PARTY Trial Update

The PARTY randomised controlled trial is in full swing.

Our Data Programmer (David Omiston-Smith) has created a fantastic database for registering young people, tracking the interviewing schedule & entry of interview data. The database also tracks recruitment rates and the PARTY Team tasks associated with each of the practices.

The training sessions for both intervention (GPs, nurses and practice support staff) and control (GPs and nurses) arms are progressing well with the content and activities (especially the role plays) being well-received.

So far 16 practices have taken part – there are still opportunities to participate so get in touch if your practice is interested (see calls for Expressions of Interest at the bottom of this page). From these 16 practices 38 GPs, 15 practice nurses and 30 practice support staff (practice managers & receptionists) have become involved in our WORLD FIRST trial.

To date we have completed:
- 172 Young People’s Exit Surveys (pre-intervention);
- 247 Young People’s Exit Surveys (post-intervention);
- 186 Young People’s 3 Month Follow-up Surveys and 31 Parent Surveys (only for clinic-attending parents of 14-17 yo young people).

See elsewhere in this Newsletter about our iPod draw for young people now that we have completed the first 500 interviews.

The PARTY Team is grateful to all the practice staff, young people and parents who have participated in the project. Together we hope to find ways to improve health care access and outcomes for young people.

For further information about the PARTY trial, please contact Brenda Grabsch, PARTY Project Coordinator, on 03 8344 7196.

Expressions of Interest NOW Invited from Melbourne Practices

Would your metropolitan Melbourne general practice be interested in:

- Enhancing health care access & outcomes for young people (14-24 yrs)
- Earning at least 40 (but up to 120) Category 1 RACGP QA & CPD points for GPs
- Free evidence-based training in health care for young people

If "YES", for more information please phone Kitty at the Department of General Practice on 8344 4538.

Contact Us

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Conference Report

On June 4-6, 2008, PARTY members attended the General Practice and Primary Health Care Research Conference in Hobart, Tasmania. As well as presenting on the current project data, the team were also involved with running a workshop. Here’s the wrap-up...

Presentation on PARTY Project Pilot data:

"Addressing risky drinking and road safety in young people: the potential of general practice" (Lena Sanci, Brenda Grabsch, Fan Yang, Verity Newham, George Patton, Susan Sawyer, Jane Pirkis, Kelsey Hegarty)

The PARTY Project Co-coordinator, Brenda Grabsch, presented some preliminary findings from the young people’s survey in our Pilot Study. Although the sample we looked at was small, with data from 38 young people, we found high levels of risky drinking (74%) as well as young people taking road safety risks (76%). Yet there were very few instances where the GPs raised these issues with the young people. However, under the current systems of care it is very difficult for GPs to use regular consultations to opportunistically screen for health risk behaviours. Nevertheless, most of the young people indicated that they would be willing to talk to the GP if they had a problem related to alcohol and trusted the doctor to keep their consultation confidential. Indeed, a small number of the young people expressed an interest in changing their risky behaviour so there is great potential for GPs, if adequately funded and resourced, to help young people with such concerns. Our current randomised controlled trial is aiming to provide rigorous evidence for the benefits of opportunistically screening and counseling young people in order to address risky drinking and road safety behaviours – two domains where young people are severely represented in morbidity and mortality statistics.

Workshop: “Health for all young people: research, practice and policy implications”:

Lena Sanci ran a young people’s health research pre-conference workshop with Dr Carol Kefford from the University of Sydney and Dr Alex Parker from headspace. There were about 15 delegates attending and 8 young people from different backgrounds: two young medical students - one who had attended the youth 2020 summit, a teenage mother and her two year old, a young person with vision impairment, a 15 year old school student and a 17 year old working for a youth welfare agency plus two workers from a welfare agency working with homeless and disadvantaged youth. Our objective was to re-draft the 30 year old Alma Ata with a focus on where we need to go by 2020 for youth primary health care. This process involved a lengthy discussion on where the gaps were in evidence for improvements to primary health care of young people. The young people attending were enthusiastic and committed and expressed a desire to stay involved with a process that would continue to influence policy and practice and to set research agendas. Delegates also were passionate about this. The youth alma ata will soon be able to be accessed on the conference website www.phcris.org.au.

First PARTY iPod winner announced!

Congratulations to the winner of the recent PARTY prize draw, a 21 year old female from the eastern suburbs! She has scored herself a brand new iPod for her helpful involvement in the PARTY surveys. PARTY conducts a variety of surveys with young people to get their feedback on practice visits, health service usage and their own health risk behaviours. Every young person who completes a telephone survey automatically goes in the draw for a chance to win, and all follow-up surveys they complete count as additional entries in the draw! After every 500 surveys conducted the PARTY winner is drawn. Our first winner was really excited to receive news of her prize.
Feedback from previous PARTY Project participants

Brooke Street Medical Centre, Woodend

Brooke St. Medical Centre had the privilege of being involved in the PARTY project in 2007.

We were keen to come on board in order to: reflect on our response to young people; utilise the training and support offered; and explore areas we could possibly improve.

One GP said, "It's not difficult for the practice to be involved. It's a win win. Great for GPs - great for young people."

Our philosophy is that each member of staff is vital to the smooth and efficient functioning of the service. Quality is about the team as a whole. Consequently, we wanted to involve all of our team in the project.

"It's not hard to be involved," one receptionist said, "And it helps you be more aware of what young people might be facing and the importance of being sensitive to them when they arrive at the front desk."

The staff as a whole enthusiastically engaged in discussions and activities about youth needs - we found we could go at our own pace and in the directions we deemed to be important.

Another staff member commented, "The PARTY project team are extremely supportive - their training and involvement was not only really interesting but sensitive to our needs. They are very realistic about the demands of general practice and what's achievable."

Ms Carole Meade (Clinical Care Coordinator)
Drs Peter Ferguson, Richard Bills & Alison Bailey (Directors)
Ms Deborah Stidwell (Practice Manager)
April 2008

Greensborough Road Surgery, Greensborough

Greensborough Road Surgery has participated in the PARTY project. We found that as a practice it was beneficial to stop and analyse what we actually do for this age group and endeavour to make the practice friendlier for young people. Once we commenced the project the administration staff were more at ease and able to communicate with our young people. Our practice nurse gained the confidence to approach young people and talk about all issues regarding their health.

We are currently designing a web page, that will be user friendly for young people, to access vital health information with links to access other youth services.

The doctors have always been aware of problems that face young people in today's society; however, it made them re-focus and tackle the confronting issues. For the doctors one of the main issues was asking personal questions relating to sexuality which was made easier with strategies provided. The resources provided by the PARTY Project were extremely practical.

Overall the program made the practice aware of the needs of young people and how they need encouragement to feel comfortable to approach health care providers.

Dr Garry Carter & Dr Maurice Vivarini (Directors)
Ms Ann McCormack (Practice Manager)
May 2008

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Do you know anyone who would be interested in subscribing to the PARTY Newsletter? Please feel free to forward this newsletter onto others. We are also interested in your feedback and/or suggestions. Please e-mail any comments or requests to Fan at fyang@unimelb.edu.au or Adrian at asia_111@hotmail.com.