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Indigenous Medication Review Service (IMeRSe) Feasibility Study

Welcome to the Indigenous Medication Review Service (IMeRSe) Newsletter: Issue 6

Welcome to our third newsletter for 2019. We are happy to keep you up-to-date on IMeRSe progress. The recruitment period to participate in IMeRSe is now closed with 304 participants enrolled in the study. This is a fantastic achievement and we thank everyone for all of their contribution and great recruitment effort.

We are now closely working with all the sites to complete the collection of research data. Some sites have already started their 6-month follow-up reviews with their participants and we are available to help support with the final data collection stage. Please let us know how you are going and how we can support you in this next stage of the project.

Once again we thank everyone involved and send a congratulations for the wonderful work you have put in to the research project so far to benefit your local communities.





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IMeRSe at a glance



Study Dashboard

Keep up to date with the
IMeRSe study

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Upcoming Events

Coordinators Teleconference
and IMeRSe Community
Pharmacists Webinar

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Pharmacist Webinar

MMR Stage 1
training webinar

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Farewell to Chris Rowden
Pius X Aboriginal Medical Service

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Site Visits
Gunnedah and Brewarrina

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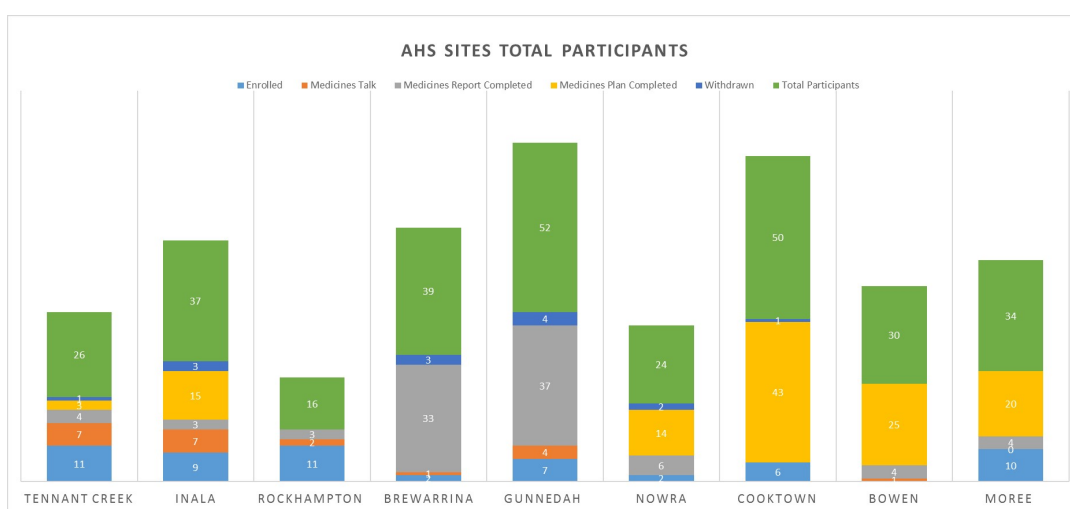
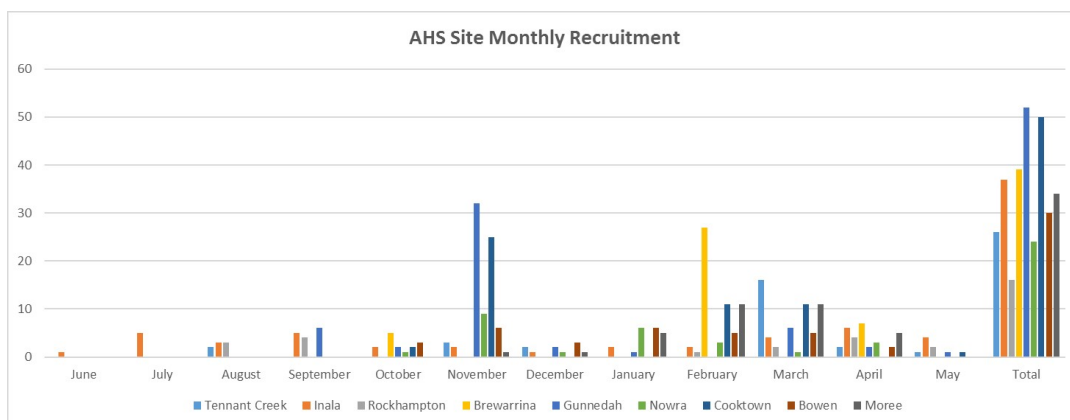


Get to know...
Fi Claus
Amaroo Amcal Pharmacy Moree

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Study Dashboard

Sites Recruited	Community Pharmacies	Participants Enrolled	Medicine Reports Completed	Medicines Plans Completed	Follow-ups Conducted
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Save the Date!

The next IMeRSe Coordinators Teleconference dates

- 10 July 2019
- 9 September 2019

Calendar invites will be sent closer to the dates. All Coordinators are encouraged to attend this 30 minute catch up together with the researchers.

The next IMeRSe Pharmacist Webinar

- 30 July 2019
- 10 September 2019

Pharmacist Webinar: MMR Stage 1 Training

As part of the IMeRSe study we have put together a training package that has been accredited by the Australian Association of Consultant Pharmacy (AACP), meeting the requirements for Stage 1 Medication Management Review (MMR) training. This training is offered to IMeRSe pharmacists to complete as a thank you for their contribution to the study. Six pharmacists attended the first of two webinars. We are encouraged by the number of pharmacists that attended the first training package on 29th May. The webinar was run by our pharmacy mentor and 20 year accredited pharmacist Michelle Bowden. We want to thank the pharmacists for their participation and for sharing their experiences which added significant value to everyone's learning. It is fantastic to see the difference that pharmacists are continuing to make in their communities as part of their normal practice and also through the structure of the IMeRSe Study, thank you all. The next Stage 1 MMR webinar is in August and we look forward to seeing you all there.

We are still running IMeRSe webinars every six weeks as a community of practice to share experiences, trouble shoot challenges and focus on a particular content (in response to areas of preference identified by you), so keep your eye out for the next of those webinars as they are separate to the Stage 1 MMR training package. Everyone is welcome to these webinars and they can serve as CPD as they involve content and interaction with professional peers so remember to keep your own records of these.



Farewell to Chris Rowland from Moree

This month, sadly we had to farewell Chris Rowland the IMeRSe Coordinator from Pius X Aboriginal Corporation, Moree. Chris has made a significant contribution to the IMeRSe study and we wish him well in his future endeavors.

Chris believes the relationships built between the study participants and the community pharmacists are a key highlight of his work on the IMeRSe study.

Chris recently visited the Griffith University team where he was presented with a certificate, and IMeRSe polo shirt.



Image (L-R) Chris Moree (IMeRSe Coordinator), Pius X Aboriginal Corporation
and Professor Amanda Wheeler, Griffith University

Site Visits: Gunnedah and Brewarrina

To meet the IMeRSe feasibility objectives, a key part is the collection of research data. Following the end of participant recruitment in late April 2019, Griffith team members visited selected AHS sites to support the collection and collation of data at a local level.

The research team's visits to Gunnedah and Brewarrina were rewarding as they offered insight into some of the successes and challenges facing IMeRSe Coordinators and other AHS staff, around the collection of data in their community contexts. The research team's discussions with Aboriginal Health Workers confirmed that there is a need for medication review services in their communities to improve medication and other health outcomes.

The research team greatly appreciates the help given by Aboriginal Health Workers and IMeRSe Coordinators in Gunnedah, Emma Costello and Dalton Dorrington, who went out of their way to ensure collection of as much data as possible. They spent a lot of time contacting participants and scheduling *Medicines Talks* to progress with IMeRSe in their community.

In Brewarrina, the research team were pleased to



Image(L-R): Dalton Dorrington and Emma Costello
IMeRSe Coordinators, HealthWISE, New England North
West, Gunnedah



Image: Dalton Dorrington, IMeRSe Coordinators,
HealthWISE, New England North West, Gunnedah

have the help of Katrina Ward, Practice Manager and Dee-Anna Nixon, IMeRSe Coordinator. Both

were committed to helping us collect data and undoubtedly assisted in expediting the required data collection. We were very pleased to be asked to join in the 10th anniversary celebration of a Brewarrina co-worker.

Our conversation with Dr Paige Darlington, GP in Walgett was also very encouraging. Dr Paige is keen to actively deliver IMeRSe in Aboriginal Health Services, and looks forward to working alongside AHS workers, community pharmacists and move forward to improve health outcomes in a collaborated effort in her local community.

The research team's site visits proved very successful not only for collecting data but closely engaging with the staff for delivering the benefits of IMeRSe in their communities. It was heartening that there is, a positive commitment to continue with IMeRSe as a service that aims to improve community health outcomes. We are very grateful to all Gunnedah and Brewarrina AHS staff for welcoming us assisting us in meeting the purpose of our visit.



Image(L-R): Anni Bohn, Griffith University, Karen Carter, Karen Carter Chemist, Dee-Anna Nixon, IMeRSe Coordinator, Brewarrina Aboriginal Medical Service and Kerry Hall, Griffith University



Image(L-R): Anni Bohn, Griffith University and the team from Brewarrina Aboriginal Medical Service



Image(L-R): Dr Paige Darlington, Walgett Aboriginal Medical Service and Anni Bohn, Griffith University

Get to know...Fi Claus

This month we profile Fi Claus, a recently registered pharmacist from Moree who works across two pharmacies, one of which is participating in the IMeRSe study.

Fresh from her pharmacy degree, Fi's first year experience in the community pharmacy is "rewarding". Moree has been an agricultural area since European settlement. Aboriginal and Torres Straight Islanders make up about 20% of the region's population, a number of whom attend the Moree pharmacy.

Fi has lived in Moree since 2008. Prior to pharmacy training, Fi initially trained as a physiotherapist and

painting.

Fi's current role in pharmacy is focused on professional pharmacy services in keeping with the IMeRSe framework in that it facilitates discussion with clients about their health conditions. Fi reports it is a "privilege" to share information with clients who "open up" on topics they normally wouldn't talk about.

Fi states that "we can share a lot more by working together" as part of the support team improving someone's life, how they feel, their wellbeing. The impact on happiness and every aspect of their life, including ill-health, can make life difficult. Sometimes clients have not shared pertinent information with their GP so a difficulty could "actually be a side effect of medications or some drug interaction". Resolving between one and four medication and non-medication issues for each participant in IMeRSe has been "very rewarding" for Fi. Fi also values that IMeRSe supports building positive relations and helps upskilling through cultural capabilities training.

Community-based activities such as BBQs have supported the success of IMeRSe. Clients, encouraged by their AHWs were more "open to the idea" of discussing their medication and other health and social aspects with Fi as pharmacist.

Fi reflects how "very fortunate" she is to "have an hour to talk with someone in the *Medicines Talks*, whereas the GP has 15-30 minutes". Having extra time allows for a comprehensive picture of health and wellbeing. Like GPs, pharmacists have few resources in terms of time and payment to develop strong rapport with clients. Fi believes she is "lucky to have this opportunity" through the IMeRSe study to support clients "in ways not necessarily 'out there' or available previously". For Fi, IMeRSe provides a "nice connection between what doctors do and pharmacists do".



Image: Fi Claus, Amaroo Pharmacy, Moree

IMeRSe Polo Shirts

We are excited to announce the the IMerSe polo shirts have now arrived! We have mailed them out to all the sites and pharmacies last week. Please give it up to 3 weeks for them to arrive (depending on your

mail service).

Here is the Griffith team previewing the shirts.



Image(L-R): Jie Hu, Robert Jones, Kerry Hall and Anni Bohn, Griffith University

We encourage you to submit stories for the IMerSe newsletter, and details of your team and their experience with implementing IMerSe in your health service or community pharmacy. Email submissions to: imerse@griffith.edu.au

This feasibility study is funded by the Australian Government Department of Health as part of the Sixth Community Pharmacy Agreement

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