

Section 12

Next steps

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At the end of each PEEK study, CCDR identifies three key areas that, if improved, would significantly increase the quality of life and/or the ability for individuals to better manage their own health.

In relation to this community, these three areas are:

1. Care coordination and multi-disciplinary care

This is a cohort that have lifelong risk factors and often multiple comorbidities that require can medical, allied health and lifestyle interventions. There is a need for better access and coordination of healthcare services, better access to supportive GP, specialist nurses, allied health, and long term follow up after diagnosis, discharge hospital or rehabilitation to avoid future incidents.

2. Managing risk factors

This is a cohort that are at risk of stroke and heart attack. Very few had discussions about biomarkers that can inform them about risks of cardiovascular disease. This is a population that would benefit from understanding the biomarker tests available to them, and the development of initiatives to empower them to ask their treating clinician questions about these tests.

3. Support

This is a group where many did not receive any formal support, and some noted difficulties in finding support. They would benefit from being informed about practical support services available to them – including primary and secondary prevention support - in addition to being able to connect with other people with their condition.

2023 PEEK study in heart and blood vessel conditions

Data collected in this PEEK study also provides a basis on which future interventions and public health initiatives can be based. Some of the 2023 metrics that the sector can work together to improve upon are provided in Table 12.1

Table 12.1 DISEASE 2023 Metrics

Measure	Detail	Mean	Median
Baseline health (SF36)	Physical functioning	66.40	70.00
	Role functioning/physical	49.50	25.00
	Role functioning/emotional	56.00	50.00
	Energy/fatigue	40.10*	40.00
	Emotional well-being	64.72	72.00
	Social functioning	57.75	68.75
	Pain	61.90	67.50
	General health	51.70	55.00
	Health change	51.00	50.00
Knowledge of condition and treatments (Partners in Health)	Knowledge	25.44	27.00
	Coping	15.82	16.50
	Recognition and management of symptoms	19.44	21.00
	Adherence to treatment	13.76	15.00
	Total score	74.46*	74.50
Care coordination scale	Communication	36.86*	38.00
	Navigation	23.84*	23.00
	Total score	60.70	64.00
	Care coordination global measure	6.08	7.00
	Quality of care global measure	6.82	8.00
Fear of progression	Total Score	33.68*	33
		Percent	
Accessed My Health Record	-	40.00%	-
Participants that had discussions about biomarkers/genetic tests	-	14	-