

Outcomes evaluation of the Work It Out chronic disease self-management and rehabilitation program for Aboriginal and Torres Strait Islander people.

Ms. Tabinda Basit¹, Ms. Katrina Rae¹, Dr. Emma Campbell², Ms. Samara Dargan¹, Dr. Alison Nelson¹.

¹ Institute for Urban Indigenous Health, tabs.basit@iuih.org.au

² University of Queensland

Authors

Ms. Tabinda Basit

Tabinda is a psychologist and researcher with the Work It Out program, as a staff member at the Institute for Urban Indigenous Health. She delivers group and individual clinical services across several Community Controlled Health Services in South East Queensland, specialising in chronic disease and chronic pain.

Ms. Katrina Rae

Katrina is an accredited exercise physiologist with the Work It Out Program delivered at a number of locations across South East Queensland and Central Queensland. She assists with the data collection for the program to help evaluate outcomes and future directions.

Dr. Emma Campbell

Emma is an occupational therapist and researcher with the Work It Out program, as a staff member at the University of Queensland. She previously delivered group and individual clinical services with the Institute for Urban Indigenous Health, and now works as an associate lecture at UQ.

Ms. Samara Dargan

Samara is a Barada woman from Queensland, and the manager of Work It Out across South East Queensland and Central Queensland. She is an accredited exercise physiologist and oversees research processes to evaluate the outcomes of the program.

Dr. Alison Nelson

Alison is the workforce and allied health director at the Institute for Urban Indigenous Health. Alison also oversees the Work It Out research and ensures that collaborative relationships underpin all research carried out within the program.

Abstract

Background: The Work It Out program is a chronic disease self-management and rehabilitation program developed for adult Aboriginal and Torres Strait Islander people in South East Queensland and Central Queensland today. Delivered by the Institute for Urban Indigenous Health, Work It Out adopts a holistic and inter-professional approach to chronic disease self-management in a group setting. This research provides outcomes-focused evaluation of Work It Out by describing quantitative outcomes of a six-month evaluation. These outcomes include program effectiveness in supporting self-management, social-emotional wellbeing, and physiological changes linked to improved health. **Methods:** Quantitative statistical analyses are used to test for within-subject differences over six months of participation in Work It Out. Outcome measures analysed will include the Flinders' Partners in Health scale (self-reported chronic disease self-management scale), Kessler-5 adapted from Kessler 10 scale (self-reported levels of psychological distress), systolic blood pressure (measure of cardiovascular health), HbA1c levels (measure of blood glucose levels), and six-minute-walk-test (measure of aerobic capacity). **Results:** Results from parametric and non-parametric analyses will be presented. Overall, a trend of improvements and/or maintenance in self-management, social-emotional wellbeing, and physiological changes is evident in the data. **Discussion:** The findings provide evidence of the success of Work It Out in sustained maintenance and improvements in chronic disease self-management. A strengths approach to closing the health gap between Indigenous and non-Indigenous Australians asks 'what works?' The evidence suggests that Work It Out works.