



THANK YOU!

Thank you to the practice nurses, practice managers, GPs and receptionists who have allowed us into your workspaces and participated to make the project a success so far.

If there is anything that you need from us, please ask!



Did you know that the HeLP GP website is now available to all practice staff?

Here you can find answers to frequently asked questions about the trial, training modules for intervention practices and information about CPD activities for GPs and nurses regardless of what study group you are in

<https://cphce.unsw.edu.au/help-gp>

If you have any enquiries regarding this project, please contact the

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Health eLiteracy for Prevention in General Practice (HeLP GP)

NEWSLETTER

Welcome to the first HeLP GP study newsletter. This newsletter aims to keep you, the practices participating in the study, informed as to the progress of the study, and to provide all the information you need to be an active study member.

To recap:

HeLP GP is being conducted in Sydney and Adelaide with general practices and patients of those practices. It uses a combination of eHealth and telehealth provided to overweight and obese patients to assist them to improve their diet, increase the level of physical activity they undertake, and generally improve their health.

It is a randomised study which means that only patients attached to intervention practices will receive the practice nurse led intervention.

Our study will survey patients from all practices by telephone at a number of time-points and collect clinical information from their medical records via a program called

Doctors Control Panel (DCP). This will determine if the HeLP GP intervention improves health and eHealth literacy, if patients change their diet and the amount of physical activity they do, and if there is an effect on physical risk factors.

So far.....

- * 22 practices have come on board (15 in NSW and 7 in SA)
- * 11 practices have been allocated to the intervention arm and 11 to usual care
- * All practices are actively recruiting patients
- * 269 patients have provided consent.
- * 171 patients have had a baseline telephone interview

Some patients, GPs and practice nurses will be approached to participate in qualitative interviews to provide impressions and feedback about the study, and the value of the intervention. We will be asking patients for access to MBS and PBS data to conduct a cost effectiveness analysis.

Meet the study team

The University of New South Wales team: Chief Investigator Professor Mark Harris, and (from left) study coordinator Sharon Parker and Research Officers An Tran and Shoko Saito



The University of Adelaide team:

Chief Investigator Professor Nigel Stocks and Research Officer Carmel McNamara



National Health Survey:

Health Literacy 2018

The Australian Bureau of Statistics has recently released data that supports that most Australians are positive about their health literacy.

The survey found that 33% of Australians found it always easy to discuss health concerns and actively engage with their healthcare providers; 56 per cent found this usually easy; while 12 per cent found it difficult.

<http://www.abs.gov.au/ausstats/abs@.nsf/MediaReleasesByCatalogue/7589018A13D832F2CA2583E80013F415?OpenDocument>

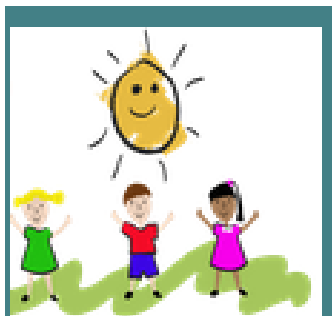
HeLP GPs Chief investigator, Professor Mark Harris has reviewed the results of the survey for RACGP news.

This article draws attention to the challenges for patients with a greater burden of illness and some implications for general practice

The article can be accessed

<https://www1.racgp.org.au/>

Childhood obesity remains a challenge in General practice



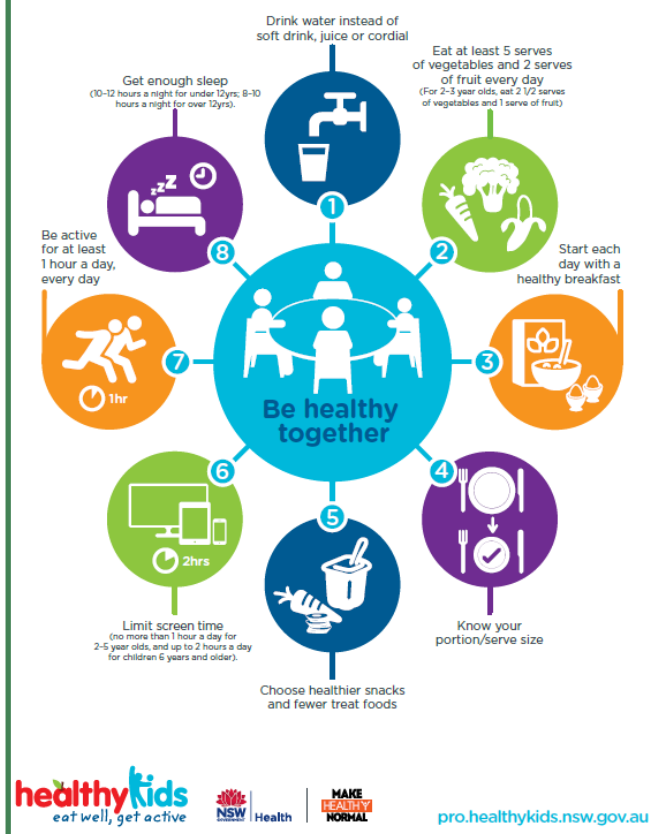
Recent data from the NSW Schools Physical Activity and Nutrition Survey (in 2015) found that although the prevalence of overweight and obesity is relatively stable at 25% there are some sociodemographic differentials; in particular children from low SES backgrounds are at greater risk.

Weighing and measuring all children in your practice is a key strategy to ensure that you catch all at risk children, because as the prevalence has increased our ability to “eyeball” or identify children at risk simply by looking at them doesn’t work.

Recent research suggests that parents may be more engaged (and not offended) if GPs and Nurses use terms like “above a healthy weight” rather than overweight, and focus on growth rather than weight. Using BMI for age charts is a useful tool to track growth and share progress with parents.

8 for a healthy weight

Information is relevant for children aged 2 years and older



NSW health have a website that has lots of resources including BMI for age charts and printable resources for parents. One of these the “Eight for a healthy weight” provides tips and advice for all parents on things they can do to keep their child healthy. These ideas are suitable for all children-not just those who are above a healthy weight.

<https://pro.healthykids.nsw.gov.au/>

HealthyKids for professionals (NSW Health) also has a number of weight management resources available for health professionals to assist when dealing with overweight children and their families.

<https://pro.healthykids.nsw.gov.au/>