

## TrueBlue: Practice Nurses in collaborative care of diabetes, heart disease and co-morbid depression

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*The TrueBlue Project, sponsored by beyondblue – the national depression initiative.*

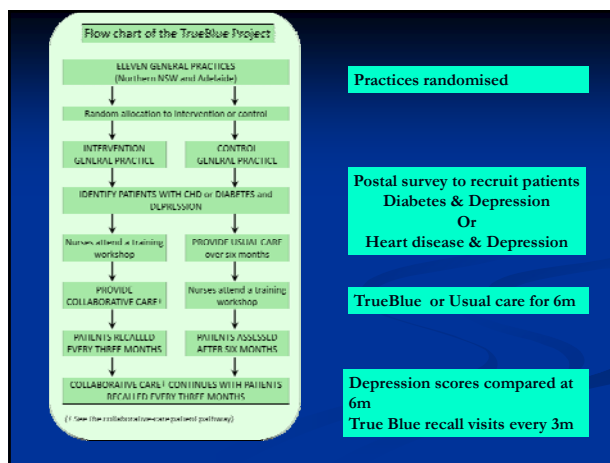
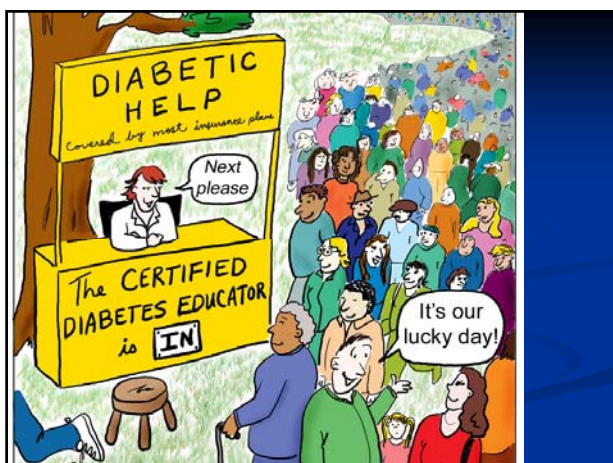


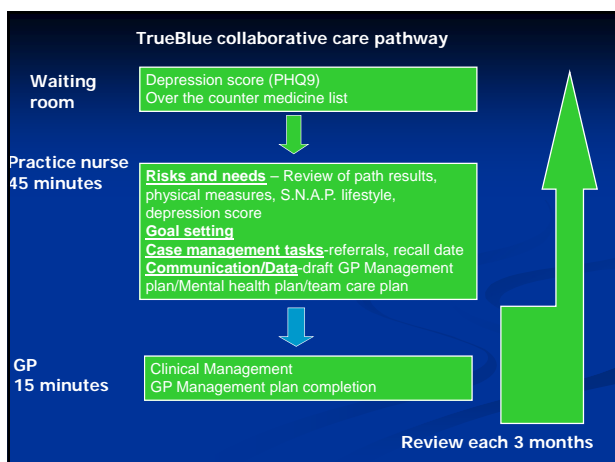

## Reasons for TrueBlue

- Increased depression rates in patients with diabetes or heart disease
- This co-morbid depression is a risk factor for poor outcomes
- Usual GP care of these chronic diseases misses depression and falls short of 'best practice'

And Why?...

## TrueBlue Practices





## TrueBlue Project

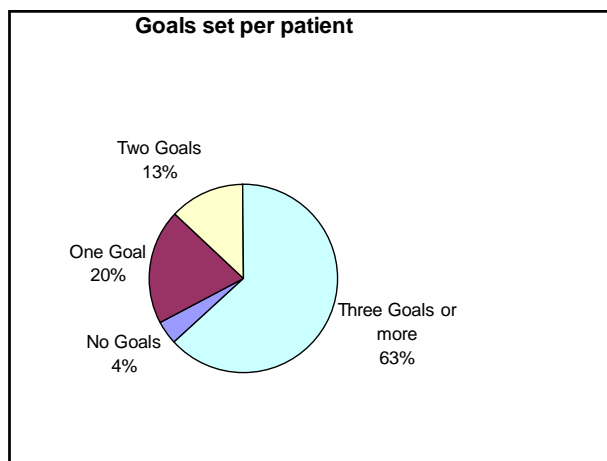
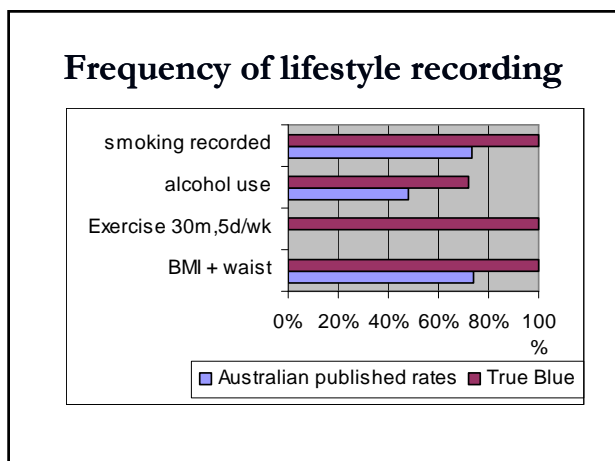
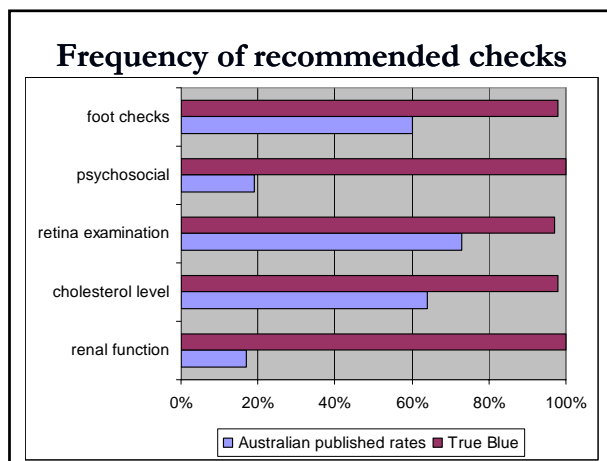
- Outcome measures
  - Depression scores
  - Acceptability of collaborative model\*
  - Suicide risk management\*
  - Changes in biophysical measures
  - Changes in lifestyle risks (S.N.A.P.)
  - Economic evaluation
  - Adherence to *National Heart Foundation and Diabetes Australia guidelines*

\*Poster presentations

## Best Practice Guidelines

Diabetes Management in General Practice 2009/10

Reducing Risk in Heart Disease 2007



## Comments on goal setting process

...Doctor and I were on the same page by the time we started

...every 3 months I had a goal and I had to keep on my toes a bit

...I felt more accountable

...what do I change? What change do I want to achieve? And when?

## To make all this work

TrueBlue provided

- Training, manuals, written resources, local facilitators and telephone support for nurses
- External tracking of patient recall and data
- Medicare rebates making the model affordable
- GPMP document written for self-management but capable of automated data extraction

## Conclusion

In TrueBlue model of care, practice nurses did a great job monitoring and assisting with:

Depression  
S.N.A.P  
Risks

## Thank you

Questions or comments please?

My thanks also to all the True Blue practices, to the True Blue team and *beyondblue*