

ABSTRACT FROM THE STAR RESEARCH GRANTS AWARDED (2008)

Title: Partnering Primary Care – the Flinders Model for New Zealand Populations

Lead Investigator: Associate Professor Margaret Horsburgh

This study is a pre- and post feasibility study to evaluate the effectiveness and usefulness of the Flinders Model of patient self-management in New Zealand. Overseas evidence has suggested the Model is a useful approach for improving outcomes for people with chronic health conditions, however is such an approach acceptable and effective for Maori and Pacific populations and realistic within our health system?

The Model provides an holistic approach for working more closely with clients to plan their health care based on shared values, goals and priorities. The study involves an intervention group of primary care patients receiving a Flinders assessment and care planning module (by their primary health care nurse) compared to a control group of patients receiving 'usual' health care.

Detailed process and outcome evaluations will be conducted to assess usefulness, acceptability, implementation issues and cost-effectiveness of the Flinders Model. The results will guide recommendations for future research and study design.