriginal and Torres Strait Islander parents with babies under the age of 9 months from Inala Indigenous Health Service in Brisbane, Queensland. Evaluation consisted of a focus group and semi- structured interviews with parents following a pilot test of the program to explore the feasibility and usefulness of the program and suggestions for further improvement. The findings will inform the refinement of program to be suited to Aboriginal and Torres Strait Island parents.

4. Understanding health talk: [health literacy](#) and verbal communication of health information in an urban Aboriginal and Torres Strait Islander general practice

[Prabha Lakhan](#) (12 min presentation & 3 min Q&A)

A cross-sectional survey investigated the health literacy of patients attending the Inala Clinic. In addition, patients, who had attended Inala in the previous 12 months rated their experiences of communication of health information provided by general practitioners. The health literacy, association of risk factors with inadequate health literacy, and patients’ ratings of their experiences with verbal communication of health information will be presented.

5. [Noel Hayman](#) and [Deb Askew](#): Q&A (10 min)

