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

What is Work It Out?

- Holistic and inter-professional approach.
- Exercise and education components.
- Delivered by the Institute for Urban Indigenous Health in Indigenous Community Controlled Health Services.
- Nine sites in South East Queensland and four sites in Central Queensland.
- 800+ clients referred.
- 12 week ongoing cycle, 2 sessions per week.

Outcomes:

- Quantitative data; changes in physiological health as well as pre and post-test quality of life surveys.
- Qualitative data; Semi-structured interviews.
- Current outcomes reflect holistic nature of the program.
- Overall, this pilot data points to the possible success of the program in not only managing, but making improvements in individual chronic disease.

<table>
<thead>
<tr>
<th>Measure</th>
<th>Change Description</th>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>PIH</td>
<td>On avg scores increased by 5.37 points</td>
<td>(72.1 - 77.5)</td>
</tr>
<tr>
<td>K5</td>
<td>On avg scores decreased by 0.2 points</td>
<td>(11.2 - 11.00)</td>
</tr>
<tr>
<td>WHODAS 2.0</td>
<td>On avg scores decreased by 2.3 points</td>
<td>(10.1 - 7.8)</td>
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<tr>
<td>6MWT</td>
<td>On avg distance walked in 6 minutes increased by 135m**</td>
<td>(335 - 470)</td>
</tr>
<tr>
<td>BMI</td>
<td>On avg BMI decreased by 1.52</td>
<td>(39.18 - 10.51)</td>
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This indicates better reported chronic disease self management
This indicates lower reported psychological distress levels
This indicates less reported difficulties performing every day tasks

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