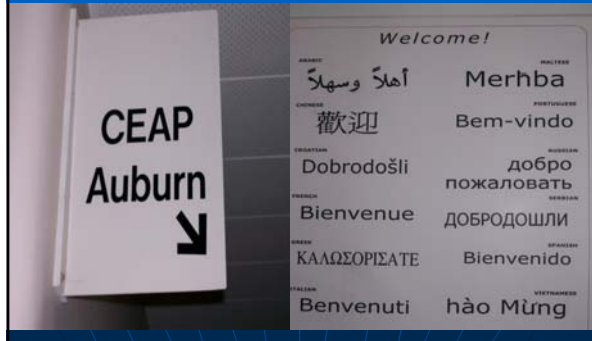


WELCOME FROM AUBURN CEAP



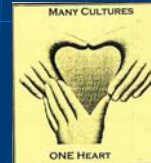
Evaluation of a New Cardiac Rehabilitation Program for a Culturally Diverse Population.

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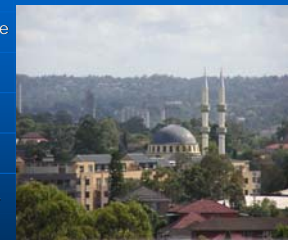
Background - Auburn LGA (1)

- >66 000 people
- 63% NESB
- 53% born overseas
- 25% English as first language
- 2nd most socio-economic disadvantaged area (NSW)



Background - Auburn LGA (2)

- Large population of Arabic/Turkish and Chinese immigrants.
- 24% Islamic, 23% Catholic, 10% Buddhists.
- Highest CV death rate for females and 2nd highest CV death rate in males for western Sydney.



Challenges

- No Cardiac Rehabilitation program at Auburn.
- Culturally specific and sensitive requirements
- Language and religious beliefs issues
- Community involvement



Challenges (2)

Auburn Review
11/7/07 pg 5.

The Daily Telegraph,
13/7/07 pg 11.

Diabetes rates spiral upwards

Auburn amid nation's worst

THE number of diabetes sufferers in Australia continues to spiral upwards and Auburn is in the middle of Sydney's greatest concentration of the disease. Although the national average rate of diabetic sufferers is 3.75 per cent, the rate in 2006 for Auburn was 4.9 per cent. The number of people in Auburn with diabetes in 2006 was 3,301 - a growth of 76.7 per cent in five years. Latest figures of the publication Diabetes in NSW 2007 released to mark Diabetes Awareness

Helping more to quit

THE State Government is launching a new Quitline service for Arabic speakers.

Despite success in cutting the state's overall smoking rate, among Lebanon-born NSW residents, smoke, far higher than the state average of just 17.7 per cent.

It is the state's second foreign-language Quitline service, with an Italian service already running. The Arabic Quitline is 1300 784 803.

Program Results

- ♥ 136 people recruited in 14 months;
- ♥ 24% Australian born;
- ♥ 68% male;
- ♥ Mean age = 59±13 yrs;
- ♥ 35% with a AMI.



Patient Risk Factor Profile

- ♥ 24% current smoker;
- ♥ 68% hypertension;
- ♥ 30% diabetes;
- ♥ 88% hyperlipidaemia;
- ♥ 9% previous history of depression.

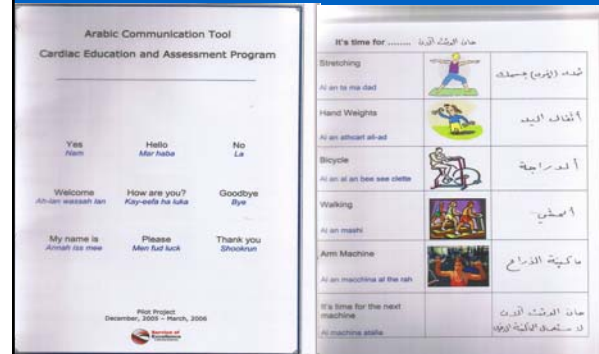


Achievements

- ♥ Turkish DASS⁴² translated;
- ♥ Arabic Communication Tool piloted and utilised;
- ♥ Dietary talks in other languages;
- ♥ \$13 000 donation from local club;



Arabic Communication Tool

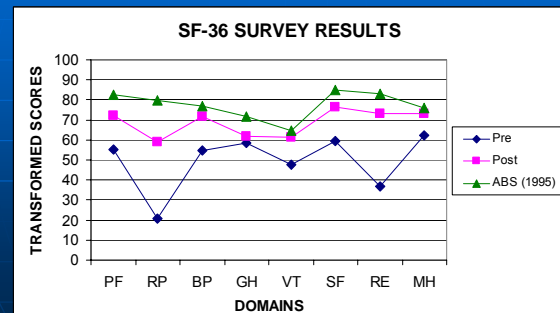


Outcomes (1)

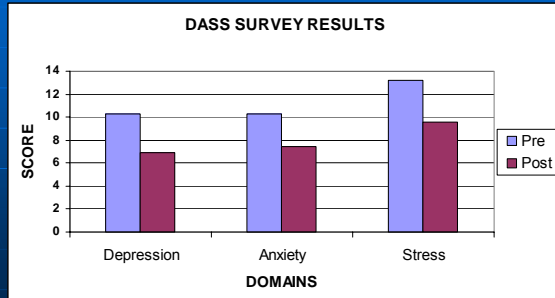
- ♥ ↑25% in functional capacity;
- ♥ 80% smoking cessation rate;
- ♥ ↓2.3 kg in weight;
- ♥ ↓2.1cm in waist circumference;
- ♥ ↓17% in total cholesterol levels;
- ♥ 20% dropout rate for non medical reasons.



QOL Outcomes (1)



QOL Outcomes (2)



Conclusions

- ♥ The Auburn cardiac population has given the Auburn CR program many challenges.
- ♥ Assisted by various departments in SWAHS, these challenges are being dealt with increasing success.
- ♥ The benefits of the CR program are evident in the outcome measures shown.
- ♥ Greater results can be achieved with more emphasis on the different cultural needs.

Collaboration

- ♥ School of Nursing, University of Western Sydney, NSW;
- ♥ Service of Excellence in Diversity Health Care, Auburn Hospital, Sydney-West AHS;
- ♥ Amal Owaimrin - Familial Hypercholesterolaemia Clinical Support Service, Sydney-West AHS.

