INCREASING PREVENTIVE CARE DELIVERY BY PRIMARY CARE NURSES AND ALLIED HEALTH CLINICIANS

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BPsyc(Hons I)

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STATEMENTS

STATEMENT OF ORIGINALITY
This thesis contains no material which has been accepted for the award of any other degree or diploma in any university or other tertiary institution and, to the best of my knowledge and belief, contains no material previously published or written by another person, except where due reference has been made in the text. I give consent to this copy of my thesis, when deposited in the University Library**, being made available or loan and photocopying subject to the provisions of the Copyright Act 1968.** Unless an Embargo has been approved for a determined period.

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I hereby certify that this thesis is in the form of a series of published papers of which I am a joint author. I have included as part of the thesis a written statement from each co-author, endorsed by the Faculty Assistant Dean (Research Training), attesting to my contribution to the joint publications.

Kathleen McElwaine (Date)
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## Co-author statement

I attest that Research Higher Degree candidate Kathleen McElwaine contributed to the paper/publication entitled:

**The delivery of preventive care to clients of community health services**

- Overseeing data collection
- Cleaning the data
- Leading the data analysis
- Leading the writing of the manuscript

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<th>(Full Name of Co-Author)</th>
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(Signature of Candidate)

Kathleen McElwaine

Date:

(Signature of Assistant Dean Research Training (ADRT))

(Full Name of ADRT)

Date:
CHAPTER 3

Co-author statement
I attest that Research Higher Degree candidate **Kathleen McElwaine** contributed to the paper/publication entitled:

**Clinicin assessment, advice and referral for multiple health risk behaviours: Prevalence and predictors of delivery by primary health care nurses and allied health professionals.**

By:
- Contributing to the measures to be used
- Participating in recruitment
- Overseeing data collection
- Cleaning the data
- Leading the data analysis
- Leading the writing of the manuscript

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Date:
CO-AUTHOR STATEMENTS

CHAPTER 4

Co-author statement

I attest that Research Higher Degree candidate Kathleen McElwaine contributed to the paper/publication entitled:

Systematic review of interventions to increase the delivery of preventive care by primary care nursing and allied health clinicians.

By:
- Developing the search strategy for the systematic review
- Undertaking and updating the literature search
- Coding articles according to the inclusion criteria
- Extracting data regarding study characteristics from all included studies
- Extracting data regarding risk of bias from all included studies, and combining results from independent reviewers and trial authors
- Interpretation of results
- Leading the writing of the manuscript

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Kathleen McElwaine
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(Full Name of ADRT)
Date:
CO-AUTHOR STATEMENTS

CHAPTER 5

Co-author statement

I attest that Research Higher Degree candidate Kathleen McElwaine contributed to the paper/publication entitled:

The effectiveness of an intervention in increasing community health clinician provision of preventive care: A study protocol of a non-randomised, multiple-baseline trial.

By:
- Contributing to the measures to be used
- Leading the writing of the manuscript

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CHAPTER 6

Co-author statement
I attest that Research Higher Degree candidate Kathleen McElwaine contributed to the paper/publication entitled:

The effectiveness of a clinical practice change intervention in increasing multi-risk factor preventive care by primary care nursing and allied health clinicians: A non-randomised, controlled trial.

By:
- Contributing to intervention strategies and delivery
- Contributing to the data collection measures to be used
- Participating in recruitment
- Overseeing data collection
- Cleaning the data
- Leading the data analysis
- Leading the writing of the manuscript

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ADDITIONAL PUBLICATIONS AND PRESENTATIONS

Papers

PUBLISHED


ADDITIONAL PUBLICATIONS AND PRESENTATIONS

UNDER REVIEW


IN PREPARATION


McElwaine K, Anderson A, Bowman J, Knight J, Wiggers J, Wye P, Terry M. Staff Attitudes to Smoking Related Care Provision within Community Mental Health Settings. (*paper in preparation*)


targeting child and adolescent mental health in the school setting. (PROSPERO Rego: http://www.crd.york.ac.uk/PROSPERO/display_record.asp?ID=CRD42015025908)

Conferences

PRESENTATIONS


ADDITIONAL PUBLICATIONS AND PRESENTATIONS

CONFERENCE ABSTRACTS


ADDENDUM PUBLICATIONS AND PRESENTATIONS


ADDITIONAL PUBLICATIONS AND PRESENTATIONS


Meeting of the Australasian Society for Behavioural Health and Medicine (ASBHM), Annual Scientific Conference; Feb 2010, Brisbane, Australia.


SYNOPSIS

BACKGROUND AND AIMS

Primary care nurses and allied health clinicians are potential providers of care that aims to reduce chronic disease health risk behaviours through risk assessment, brief advice and referral/follow-up. Evidence suggests the delivery of such preventive care by primary care nurses and allied health clinicians is often sub-optimal, however few studies have assessed care for risks other than smoking or for referral/follow-up. Limited evidence exists regarding the effectiveness of interventions to increase the delivery of preventive care by this clinician group.

To address these evidence gaps this thesis aimed to: examine the prevalence of preventive care delivery for four chronic disease health risk behaviours by primary care nurses and allied health clinicians; identify the service, clinician, and client characteristics and practice support strategies associated with such care delivery; examine the effectiveness of interventions to increase the routine provision of preventive care; and provide recommendations for future research.

RESULTS

Two cross-sectional surveys were conducted across public community health services within one health district in NSW, Australia. The surveys, one of clinicians and one of clients, both found that the delivery of preventive care was suboptimal, least frequently provided for referral, and least likely to be provided by allied health practitioners.

A systematic review of controlled trials concluded that while there was some evidence that multi-strategic practice change interventions may be effective in increasing the provision of
smoking cessation care, no conclusions could be drawn regarding strategies to increase preventive care for alcohol overconsumption, inadequate nutrition, and physical inactivity.

To address this evidence gap, a two group non-randomized controlled trial was conducted in public community health facilities to assess the effectiveness of a multi-strategy practice change intervention on client-reported receipt of three elements of preventive care for each of four behavioural risks. The intervention significantly increased 6 of 10 measures of risk assessment or brief advice for risks other than smoking, but did not increase referrals.

**CONCLUSIONS**

Improvements in routine preventive care delivery by primary care nurses and allied health clinicians are required, particularly for services that traditionally do not deliver such care. While an intervention had some effect in increasing the provision of such care, further research is required to identify how to increase the provision of preventive care by primary care nurses and allied health clinicians.