

What is PEACH study?

Patient Engagement And Coaching for Health is a research project involving Practice Nurses (PN) and the COACH® technique to enable people to manage their type 2 diabetes more effectively.

Why PEACH is needed?

- 80% of management of type 2 diabetes occurs in General Practice in Australia
- Treatment is complex and requires multifactorial interventions
- Large gap between evidence-based guidelines and outcomes in General Practice

Understanding how to achieve comprehensive treatment of type 2 Diabetes in General Practice setting is an urgent research priority, and is the focus of the PEACH study.

What's involved?

GP

- Attend 2-hour paid project briefing session
- Release PN to attend paid 2-day Coach training
- Assist in identifying eligible patients
- Mail-out letters and recruit patients
- Be willing to have the Practice randomised (please refer to the PEACH study flowchart)

PN

- Attend 2-hour paid project briefing session
- Be willing to attend 2-day paid Coach training
- Collect baseline, 12 and 18 months follow-up assessments
- Conduct a total of 8 phone calls and 2 face-to-face meetings to each patient over 18-month period.

Translating Interpreting Services (TIS) is available for non-English speaking patients.

The Question?

Do Practice Nurses have a role in managing and improving health outcomes for people with type 2 diabetes using the COACH® technique?

The Aim?

To evaluate the impact of a chronic disease self management method (COACH® program) delivered by Practice Nurses on health outcome measures in patients with type 2 diabetes, compared with usual care.

Who's the Project team?

Led by Prof Doris Young (GP)

Dr John Furler (GP)

Dr Christine Walker (Consumer researcher)

Dr Margarite Vale (Dietitian)

Prof James Best (Diabetes specialist)

A/Prof Leonie Segal (Health economist)

Prof Trisha Dunning (Nurse & Diabetes Educator)

Dr Nabil Sulaiman (Epidemiologist)

Ms Patty Chondros (Biostatistician)

Dr Ralph Audehm (GP)

Prof James Dunbar (GP)

Partners:

Northern Division of General Practice

North West Division of General Practice

Australian Practice Nurse Association

Diabetes Australia Victoria

Chronic Illness Alliance

Diabetes Alliance Group

Flow Chart of Peach Study

