

Good Medicines Better Health Pilot Project. Train the Trainer Course in the Quality Use of Medicines.



National Aboriginal
Community Controlled
Health Organisation



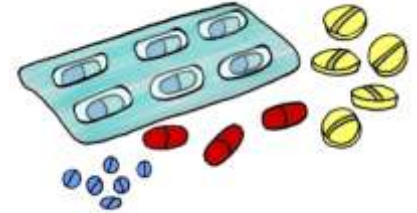
Good Medicines Better Health

- **OUR VISION**
- **Aboriginal and Torres Strait Islander peoples manage their medicines safely and effectively, supported by a highly skilled Aboriginal and Torres Strait Islander health workforce**

Good Medicines Better Health

- A **'Train the Trainer' Course** to train Senior Aboriginal Health Workers in the **Quality Use of Medicines (QUM)**.
- Key features:
 - **Flexible 'Train-the-Trainer'** program in QUM for the senior **Aboriginal Health Workers** to train other AHWs in QUM
 - Support structure that provides **ongoing support** of these 'local site trainers'
 - Comprehensive **evaluation** of the training outcomes.

Quality Use of Medicines



- Quality Use of Medicines means **safe, appropriate, judicious and effective** use of medicines
- Medicines need to be **prescribed correctly**
- **Available** when needed
- **Affordable**
- **Correctly dispensed**
- Taken in the **right dose** the **right amount** of time:
- And **effective, safe** and of **good** quality
- To achieve Quality Use of Medicines, everyone needs the **information and skills** to make **wise decisions** about using medicines **everyone needs to work together.**

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Quality Use of Medicines promotes better health and raises awareness, knowledge and skills of consumers and community by:

- **Promoting *understanding* and *awareness*** of medicines
- ***Improving awareness*** of benefits and risks of medicines
- ***Developing knowledge* and *skills*** about medicines
- ***Supporting consumer's*** decision making about use of medicines
- ***Building communication*** between consumers and Primary Health Care Workers, doctors, nurses and pharmacists



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- Aim of the project
- to provide **Aboriginal Health Workers** with the **knowledge** and **skills** to improve the **quality of medicinal related care** received by Aboriginal and Torres Strait Islander clients of primary health care services.



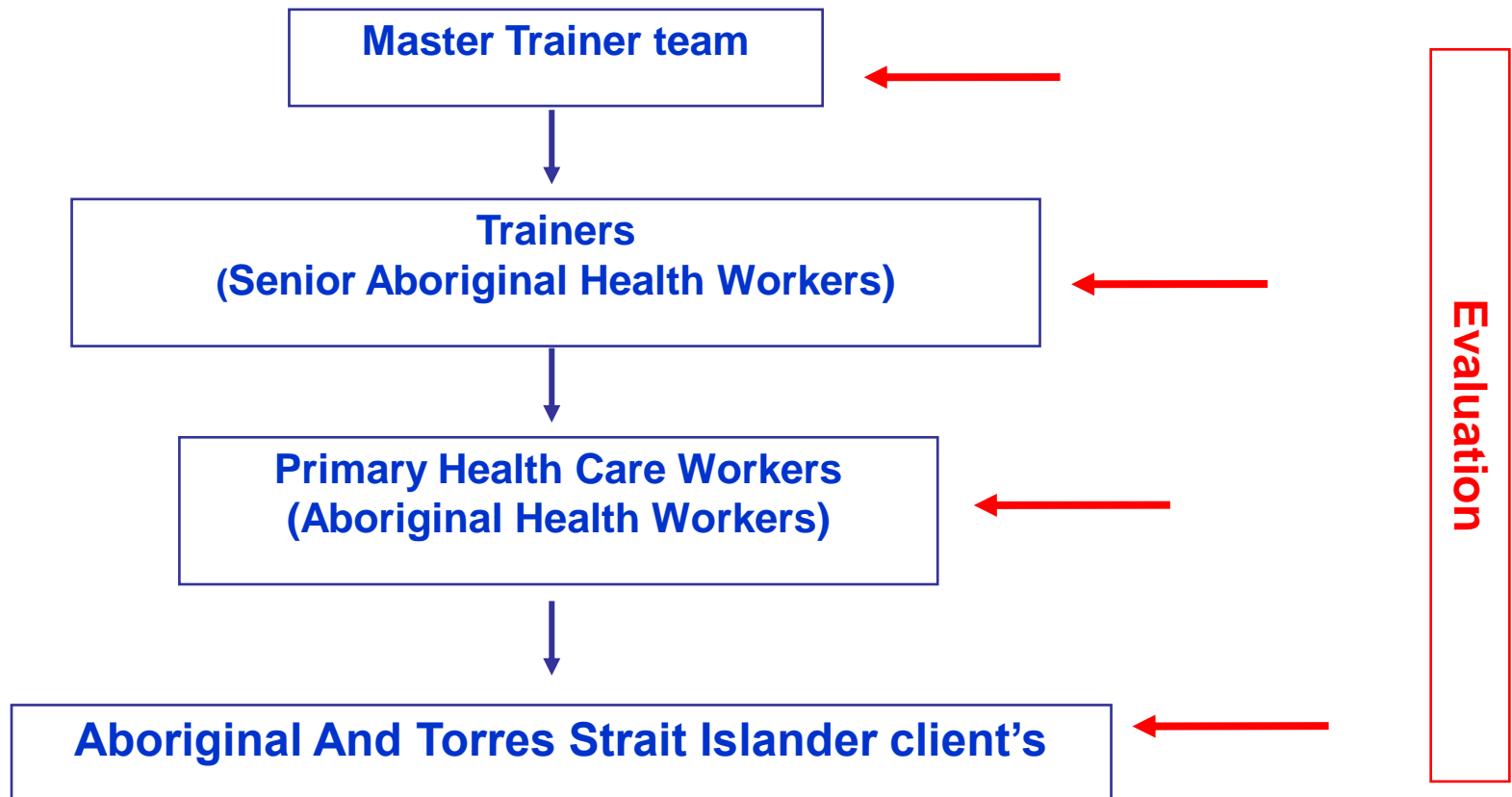
Objectives

- To empower Aboriginal Health Workers (AHWs) take a **leadership role** in QUM related quality of care by training them to become trainers in this area.
- To improve the **knowledge and skills** of AHWs in QUM
- To provide AHWs with the **resources and skills** to impart QUM information to their clients.

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- Pilot sites were chosen to give a **metro, rural and remote** perspective:
- **Remote:** Kimberley Aboriginal Medical Services Council
- **Rural:** Port Lincoln Aboriginal Health Service
- **Metro:** Victorian Aboriginal Health Service

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- **Trainer/learner workbooks and consumer information resources** have been developed.
- Individual trainer guides and power point presentations
- **Trainer guide**
- **General QUM**
- **QUM Diabetes**
- **QUM Hypertension**
- **QUM Asthma.**
- **Consumer Information Resources.**
- **Accreditation**



Key themes arising – perceived benefits

- increased awareness of **appropriate practices in QUM**
- **new knowledge and skills** for AHWs – medicines related and training related
- **extended roles** for some senior AHWs
- AHWs spending more **time with clients and community members** – better **communication** about medicines

Key themes arising – perceived benefits

- gaining **confidence** as trainers
- perceived **increased confidence** in AHWs
- building on **prior knowledge about medicines**
- growing **new knowledge about medicines**
- knowing the learners well – better able to tailor training
- delivering training tailored to the health service

Recommendations



- Finding methods to integrate **QUM** into systems at each service.
 - Prompts for AHWs on **QUM** for consultations and screening.
 - **Aboriginal Health Checks (AHC)** as an opportunity to counsel and support clients in **QUM**.
 - Recording QUM activity on **Communicare** for records and data
- Appropriate **Consumer information resources** needed for counseling and support of clients.

AHC - Primary Health Care Approach

- Aboriginal Health Checks used to **maximize QUM**.
- **counsel and support clients** in regard to QUM.
- **discuss important medicines issues** and treatments with clients.
- Record discussions about medicines and demonstrations about medicine devices (e.g. asthma inhalers) and **dose administration aids**.
- consolidate what health workers have **learned in QUM training**
- teaching tool in the **training of other health workers**
- multi disciplinary team completion of the Aboriginal Health Checks
- Referral

QUM – Primary Health Care Approach

1. What prescription medicines are you using at the moment?
 - Ask about all types of prescription medicines (e.g. eye drops, nasal spray, creams)
2. What else do you use for your health? What non-prescription medicines?
 - OTC medicines or bush medicines
3. What are the medicines for?
 - Does patient understand medical condition being treated?
4. Do you have any questions about your medicines?
5. How do you use the medicines you are taking?
 - When, where, how often....?
6. What worries do you have about your medicines?
 - Such as access, cost, side effects, interactions, remembering when to take,
7. Where do you store your medicines?
 - Any special requirements for storage?
8. What else do you do for your health rather using medicine?
 - -lifestyle changes