

# Grassroots Research



THE UNIVERSITY OF  
NEW SOUTH WALES



**Primary Health Care  
Research Capacity  
Building Program,**

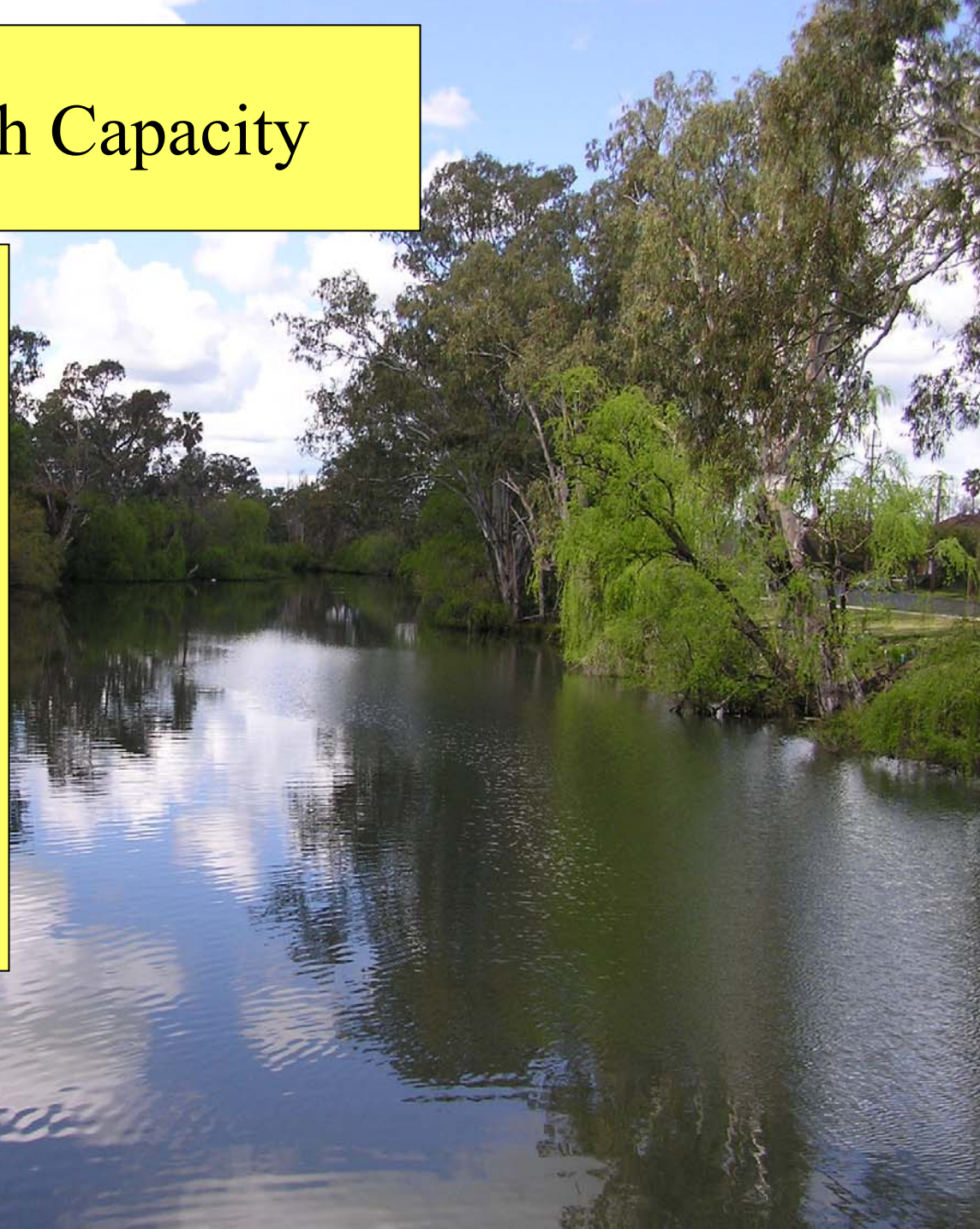
**Centres for Primary  
Health Care and  
Equity, Research and  
Evaluation**

## **A Model from The Riverina Division of General Practice**

November 22<sup>nd</sup> 2003

# Building Research Capacity

- Primary Health Care Research, Evaluation And Development Strategy
- \$50 Million / 5 year
- Including funding to 18 university depts



# **New South Wales-Primary Health Care Research Capacity Building Program**

‘increase the capacity for PHC Research  
and to provide leadership in developing  
a research culture in Australian General  
Practice and Primary Health Care’

- Education
- Networks
- Collaborations

# NSW PHC Research Capacity Building Program

The diagram illustrates the flow of research capacity building. On the left, a vertical stack of five white boxes with black borders lists the contributing institutions: State Coordination Unit, University of Newcastle, University of Sydney, University of NSW, and Department of Rural Health. To the left of this stack is a vertical grey bar with five grey arrows pointing right towards each box. A large grey arrow at the bottom points from the entire stack of boxes to a larger white box on the right. This right-hand box contains the text 'Comprehensive Coordinated Consistent Approach'.

**State Coordination Unit**

**University of Newcastle**

**University of Sydney**

**University of NSW**

**Department of Rural Health**

**Comprehensive**

**Coordinated**

**Consistent**

**Approach**

# Riverina Division of General Practice



General Practice  
Co-ordinator

Research Assistant

# Aims of positions

A photograph of a grassy field with several kangaroos and a dense line of trees in the background. The kangaroos are in the middle ground, and the trees form a thick line in the distance. The sky is blue with some light clouds.

- Identify GP and PHC workers  
Interested in research
- Work with GPs to develop  
and implement research
- Organise research education

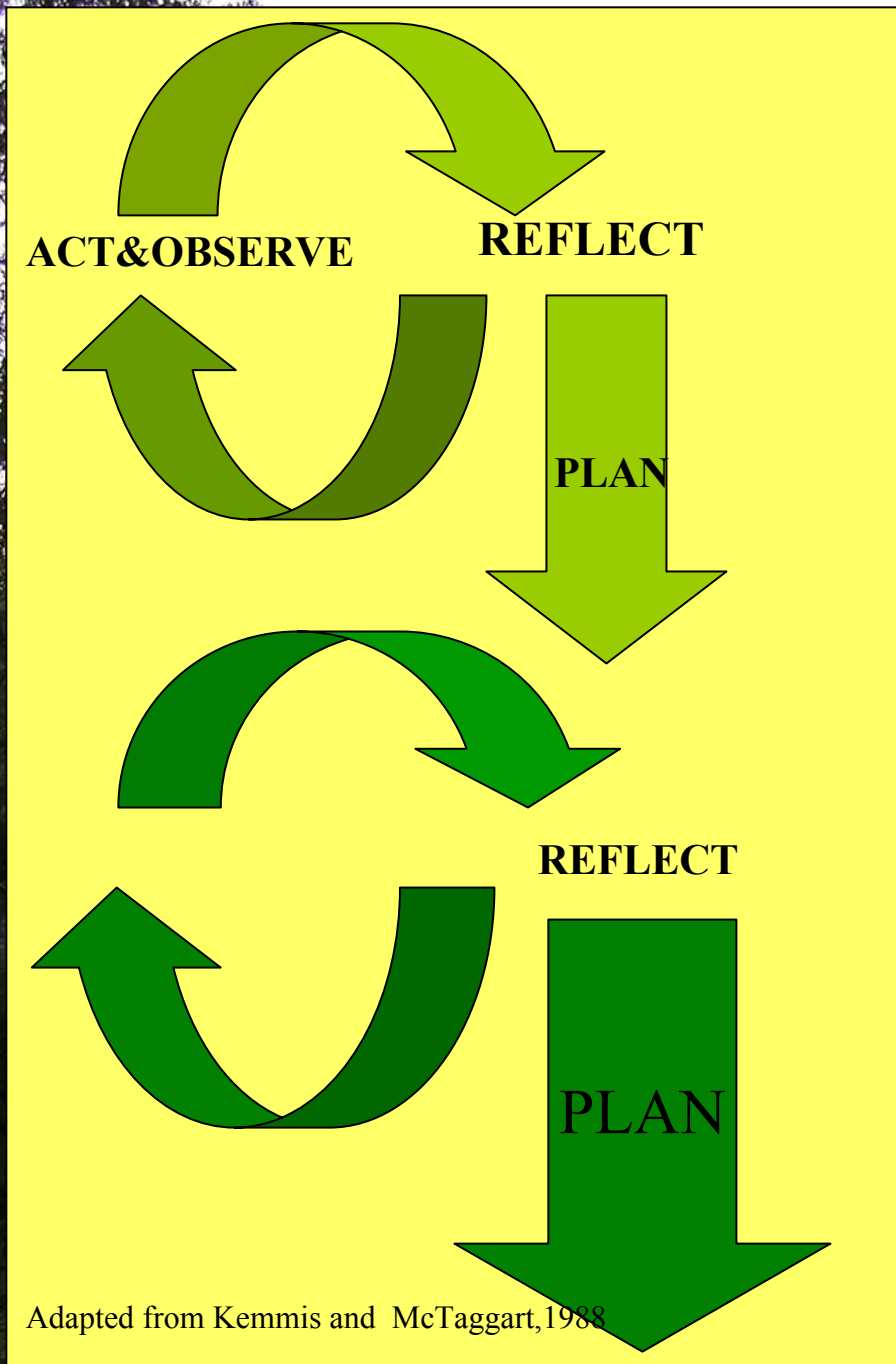


# Advantages of Model

- Promote a research culture
- Promote ownership of research
  - Easily accessible support



# Primary Health Care Nurse Evaluation



Adapted from Kemmis and McTaggart, 1988



# Action Research Spiral

# Mens Health Check List

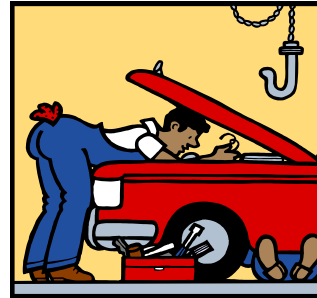


# Men's Health Checklist

If you've got a few minutes to spare while waiting for your appointment!!! - you might like to take some time and answer the following questions:

1. Have you had your blood pressure checked in the last 12 months?  
Yes  No
2. Have you had your cholesterol checked in the last 12 months?  
Yes  No
3. Do you smoke?  
Yes  No
4. Do you exercise regularly?  
Yes  No
5. Do you drink alcohol?  
Yes  No
6. Do you have times when you feel tired, lonely or depressed?  
Yes  No

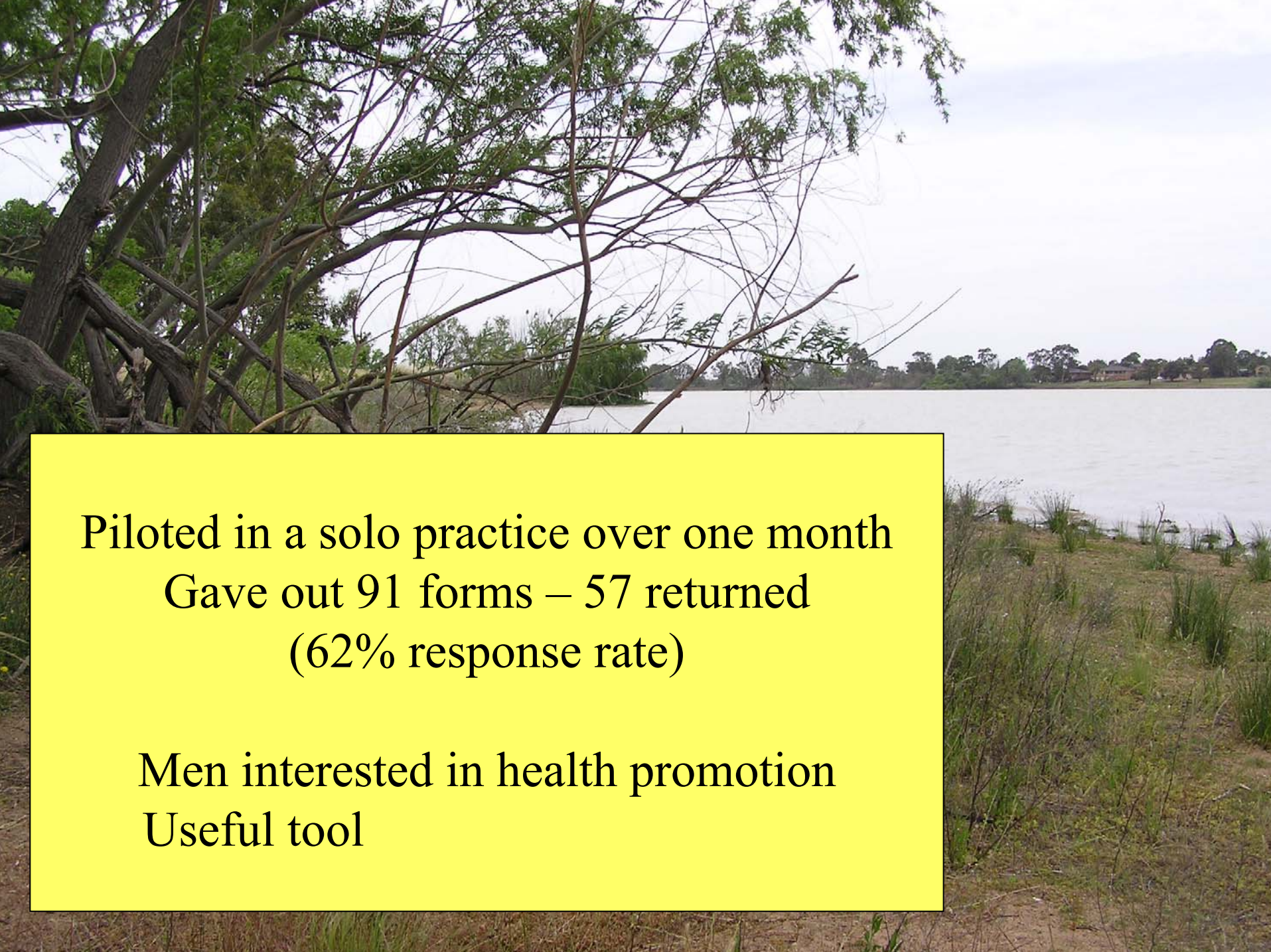
Take this health check with you when you go in for your scheduled appointment and discuss your answers with your doctor



How often do you have your car serviced?


How often do you have a 'health service'?

A "**Men's Health Check**" is a general health assessment that will enable you and your doctor to identify current and possible future health problems.



Piloted in a solo practice over one month  
Gave out 91 forms – 57 returned  
(62% response rate)

Men interested in health promotion  
Useful tool

A photograph of a hillside with yellow flowers and trees, with a town and water in the background. The scene is captured from an elevated position, looking down towards a residential area and a body of water in the distance. The foreground is dominated by tall, thin green stems with numerous bright yellow daisy-like flowers. Several large, dark tree trunks are scattered across the mid-ground. The background shows a town with houses and a large body of water under a clear sky.

Model for research  
Capacity building  
With Divisions