

IRCSTWHILE

Leading the way: the Clinical Team Leadership Program



NSW Rural & Remote
Clinical Team
Leadership
Program



IRCST would like to welcome Jan Dent (right) to the team, as the Project Leader to facilitate the CLTP.



The program is based on the Clinical Leadership Program of the Clinical Excellence Commission (CEC).

The Clinical Team Leadership Program (CTLP) is an exciting rural initiative for IRCST which will see eight General Practitioners/Visiting Medical Officers in partnership with a Health Service Clinician from their workplace working together in 'project pairs'.

They will develop professional development pathways for acquisition of leadership, communication, critical thinking and self evaluation skills; and then undertake a clinical practice improvement project with their team. This includes participation in action learning sets, personal development plans informed by 360 degree performance profiles, six workshop days to be held in Sydney and building a portfolio of evidence.

A Memorandum of Understanding has been signed between IRCST and CEC as a collaborative agreement to undertake the program together. The program has been accredited with Royal Australian College of General Practice (RACGP) and ACRRM for CPD points.

'Project Pairs' to participate in the 2009 CTLP program are from Singleton, Griffith, Moree, Murrumbidgee, Coonamble/Gulgambone, Forbes, Tamworth and Bellingen.

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National Rural Health Conference

IRCST was pleased to sponsor 40 rural and remote health workers to attend the 10th National Rural Health Conference during May.

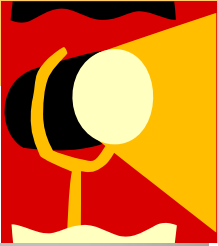
Over 900 delegates from various parts of rural and remote Australia attended the event, which included a range of papers, workshops and soap-box presentations.

Delegates were also privileged to hear from some highly regarded national and international keynote speakers on a range of relevant topics.

Conference proceedings can be viewed on:

www.ruralhealth.org.au





Putting the spotlight on:

Partnerships for Healthier Communities- *A study looking at the nature and extent of partnerships between a rural area health service and the local councils in its region*



Alison MacTaggart is currently Manager of Partnerships and Research with the Greater Southern Area Health Service. Fostering effective partnerships to build capacity to address social determinant and health equity issues is a key focus of her work.

The *Partnerships for Healthier Communities* initiative of Greater Southern Area Health Service (GSAHS) aims to build on existing ways of working with local government, using social planning mechanisms to achieve mutual outcomes for the health of target communities. This initiative aims to create solid partnerships between the key drivers of the broader determinants of health, to enable them to plan jointly and to achieve mutual outcomes for the health of their community.

A survey was distributed to the 39 Local Government Areas (LGAs) in the GSAHS region to capture a broad range of baseline data in relation to key characteristics of partnerships that address broad health outcomes.

The key findings from both the quantitative and the qualitative data in this study indicate that partnerships have been a mainly positive experience for councils and encouraged them to continue to work in partnership with GSAHS. Councils value partnerships to achieve broad and specific health outcomes and consider them effective in addressing social determinant aims, irrespective of size of council.

In comparing the results of this survey with the literature and other surveys, we can conclude that some new findings have been uncovered in relation to:

- Rural councils do participate in partnership work, irrespective of size
- Seeking funds is not the key reason for councils to establish partnerships
- Rural partnerships are more well developed than previously reported
- Smaller councils are just as likely to undertake partnership work
- Rural councils prioritise broader outcomes over health protection outcomes, particularly the smaller ones
- Half of respondent councils had a specific social determinant focus in their partnership work
- The impact of health service restructures on partnership outcomes

We can conclude that rural councils do have some understanding about the determinants of health and that working to achieve these outcomes is a clear priority for them in any partnership work with an area health service.

These are interesting and beneficial results for practitioners that focus on developing partnerships to address structural determinants of health in rural local government areas.

For the full report on this project visit our website, follow the link to the Rural Research Capacity Building Program and click on 'view completed projects'

NSW Health Expo and Awards

Across NSW, around this time each year, Area Health Services hold their annual awards ceremonies. These ceremonies reward projects which have resulted in improvements to patient care and health outcomes and celebrate excellence in health care.

Entries to the local Area Health Service awards, are judged, and many are subsequently entered to the NSW Health Awards.

The NSW Health Expo and Awards showcase achievements in improving healthcare and healthcare delivery in NSW; and provide an opportunity for health professionals to share their knowledge and learn from each other.

The Awards recognise innovations with demonstrable benefits, particularly real-life impacts, using sustainable approaches that can be taken up by other services.

This year both events will be held at Australian Technology Park on 30th October.

Recognising the value of the Health Expo, along with the difficulties rural and remote health workers have travelling to such events, IRCST has sponsored the attendance of up to 40 rural and remote health workers each year since 2006.

Previous attendees have acknowledged the value of their attendance, with some introducing projects seen at the Expo; others replicating methods observed at the Expo; and some delegates being inspired to enter their own projects in their local Area Health Service Awards.

Rural Area Health Services, the NSW Ambulance Service and Justice Health will soon be invited to nominate delegates to attend the 2009 Expo and Awards.

Additional information about the Expo and Awards can be obtained from the following website:

www.awards-expo.health.nsw.gov.au/

Rural Research Capacity Building Program builds research skills

The Rural Research Capacity Building Program (RRCBP) is primed ready to accept its fourth intake. This means we have three years of data so far- so does the program achieve its aim to develop research skills and confidence in entry level researchers?

One of the key measures in the evaluation of the program is candidates' self perceived ability to undertake specific research related tasks. The evaluation tool used to determine this is known as the 'Research Spider' and was devised and validated by Smith, Wright & Dunleavy (2002) to assist them in measuring research experience as part of their research capacity building initiatives within a Primary Care Research Network in the UK.

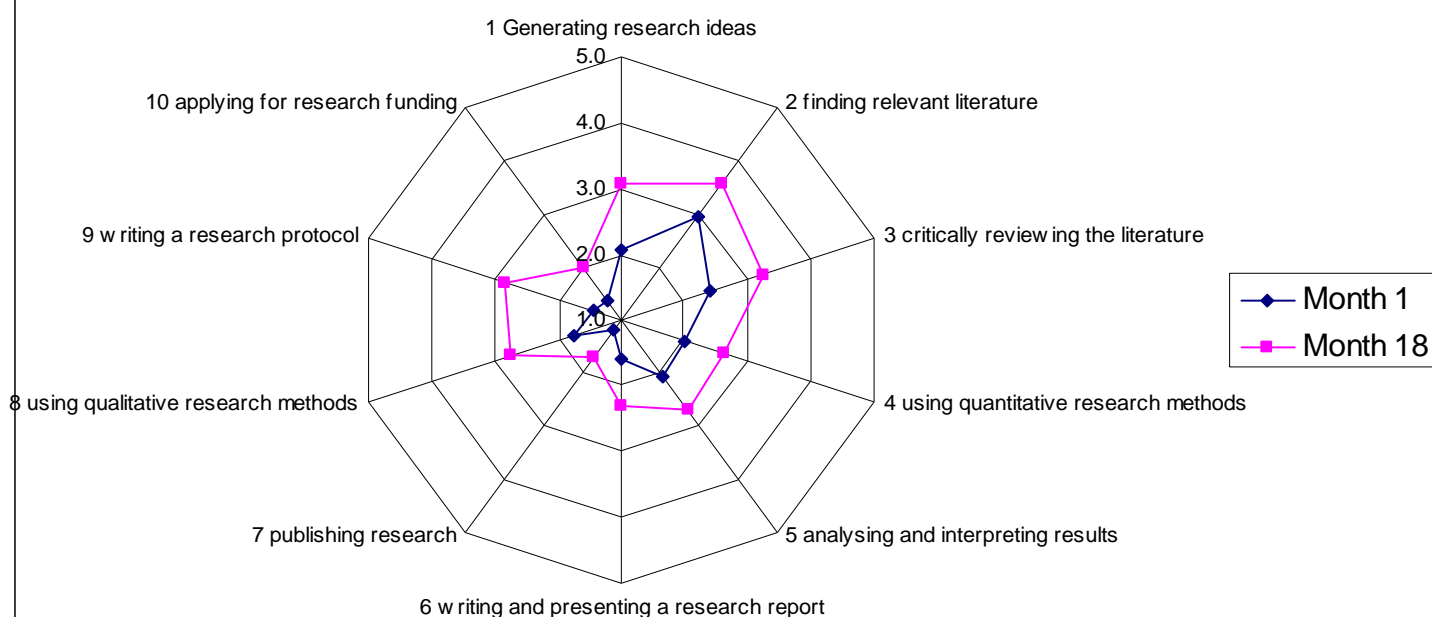
We have used this tool in every intake of the program. It is administered on three occasions- at the completion of the initial research methods and program development workshop, at month 18 and at the conclusion of the program

(once the candidate's final report is finalised). The first two occasions are completed face to face, where all Research Spiders are handed out and collected in the same session. The final spider is emailed to the candidate and sent back by fax, email or mail.

A paired t test has been undertaken on each of the ten measures. The graph shows results from the 2006 and 2007 intake combined. All results have a p value smaller than 0.05. Combining the two intakes allows a more precise estimate of the mean difference between the scores at entry into the program and at month 18.

These results are very exciting as they show that candidate self perceptions of their research skills and confidence increase after spending time in the RRCBP and that there are perceived improvements even prior to the completion of the research program. In a nutshell, it means that the RRCBP increases research skills.

Rural Research Capacity Building Program candidates 2006 and 2007 self reported experience undertaking identified research skills



Aboriginal Health Awards Finalist

The NSW Indigenous Diabetic Foot Project, coordinated by IRCST, has been named a finalist in the NSW Aboriginal Health Awards.

This project aims to reduce diabetes-related lower limb ulcers, foot infections and amputations for rural and remote Aboriginal people through multi-disciplinary care, self-managed care, capacity building in Aboriginal communities and best practice for Aboriginal Health Workers and other health professionals.

The project was implemented during 2008 and saw 18 'super trainers' being accredited to train other health professionals; and more than 100 additional rural and remote health workers trained in the Indigenous Diabetic Foot Program. Those trained continue to work with Aboriginal communities throughout rural and remote NSW.

Rural Allied Health Conference

Tamworth 
12-13 November



NSW Rural and Remote Allied Health – Beyond the Rhetoric will examine how research and evidence have been adapted to create models of care which have achieved best clinical patient journeys in our rural and remote communities.

Set around the themes of **Leadership and Management, Primary and Community Care, Acute Care, Rehabilitation and Mental Health and Wellbeing**, the conference will offer something for everyone.

Pre-conference workshops will be held on 11th November, which include:

- Primary responses to Mental Health and wellbeing for general health staff
- Medicare: Application of Allied Health Relevant Items
- Integrating Cultural Respect into Service Delivery
- A Motor Relearning Approach for Low Back
- Reconceptualising Mood Disorders
- Medico Legal issues for clinicians
- Clinical Supervision Training
- Research in the Workplace
- Obesity Management
- Motivational Interviewing

Conference website:
www.archi.net.au/events/upcoming/rural-allied09/

OUR VISION:
TO CONTRIBUTE TO AN EFFECTIVE AND SUSTAINABLE RURAL AND REMOTE HEALTH SYSTEM

On line registrations have opened and early bird rate discounts end **15th September 2009**.

Rural & Remote Health Scholarships

The first scholarship quarter, period ended 31st March 2009, and six scholarships were awarded.

Activities included:

- Assessment of Motor Processing Skills workshop
- 5th National Conference of Nurse Practitioners, Sydney
- State Conference of Trauma Services NSW, Wollongong
- 9th WONCA Rural Health Conference, Greece
- Multinational Association of Supportive Care International Conference, Rome
- 10th National Rural Health Conference, Cairns

Additional information on the IRCST Scholarship Program is available from the website, or by contacting Ms Jenny Preece at jenny.preece@ncahs.health.nsw.gov.au (02) 6657 2066.

Research Colloquium - Ballina

Don't forget to register for the Rural Health Research Colloquium (RHRC) to be held in Ballina from 27th to 28th October 2009.

The RHRC provides the opportunity for health professionals and their tertiary education sector colleagues to get together to share research and innovation initiatives and forge stronger collaboration in efforts to improve rural health.

The theme for the Colloquium is '**Building a healthier future through research**' which will provide a forum for discussing research of relevance to improving rural health and reducing health inequity.

Topics to be explored at the Colloquium are expected to follow the framework of the seven Strategic Directions of the NSW Health Plan. Other key topic areas include research highlighting Indigenous health and reducing health inequity.

Contact: Jane Howorth (East Coast Conferences)
jane@eastcoastconferences.com.au T 02 6650 9800
Colloquium website: www.rhrc2009.com



For further information on the content of this newsletter please contact:
NSW INSTITUTE OF RURAL CLINICAL SERVICES &
PO Box 4061
Dubbo, NSW, 2830
Phone: 02 6841 2650
Fax: 02 6841 2655

