

Thank you!

We have now finished data collection on the 'Improving Secondary Prophylaxis for Rheumatic Heart Disease' Study. The study team would like to say a huge thank you to our participating sites, the Northern Territory RHD Control Program staff and RHD Australia for your participation and support.

Where to from now?

Now that we have finished data collection, we are moving on to the analysis phase of the project. We have researchers in Perth at the Telethon Kid's Institute working on the qualitative data analysis, and a statistician at the University of Sydney working on the quantitative data analysis. Thanks to our participating clinics, we have a lot of great data to keep our team busy! It will take a while for the full analysis to be complete. We hope to provide feedback on preliminary results at the end of 2016.

If you require further support or information for ARF/RHD, please contact the Northern Territory RHD Control Program at:

Top End Region:
 Fax: (08) 8922 8310
 Phone: (08) 8922 8454
RHDDarwin@nt.gov.au

Central Australia Region
 Fax: (08) 8951 6920
 Phone: (08) 8951 6909
RHDAliceSprings@nt.gov.au

Don't forget about these great websites for education and resources!

1. RHD Australia - <http://www.rhdaustralia.org.au/>
2. Take Heart - <http://www.takeheart.tv/>

Issue 7 - July 2016

Welcome to the seventh newsletter from the Improving Secondary Prophylaxis (SP) for Rheumatic Heart Disease (RHD) research project. So far we have shared stories from participating health centres: what works in their community, how they are improving their processes for RHD care, and how the project is supporting them. The final newsletters will provide updates on the analysis and results.

What is the project about?

Our project is titled 'Improving delivery of Secondary Prophylaxis for Rheumatic Heart Disease.' The aim of our study is to assist health centres to maximise efforts to deliver Secondary Prophylaxis.

What do we do?

We have implemented a package of activities to optimise clinical care and quality improvement in NT health centres to increase adherence to SP in a sustainable way. Our project team visited each participating clinic 2-3 times during the beginning of the project to learn about SP processes. Together with clinic staff we developed a tailored Action Plan which includes a variety of activities, all designed to improve SP delivery. We then visited each clinic monthly for 15 months, to support the staff to implement their Action Plan.

What is our goal?

If successful, the activity package we have tested could be used by health centres across the NT and beyond - which would hopefully see significant reductions in Acute Rheumatic Fever recurrence rates and severity, and prevalence of RHD.

Who do we work with?

We have been working with ten health centres across the NT, in collaboration with the NT RHD Control Program, RHD Australia and other stakeholders.

The RHDSP Team:

Alice Mitchell,
(PhD Scholar)



Dr Anna Ralph
(Chief Investigator)



Perth team: (left to right) Clair Scrine, David Hendrickx, Dr Clancy Read



Darwin project team: (left to right) Sagen Wilks, Jane Poole, Jess De Dassel, Jo Bailey

Participating Health Services

Anyinginyi Health AC
 Danila Dilba Health Service
 Gunbalanya Health Centre
 Julanimawu Health Centre
 Laynhapuy Health

Maningrida Health Centre
 Pintupi Homelands Health Service AC
 Wurrli-Wurlinjang Health Service
 Yirrkala Health Centre
 Yuendumu Health Centre

Partners & Affiliations

Telethon Kids Institute
 NT Department of Health
 University of Sydney
 Baker IDI
 RHD Australia

Administering Institution

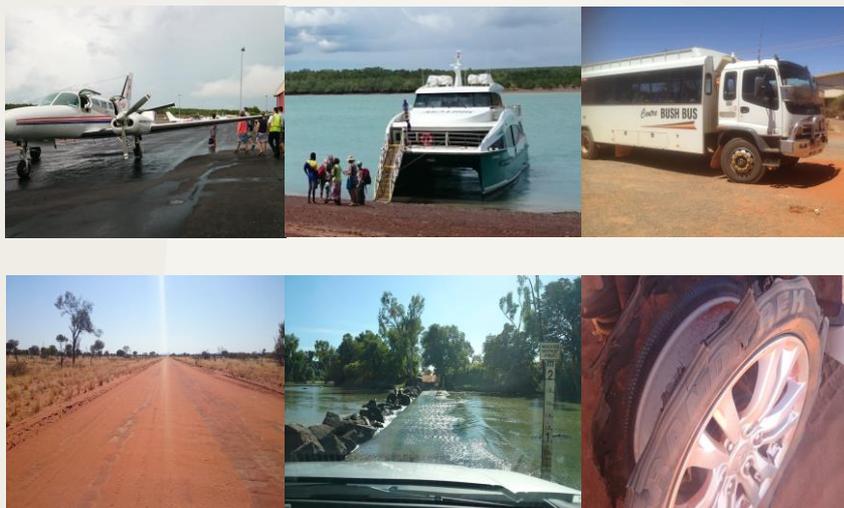
University of Western Australia

It's been a long road...

Since the project began data collection in September 2013, our study team has been travelling regularly to 10 health centres across the Northern Territory.

The study team has:

- travelled 127,711 kms
- done 147 trips to health centres
- been on 214 flights
- hired 98 cars
- spent 251 nights in community
- travelled on the Central Australian Bush Bus 4 times
- been on 2 ferries
- conducted 31 phone visits
- enjoyed many beautiful sunsets
- and busted one tyre!



Project activities:

Over the course of the project, the study team has been working hard to collect high quality data and support clinics to improve adherence to secondary prophylaxis for Rheumatic Heart Disease. We:

- conducted 231 interviews with key stakeholders, clinical staff, patients and community members. That's over 100 hours of interviews!
- provided 89 feedback reports to the clinics
- delivered education to numerous patients and staff

Our participating clinics have also been working hard to implement strategies to improve adherence to secondary prophylaxis for Rheumatic Heart Disease in their communities. The clinic staff have:

- completed 188 action items
- held community events
- conducted patient education sessions
- developed incentive programs
- designed reminder cards
- conducted RHD audits and CQI activities
- trialed the Buzzy Bee in pain minimisation
- upskilled staff in ARF/RHD management
- designed patient education resources
- engaged with their community
- and many more!



Clockwise from top right: Incentives for Gunbalanya patients; health promotion stall in Darwin; health promotion stall at Wurrumiyanga; reminder card from Laynhapuy Health.