

CONFERENCE ABSTRACT

B.strong: development and delivery of integrated health promotion in the Queensland Health Brief Intervention Training Program

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Background: Aboriginal and Torres Strait Islander Queenslanders have a 10-year life expectancy gap compared with non-Indigenous Queenslanders.[1] Chronic disease in Queensland continues to have a significant impact on Aboriginal and Torres Strait Islander peoples and on the broader health system. Major areas to reduce morbidity and mortality for chronic disease through modifiable risk factors include smoking cessation, nutrition and physical activity. Combining brief interventions for multiple risk factors can improve health outcomes, especially when brief interventions are integrated into the regular client pathway in primary health care.

Objectives: Key aspects are presented of the development and delivery of the culturally appropriate, evidence-based B.strong brief intervention training program based on current Australian guidelines. The program includes a one-day face-to-face training workshop, six E-modules, new client resources, a practitioner guide and tools, trainee help desk, and organisational support.

Method: B.strong builds on the foundation of two former Queensland Health programs, SmokeCheck and the Lifestyle Program, covering nutrition and physical activity. It was informed by a scoping review of Australian resources and a literature review. Program branding was co-designed with a community worker and elder focus group. Delivery is to Indigenous health workers and practitioners across all Queensland Hospital and Health Services, for government and non-government health and community services. Trainees and services are encouraged to integrate brief interventions as a routine part of the annual Adult Health Check, and opportunistically at every client contact. Monitoring and evaluation are key program components.

Results: From 2017-2019 B.strong is training over 1,100 Aboriginal and Torres Strait Islander health workers and other health and community workers, through training workshops in each Hospital and Health Service. Lessons from the development and implementation of B.strong will be discussed along with the wider potential benefit of this novel multiple risk factor approach in Australia.

Cunningham; B.strong: development and delivery of integrated health promotion in the Queensland Health Brief Intervention Training Program

References:

1- Queensland's Health. The health of Queenslanders 2016. Report of the Chief Health Officer of Queensland. Key Facts: Indigenous Queenslanders, Queensland Government, Brisbane. 2016.

Keywords: multiple risk factors; brief interventions; indigenous; primary health care; integration
