



diamond Consortium
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Newsletter # 10

April 2007

'Diagnosis, Management & Outcomes of Depression in Primary Care'- Building capacity in primary mental health care research and evaluation



THE UNIVERSITY OF
MELBOURNE

diamond Consortium seminar

'Integration of Psychologists in Family Medicine Clinics: A Canadian Pilot Study'

On Wednesday March 28th Dr Jean Grenier (Psychologist, School of Psychology and Department of Family Medicine, University of Ottawa) and Dr Marie-Helene Chomienne (Family Physician, Department of Family Medicine, University of Ottawa) presented a seminar at the Department of General Practice titled *'Integration of Psychologists in Family Medicine Clinics: A Canadian Pilot Study'*. The study was conducted with the recognition that family physicians were the first line health professionals who played a key role in the diagnosis and treatment of depression. However, family physicians were often over-burdened and insufficiently trained to properly address the mental health needs of the patients.

The study therefore aimed to study the collaborative process that develops between family physicians and psychologists in family practice. Two clinics in Eastern Ontario (one rural, one urban) integrated a full time psychologist into their services for a period of 12

months. The results demonstrated an improvement in patient and provider satisfaction, improved access to psychological care and improved quality and continuity of patient care. It is hoped that the collaboration between family physicians and psychologists may be integrated into the Canadian health care system.

The seminar was attended by 28 people with great discussion throughout.



Prof Jane Gunn, Dr Marie-Helene Chomienne and Dr Gail Gilchrist

Dr Jean Grenier and Dr Marie-Helene Chomienne presenting their seminar



WELCOME NEW STAFF MEMBER
Darshini Ayton

We welcome Darshini Ayton, a Research Assistant on the *diamond* study. Before joining the *diamond* team, Darsh worked as a research assistant at the Centre for Epidemiology and Population Health Research at the Burnet Institute and was involved in the surveillance of HIV and hepatitis C in Victoria as well as many research projects looking at blood borne viruses and sexually transmitted diseases in marginalised populations.

Darsh is currently studying her Masters of Public Health through Monash University.



DATES FOR YOUR DIARY

2007 WPA Congress, Melbourne. 28 November- 2 December 2007. See www.wpa2007melbourne.com. Abstract submissions for Symposia, Workshops, Free papers

THANK-YOU AND GOOD LUCK, GAIL

Gail Gilchrist will be finishing her position as *diamond* Consortium Co-ordinator/ Senior Research Fellow on 30 April 2007. Gail is moving to the Municipal Institute of Medical Research, Barcelona to work on a multi country European Commission funded study *Improvement of access to treatment for people with alcohol and drug related problems (IATPAD)*. Thanks to Gail for all her hard work and we wish her well. Gail will remain a consortium member and we look forward to future collaborations.



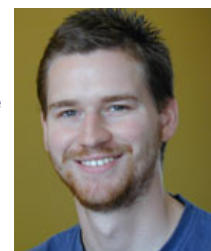
Psychology in primary care is APT?

The **Australian Psychological Treatments (APT) Project** is undertaken through in the Primary Research Care Unit (PCRU), at the Department of General Practice. The APT project is a systematic review of models of psychological treatment in Primary Mental Health. We are aiming to use the Australian and international literature to determine which psychological treatments should be provided to which patients in primary care. This includes models of service delivery that lead to improved outcomes for primary care patients, and the cost-effectiveness of various psychological interventions. This is an exciting juncture for primary mental health research, due to the recent raft of Federal government changes to primary mental health care funding. We hope to develop policy options that will encourage policy makers to consider how to best use this unprecedented opportunity to build a world-leading model of primary health care.

The APT project is funded by the Australian Primary Health Care Research Institute, with chief investigators Dr. Grant Blashki, Prof. Jane Gunn, Cathy Mihalopoulos and A/Prof Jane Pirkis, along with Dr. Lucio Naccarella and Dr. Lynette Joubert.

Also working on the project is Dr. Richard Moulding. Richard is a Senior Research Fellow at the Department of General Practice, University of Melbourne. Before joining the Department, Richard completed a PhD at the University of Melbourne regarding cognitive models of Obsessive Compulsive Disorder. He also has a MPsych(clinical), and has worked in primary mental health care as a clinical psychologist.

For more information on the APT project, please contact Richard Moulding on +613 8344 9010, or email moulding@unimelb.edu.au

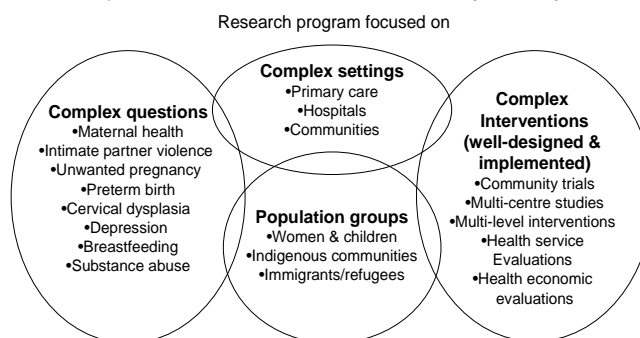


Building Public Health Capacity for Complex Questions, Complex settings, Complex Interventions

In October 2006 a Capacity Building Grant in Population Health from the National Health and Medical Research Council was awarded to Mother & Child Health Research, in partnership with the Primary Care Research Unit at The University of Melbourne and the Murdoch Childrens Research Institute. The grant provides five years funding (\$2.3m) from April 2007 to support postdoctoral and early career researchers. The lead investigators are: Prof Judith Lumley, Dr Rhonda Small, A/Prof Jeanne Daly at Mother & Child Health Research, Prof Jane Gunn (University of Melbourne), A/Prof Stephanie Brown (Murdoch Childrens Research Institute), and Prof Christine MacArthur (University of Birmingham).

The grant will enable extension of current research programs at each of the partner units to build public health capacity for conceptualising complex questions; working with populations who are often excluded from research, including

Indigenous communities, immigrants and refugees and women experiencing intimate partner violence; and designing and evaluating complex interventions in diverse settings ranging from hospitals to primary care and communities. A number of team investigators were named in the grant and other positions will be advertised widely in May.



SEED FUNDED STUDY UPDATE

Women's Attitudes to Screening for Postnatal Depression in a Rural Australian Community

The study is being undertaken in a rural shire in Gippsland where routine screening for postnatal depression using the Edinburgh Postnatal Depression Scale (EPDS) has been in operation for the last ten years. The first stage consisted of a 12-month audit of the screening program which found that for a range of reasons fewer than 50% of all women were screened according to the protocol with little collaborative care planning for affected women between primary health care providers (maternal and child health nurses and GPs). These findings have recently been published.¹ The second stage consisted of interviews with maternal and child health nurses and general practitioners with the aims to understand how the program operates and identify any issues arising from current screening practice. A second 12 month audit of the program has also been conducted. The final stage of the research, commenced in March 2007, and involves a postal survey to 265 women. The survey seeks women's views on the screening process and what was helpful and unhelpful in the postnatal period. In depth interviews will also be conducted with 40 women about their experiences.

Sue Armstrong is currently on a La Trobe University postgraduate scholarship and has received additional support from a Diamond Seed and Capacity Building Grant to conduct phase three of the study.

1. Armstrong S, Small R, Aust J Public Health. 2007;31(7):57-61

CONGRATULATIONS!

Congratulations to consortium members, **Russell Nunn, Merilyn Annells and Jane Sims** on their recent publication "Screening for depression in older district nursing clients: feasibility study" published in the British Journal of Community Nursing. This study was supported by a *diamond* consortium seed funding and capacity building grant.

SEED FUNDED STUDY UPDATE

The experience of depression after birth and views about primary care services among Persian-speaking women in Melbourne

The study aims to explore views of Iranian or Afghan women living in Melbourne regarding maternity care, emotional well-being and the experience of depression after birth; to describe use of, and experiences with, primary care services after birth, particularly in relation to help-seeking for depression; and to compare findings with previous Victorian studies of Australian-born women and of other groups of immigrant women. Recruitment is from Melbourne hospitals (Monash Medical Centre, Dandenong Hospital, Mercy Hospital for Women and The Royal Women's Hospital). We aim to recruit 50 women to the study; currently 44 women have agreed to participate. Data collection includes a brief hospital visit or telephone call at home after the birth, a main telephone interview 4 months after birth, and a face-to-face in-depth interview with a small number of women who scored depressed on the Edinburgh Postnatal Depression Scale, a small number of women who are not depressed, and a small number of women who are significantly satisfied or dissatisfied with their maternity care. The main telephone interviews commenced in mid February 2007 and to date 10 interviews have been completed.

Ms Touran Shafiei¹, Dr Rhonda Small¹, Dr Helen McLachlan^{1,2}

1. Mother & Child Health Research, La Trobe University 2. School of Nursing and Midwifery, La Trobe University

Member profile - A/Prof Kelsey Hegarty



Kelsey Hegarty is an Associate Professor in the Department of General Practice at the University of Melbourne, and in general practice in inner city Melbourne. She is a graduate in medicine from the University of Queensland, and has a doctorate from the same university in the area of intimate partner abuse measurement and prevalence in the general practice setting. For her thesis she developed the Composite Abuse Scale which measures physical, emotional and sexual abuse by a partner or ex-partner and is widely used internationally. Her current program of research includes the links between partner abuse and depression; educational and complex interventions around identification of partner abuse in primary care settings and a longitudinal study of depressed and abused women attending general practice. She has just been funded to undertake a screening and brief intervention trial in general practice by the National Medical Health and Research Council. She recently co-edited a book 'Intimate Partner Abuse and Health Professionals: New Approaches to Domestic Violence' published by Elsevier in 2006. She is interested in further exploring the pathways of care for women with sensitive issues in general practice.

DO YOU HAVE ANY RESEARCH OR BEST PRACTICE YOU WANT TO SHARE WITH US?

Contact: Darsh Ayton on +61 3 8344 7449 or e-mail dayton@unimelb.edu.au