



A new program for Diabetes Self-Management
in a remote Aboriginal community

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- Introduction: Where is Coen
- Discuss my role in Coen at Apunipima Health Centre
- Overview of the project
- What is Self Management
- Outcomes from the project



Introduction: Where is Coen



- Coen is a community in Far North Queensland.
- It is about 600 klms from Cairns
- There are 6 traditional clan groups in Coen
- The population of Coen is approximately 400



- I fly into Coen every week on a small 8 seater plane. The flight takes an hour and half
- In Far North Queensland, there are 2 seasons: the wet and the dry
- Supplies are delivered to Coen weekly on huge trucks called “road trains”
- During the wet Coen is cut off with the only access being via air travel



My role

- I am employed as a Nurse practitioner (NP), Diabetes Educator and Women's Health Nurse
- I provide clinical care in the clinic, at outback cattle stations, in clients homes, at community health promotion events and in facilities such as the aged care centre



Overview of the Project

A new program for Diabetes Self-Management in a remote Aboriginal community

- The incidence of diabetes is around 1 in 8 (13%) Indigenous Australian adults (AIHW, 2018)
- The program is called “4 by 4”
 - 4 clients with Type 2 Diabetes Mellitus
 - 4 one hour education sessions
 - 4 clinicians
 - 4 clinical outcomes



Self Management

Diabetes Self-Management Education (DSME)

- DSME teaches life style intervention
- Diabetes education focuses on the Self-Care Behaviors that are essential for improved health status and greater quality of life
 - Healthy Eating
 - Being Active
 - Monitoring
 - Taking Medication
 - Problem Solving
 - Healthy Coping
 - Reducing Risk



**Self-Management Education for Adults
With Type 2 Diabetes**

Outcomes: Clinical Data

PRE	POST
Participant 1	
BGL Random 12.4mmols	BGL Random 9.2mmols
BP 118/78	BP 126/92
Wt 98.2 kg	Wt 96.5 kg
PR 81 bpm	PR 84 bpm

PRE	POST
Participant 2	
BGL Random 24.2 mmols	BGL Random 17.0mmols
BP 120/80	BP 107/79
Wt 75 kg	Wt 74 kg
PR 100 bpm	PR 98 bpm

PRE	POST
Participant 3	
BGL Random 8.1mmols	BGL Random 6.4mmols
BP 99/74	BP 135/91
Wt 63 kg	Wt 64.7 kg
PR 96 bpm	PR 76 bpm

PRE	POST
Participant 4	
BGL Fasting 7.5 mmols	BGL Fasting 4.1mmols
BP 107/79	BP 100/80
Wt 76.8 kg	Wt 76 kg
PR 84 bpm	PR 82 bpm

Outcomes of the project: Quality Data

- Improved knowledge
 - Improved confidence to self manage their diabetes
 - Improved confidence to ask questions about their diabetes
 - Improved self esteem
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- “The program has helped me most to learn about my tablets”
 - “Got me thinking about me and looking after me”
 - “First time I really listened about diabetes. Going to take my tablets now”

Questions



The Apunipima Coen Team