

5G - Gout

Health Equity Learning Session 2

14.6.2017



Our Team



- **People who experience gout and their whanau**
- **Rheumatology Department (sponsor):**
Dr Peter Gow, rheumatologist; Kathy Pritchard, manger; Georgina Greville, rheumatology CNS
- **Whanau Ora Community Clinics (sponsor):**
Raewyn Bhana and George Ngatai, directors – Primary care providers, high proportion Maaori and Pacific people
- **Pacific Health Development:**
Thelma Fatafehi-Finau - pacific people perspective and guidance
- **Arthritis New Zealand:**
Georgia Grant-Mackie – awareness raising and education
- **Owning my Gout: Mannaki Hauroa Campaign**
Diana Phone – community pharماسist
- **Ko Awatea: Camapaign Support**
Alison Howitt project manager Ian Hutchby improvement advisor

Aim Statement: what are we trying to achieve



Primary Aim

- Increase by 200, the number of Maori and Pacific people in Whanau Ora Community clinic - Manukau receiving effective gout treatment* and practising effective gout management** by December 2018.

* reaching and maintaining target uric acid levels in 18 Months

** patients perspective

Storytelling: Communities Voice – Equity Story



“I thought my toe was broken so I put my pride aside and went to my GP. I wouldn't have gone if I thought it was gout. I didn't want to be in that camp - Anyway I thought it's an old man's disease.”

“It has had a huge impact – I had to stop playing sports, put on weight, missed out on activities with the family, lost jobs, become grumpy - even depressed and it has caused strife with me and my wife – the pharmacy police.”

“One size fits all approach – seems if you are brown all joint pain is gout.”

There is a lot of focus on foods, alcohol and triggers for attacks.

“Not enough explanation to help me understand how medications help and how long they take to work.”

“Getting the Stop Gout book and explanation about the medications was useful.”

“Family is the main thing that helps.” “Doctors need really good understanding and less blaming the patients.”

The problem: the equity gap



- Gout has increased by almost 1 percent since 2011
- Men, Māori and Pacific peoples are most affected
- Less than half of people with gout, received allopurinol to prevent gout attacks.
 - The data do not allow us to infer whether or not treatment is clinically indicated.
- Māori and Pacific are less likely to receive allopurinol regularly
- Over half of those with gout were dispensed non-steroidal anti-inflammatory drugs (NSAIDs) in 2014. Māori and Pacific peoples with gout were dispensed more NSAIDs than other ethnic groups.
- Only one-third of those dispensed allopurinol had a serum urate test within 6 months of allopurinol being dispensed.
- Māori and Pacific peoples had at least five times as many admissions due to gout than those of European/Other ethnicities.

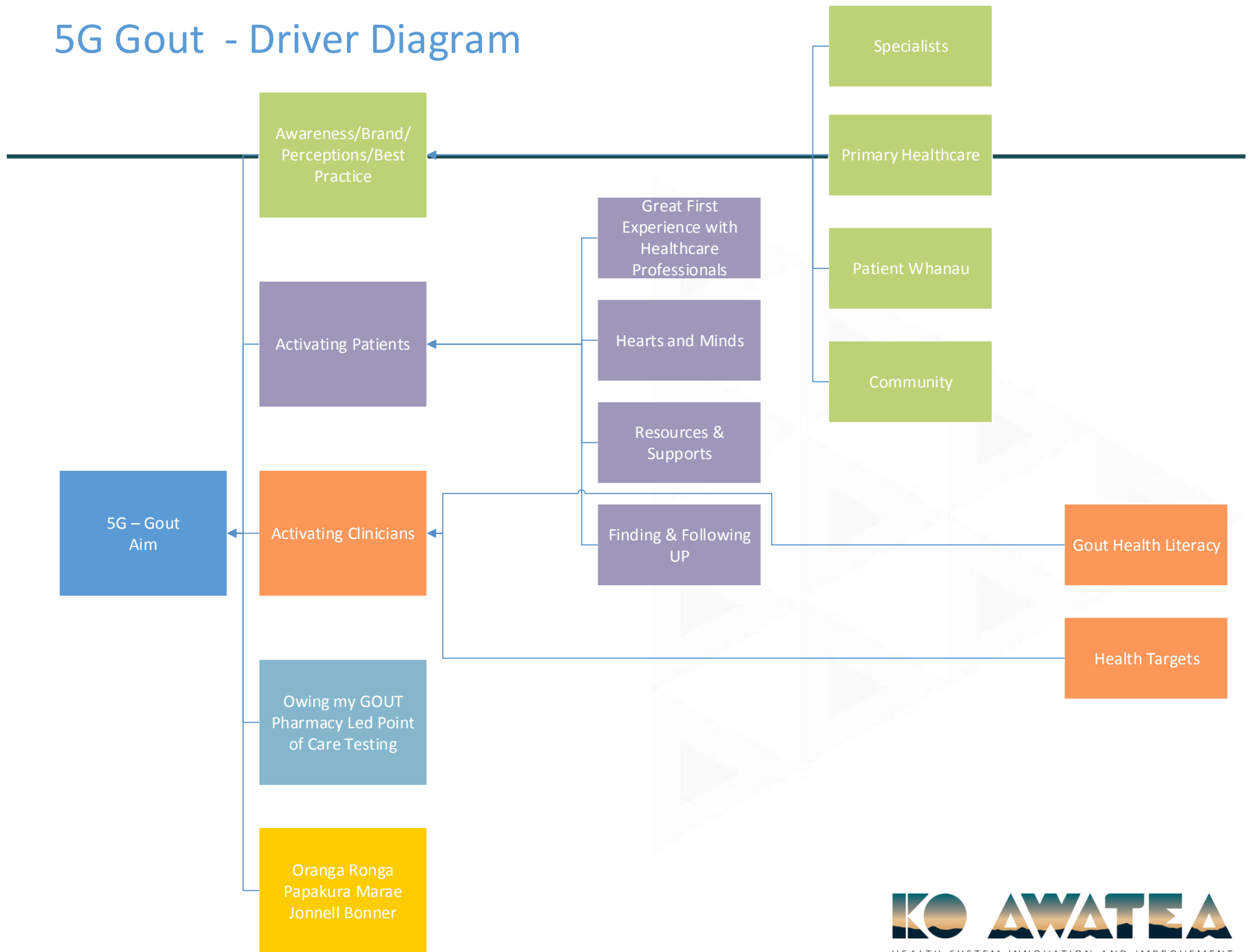
Data from - <http://www.hqsc.govt.nz/our-programmes/health-quality-evaluation/projects/atlas-of-healthcare-variation/gout>



What the data is telling us?

- There are inequalities in the delivery of gout health care
- Improving gout health literacy may result in an increased level of trust in the medical system
- Different ways of engaging people about gout and health are needed
- Health Professionals need new ideas to more effectively help people who have gout.
- Navigating the system needs to be easier
- The public need to know that their health and wellbeing can be restored and protected.

5G Gout - Driver Diagram



What are you currently doing?



- Finding a location to work with
 - Whanau Ora Community clinic provides primary care focus and people who have gout
- Assessing the sustainability and practicality of gout champions
- Patient interviews and focus group meetings - to find out what works and what patients and whanau need
 - Mangere Hub
 - Whanau Ora Community Clinic
 - Middlemore Hospital staff
- Training for health professionals
- Stop Gout booklet translations into Samoan and Tongan

Highlights: biggest learnings



The greatest learning has been from the focus group and patient interviews.

The most consistent message has been: A need for change in the way people who have gout receive information about their condition and treatment.

Lowlights: biggest challenges



It has been difficult to show how to reproduce the initial proposal of Gout Champions and maintain the quality and safety

The process of accepting the translations ready for printing as different people have been involved at different stages.

Next Steps



- More focus groups with patients and health professionals
- Trialling changes at Whanau Ora community Clinic
 - find out current education provided to patients
 - further analysis of patients who have gout
- Getting the Translated books printed