



Applications of an internet-facilitated disease management system in the Western Australian Health Sector

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Management of chronic disease

- High incidence/prevalence in Aus (>70%).
- Major health expenditure (<70%) and cause of disease burden (>80%)
- Need long-term multidisciplinary approaches
- Significant barriers = cost and access

References:

Australian Bureau of Statistics (2006b);

Australian Institute of Health and Welfare (2006)



Why use internet technologies in DM?

- 1) Provides us with an infrastructure that supports some key aims of DM:
 - Centralised records
 - Linking the continuum of care
 - Consistency of care
- 2) Promotes efficiency and efficacy in healthcare

Reference:

Todd & Nash (1997)



Why use ICT-based DM with mental health?

- MH disorders often chronic with high relapse
- High prevalence and costly to treat
- Evidence-based therapies suitable for web delivery
- High population use of internet
- Mental health resources accessed via web

References:

Andrews & Mathers (2006); Australian Bureau of Statistics, 2006a; Butler et al (2006); Fox et al (2000);

<http://www.internetworldstats.com/stats.htm>;

National Institute for Health and Clinical Excellence (2006)



Development of an internet-facilitated DM system

- Components needed
 - Capacity to monitor progress in terms of symptoms, functioning, side-effect burden
 - Tracking of medications & adherence
 - Provision of psycho-educational material
 - Supplementary therapeutic exercises
 - Capacity for patients to securely record thoughts and feelings and communicate with treating clinician



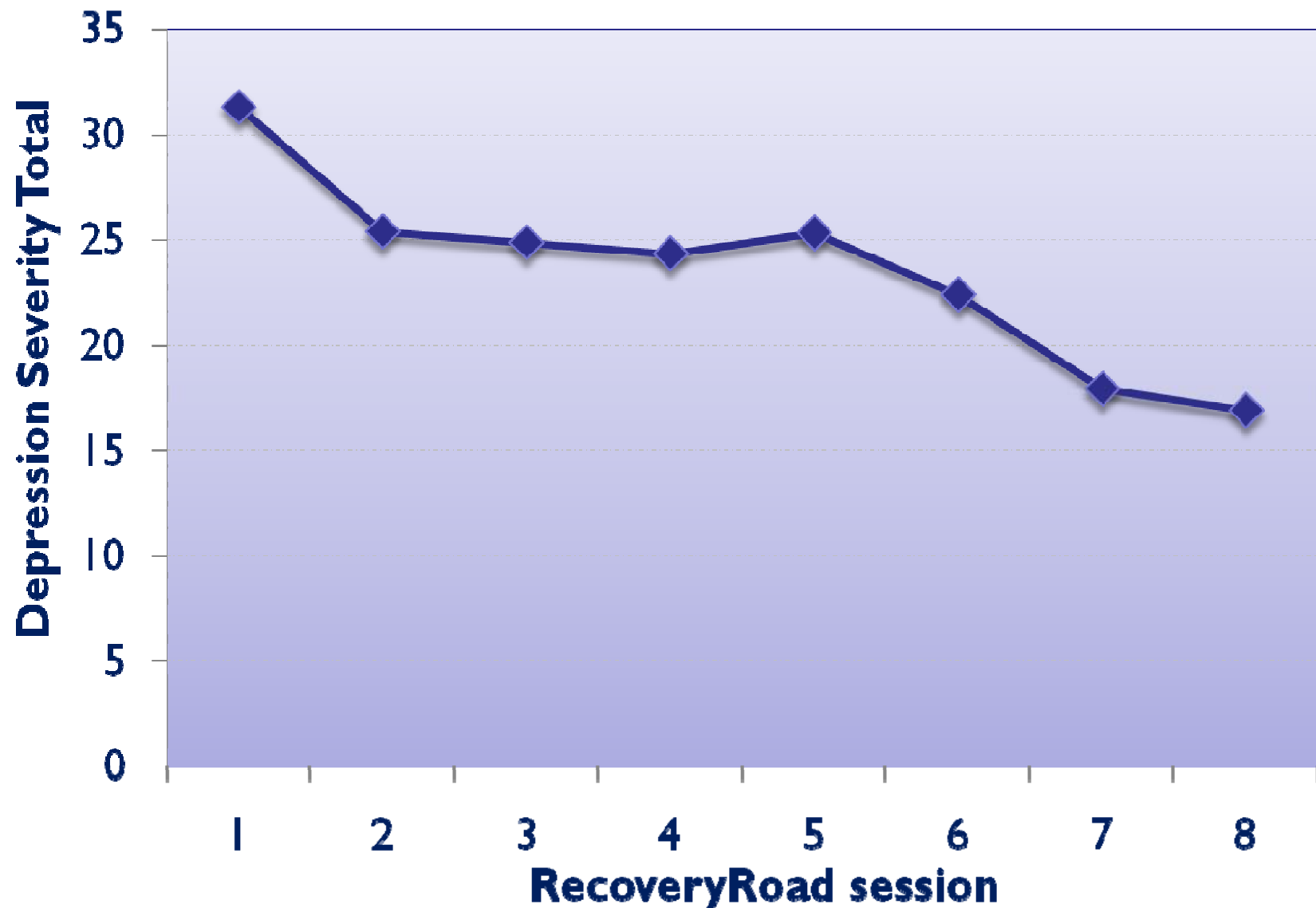
Research and development of RecoveryRoad: Predecessor of HealthSteps

- Trials with depressed patients in WA private and public mental health sector
- Hurricane Choir monitoring tool
- RCT of relapse prevention for Bipolar



Depression trials with RRd2

- Can Recovery Road for depression increase the efficiency and effectiveness of usual treatment?*





RCT of RRd3 for Bipolar Affective Disorder

Dr Caryl Barnes (Doctoral Fellow)¹

Prof Philip Mitchell (Head of School)¹

Dr Dennis Tannenbaum (CEO)²



¹School of Psychiatry, UNSW



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Hurricane Choir – Research Project

Its all about singing!!

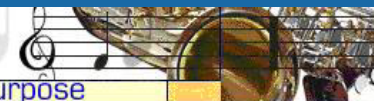


HURRICANE CHOIR



thousands of voices

one purpose



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Volunteers of America®
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THE UNIVERSITY OF
WESTERN AUSTRALIA



Hurricane Choir: Feedback

RICHARD HUGH BAKER
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June 16, 2006

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The Honorable John Howard, MP
Prime Minister of Australia
PO Box 6022
House of Representatives
Parliament House
Canberra ACT 2600,
Australia

Dear Prime Minister Howard:

Please accept Louisiana's deepest gratitude for the successful and ongoing recovery efforts of a group of Australians through the Hurricane Choir Project.



The resultant HealthSteps system



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PROGRAMS

HealthSteps consists of a series of online educational, work life balance and mental health programmes that are interactive and help you cope with certain life stressors and challenges. It assists you in monitoring your own health and wellbeing, and tracks your progress over the course of the programme.

Time frames and features of each module vary, so for more information, click on the individual programmes listed here. By clicking on About the Programmes in the menu, you can read more information about the system and its functions. To purchase any of these life changing programmes, click the 'buy now' button.



Banishing The Blues

People from all backgrounds and walks of life can struggle with 'the blues' or depression. Depression involves a severe and lengthy period of feeling down...

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Bipolar Disorder

Every person experiences ups and downs throughout their life. For those people with Bipolar Disorder however, these extreme mood changes can cause severe life disruptions...

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Conquering Anxiety

- Anxiety is the fearful voice that suggests the things that could go wrong. Anxiety can really get in the way of a full and enjoyable life. You could break the vicious cycle of anxiety with this 4 week Conquering Anxiety programme.

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Panic Disorder

Those people that have experienced a panic attack know that the sudden onset of intense anxiety and fear can be a terrifying experience...

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HealthSteps can be accessed via the www.healthsteps.net.au website



HealthSteps Features

- Client and Provider interface
- Online enrolment and assessment
- Fixed schedule sessions (& reminders):
 - Symptom monitoring & feedback
 - Psycho-educational material
 - Online CBT



Applications of HealthSteps in the WA health sector

- The WA Employee Assistance Program (EAP) market
- Sentiens Day Hospital and Home Hospital programs
- Sentiens out-patient clinic
- Patients with MH conditions ranging from mild to severe



HealthSteps EAP modules

- Combating Stress
- Conquering Anxiety
- Banishing the Blues
- Effective Communication
- Managing Conflict at Work
- Corporate Coaching
- Couples: A Roadmap to Happy, Resilient Relationships



Applications of HealthSteps EAP modules

- Context: organisations outsourcing EAP services to specialist providers. These providers offer HealthSteps EAP modules to supplement face-to-face services
- Example: Employee working on FIFO basis referred by employer to external EAP provider and enrolled on HealthSteps



Sentiens Day and Home Hospital Programs

- Day Hospital = effective alternative to inpatient admission
- Home Hospital = frequent remote consultations



HealthSteps employed in Day and Home Hospital models

- Main uses of HealthSteps
 - Progress monitoring during DH and HH treatment
 - Monitoring and long-term management to avoid relapse post DH/HH treatment



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For more information...
www.healthsteps.net.au

