



MACQUARIE
University
SYDNEY • AUSTRALIA

**LIFESPAN HEALTH
AND WELLBEING
RESEARCH CENTRE**

**Ageing Well Tool with self-help patient booklet
and tracking health and wellbeing for 12
months, with access to full reports and
recommendations after the 12-month survey**

(YOU)^{us}

Advancing social, emotional and cognitive health and wellbeing for all.
That's YOU to the power of *us*.



Identifying eligible patients.

The **Ageing Well Tool** measures common mental disorders and risk factors for dementia and poor wellbeing, including cardiovascular risk, depression, anxiety, and social isolation. This involves a self-help patient booklet and tracking health and wellbeing for 12 months, with access to full reports and recommendations after the 12-month survey.

ELIGIBILITY CRITERIA

- ✓ 60-70 years of age with a life expectancy of 5+ years
 - Exclude patients with a significant medical condition who don't have capacity to engage in recommendations over the next 12 months.
- ✓ Normal cognition
 - Exclude patients with mild cognitive impairment or dementia.



Identifying eligible patients.

ELIGIBILITY CRITERIA (continued)

- ✓ Community dwelling
 - Exclude aged care.
- ✓ Able to read and write in English at a sufficient level (for consent)
- The GP/practice identifies patients eligible for screening.
- We have a Recruitment Target of **30 patients** per practice completing the baseline measurement in 3-6 months – that's 1-2 patients per week.
- You may wish to look at patients who are already coming in for something like a Shingrix vaccine / flu shot and ask them if they would like to add the Ageing Well Tool to their appointment.



Booking the patient and informed consent

- Pass patient details to your practice manager/administrator to introduce the study, manage the booking, and get informed consent from patients.
- Informed consent is completed by participants online on Qualtrics software. Your practice manager/administrator can access the survey links in the spreadsheet provided to your practice and will assign a Participant Study ID.

[PRACTICE NAME HERE]					
When an interested participant completes the Participant Information and Consent form (PICF), please assign them an ID from below, and enter the date their PICF was completed next to the assigned ID below. This ID number will function as a login for access to the surveys. When they return for their appointments (Baseline, 6 month follow up, 12 month follow up, 18 month follow up, 24 month follow up), please select the relevant link below and enter their participant ID for them, and then hand it to them to finish or email them the link and ID for them to complete it before their appointment. The first few questions MUST be completed by the practice staff. If the participants are not able to complete the survey in one sitting, please reopen the relevant link and login again using their assigned Participant ID - they will be able to pick up where they left off.					
	Participant information and consent form (PICF)	Baseline survey	6 month survey	12 month survey	
	https://mquni.au1.qualtrics.com/jfe/form/SV_dd6B8TKaGHC4Wt8	https://mquni.au1.qualtrics.com/jfe/form/SV_eLHvmQKyIDAiwTQ	https://mquni.au1.qualtrics.com/jfe/form/SV_d68b0KA8BAk0dg	https://mquni.au1.qualtrics.com/jfe/form/SV_74BE6EfcCruTLOS	
Participant ID	Date PICF completed	Date baseline completed	Date of 6mth follow up	Date of 12 month follow up	Notes
654246	21/09/2023	25/09/2023			
254335	28/09/2023	23/10/2023			
354321					
343545					
313535					



Informed consent


- Patients will provide their name and contact details when they complete informed consent.
 - ✓ The research officer will inform you when the patient has completed their consent form.
 - ✓ The research team will use these details to contact patients for the measures they administer (cognitive screening for dementia, baseline and 12-month measures of neuropsychological functioning such as processing speed and memory).
 - ✓ Patients will be tracked using their Participant Study ID.
 - ✓ Your practice manager/administrative assistant will keep a record of which patient record is connected to each Participant Study ID. The research team will never have access to the patient's record or any identifying patient record information.



Baseline Survey

SCREENING

- **30 minutes before appointment or online at home**, patient completes the online survey on a tablet/home device.
 - ✓ Use the Baseline Survey link provided in your practice tracking sheet and enter the Participant Study ID
 - ✓ The practice manager/administrator will need to select their practice email before handing the survey link and the Participant Study ID to the patient



MACQUARIE
University

Practice staff member to enter Participant Study ID and record date against patient record in the spreadsheet.

Please enter assigned Participant Study ID here:

Please select the practice email of the practice you are located at.

☐ kenzie.sinclair@mqhealth.org.au

Next



Please hand the tablet to the participant or email the survey link (and the participant ID number) to the participant to complete the rest of the measure.



Baseline Survey

SCREENING

Patient completes demographics and measures of modifiable risk factors including:

- Depression
- Anxiety
- Social isolation
- Loneliness
- Alcohol consumption
- Diet (fish consumption)
- Hearing loss
- Falls and Head injury risk (frailty)
- Physical activity
- Cognitive engagement (mental stimulation)
- Insomnia

FAMILY (Questions 1-3): Considering the people to whom you are related by birth, marriage, adoption, etc.

FRIENDSHIPS (Questions 4-6): Considering all of your friends including those who live in your neighbourhood.

	None	One	Two	Three or four	Five to eight	Nine or more
1. FAMILY. How many relatives do you see or hear from at least once a month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. FAMILY. How many relatives do you feel at ease with that you can talk about private matters?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Baseline Survey

SCREENING

- GP/practice nurse completes 5 medical questions at the end of the online survey on the tablet (need survey link and Participant Study ID), including cardiovascular risk, body mass index, diabetes, cholesterol, and smoking. HbA1c and cholesterol data are needed.
 - ✓ You can use existing data within ≤ 12 months for baseline or ± 2 months for follow-up. You may wish to make a note / create an alert in medical software to collect medical variables including blood tests within 2 months (before or after the measurement timepoint) of the next screen when if patient is at the practice for other reasons. Patients may not need to come at 6 months if their data is already there.
 - ✓ However, for the 6-month measurement, if you believe nothing has changed, you can carry forward measurements from the baseline survey.
 - ✓ You can resume the Ageing Well Tool survey using the Participant's Study ID after getting bloodwork.

3. Diabetes	5. Cholesterol:
b. HbA1c or otherwise non-diabetic (e.g., fasting sugars, glucose tolerance test):	Total serum cholesterol level in mmol/litre
<input type="radio"/> <6%	<input type="text"/>
<input type="radio"/> $\geq 6\%$ and $\leq 6.5\%$	Triglycerides:
<input type="radio"/> $> 6.5\%$ and $\leq 7\%$	<input type="text"/>
<input type="radio"/> $> 7\%$ and $\leq 8\%$	HDL cholesterol:
<input type="radio"/> $> 8\%$ and $< 10\%$	<input type="text"/>
<input type="radio"/> $\geq 10\%$	LDL cholesterol:
<input type="radio"/> Otherwise non-diabetic (e.g., fasting sugars, glucose tolerance test)	<input type="text"/>
	Non-HDL cholesterol:
	<input type="text"/>



Baseline Survey

SCREENING

- There is clear labelling for patients instructing them not to click past the patient questions to your medical questions.



Patients: Please DO NOT click next. Please hand the tablet to the staff, or close the tab if you are completing this from your own device.

- If a patient does enter data in the medical variable fields, you can email ageing.well@mq.edu.au with the Participant Study ID and the correct data and we can update this for trial reporting.



Baseline Survey

RESULTS

- No personalised report at baseline. GP/practice nurse gives patient self-help resources to reduce dementia risk.

FALLS AND HEAD INJURY RISK

Aim to reduce the risk of head injury and falls, and reduce frailty by:

- Keeping your home safe from trip hazards, and install handrails as needed.
- See the following resource to help you Staying Active and On Your Feet:
<https://www.activeandhealthy.nsw.gov.au/preventing-falls/staying-active-and-on-your-feet/>
- Join a community exercise group in the Sydney North Local Health District
(<https://www.nslhd.health.nsw.gov.au/HealthPromotion/ActiveAgeing/Pages/default.aspx>)
- Use walking frames and walking sticks as recommended.



6- and 12-month surveys

SCREENING

- Our Research Officer tracks patient timeline and informs practice when 6- and 12-month follow-up appointments are needed.
- **30 minutes before appointment or online at home**, patient completes the online survey on a tablet/home device.
 - ✓ Use the 6-month / 12-month survey link provided in your practice tracking sheet and enter the Participant Study ID
 - ✓ The practice manager/administrator will need to select their practice email before handing the survey link and the Participant Study ID to the patient

<p>6 month survey</p> <p>https://mquni.au1.qualtrics.com/jfe/form/SV_d68b0KA8BAk0dg</p>	<p>Practice staff member to enter Participant Study ID and record date against patient record in the spreadsheet.</p> <p>Please enter assigned Participant Study ID here again:</p> <input type="text"/>
<p>12 month survey</p> <p>https://mquni.au1.qualtrics.com/jfe/form/SV_74BE6EfcCruTLOS</p>	<p>Please select the email address of the practice you are located at:</p> <p><input type="radio"/> kenzie.sinclair@mqhealth.org.au</p>



Please hand the tablet to the participant or email the survey link (and the participant ID number) to the participant to complete the rest of the measure.



Next

6- and 12-month survey

SCREENING, RESULTS AND RECOMMENDATIONS

- Patient risks re-measured on the online survey in the 6- and 12-month measurements. No personalised report at 6 months. Patient given self-help resources.
- When the 12-month survey is complete, **full risk factor results are visible on the tablet** for all measurement timepoints. You can also see what patients selected in each of the measures of risk factors.
- The patient's report is emailed from survey software through to your practice manager/administrator.
- Your practice manager/administrator attaches the emailed report to the patient's record.

Social isolation score (range: 0-30): 6

Risk present range: 0-12

Loneliness score (range: 0-6): 6

Risk present range: 2-6

Cognitive stimulation score (range: 1.0-5.0): 1.1

Risk present range: 1.0 to <4.0

Three statements are made about 'emotional loneliness' and three about 'social loneliness'. Social loneliness (SL) occurs when someone is missing a wider social network and emotional loneliness (EL) is caused when you miss an "intimate relationship".

	Yes	More or less	No
1. EL: I experience a general sense of emptiness	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
2. EL: I miss having people around me	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
3. EL: I often feel rejected	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Yes	More or less	No
4. SL: There are plenty of people I can rely on when I have problems	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>



12-month survey

RESULTS AND RECOMMENDATIONS

- GP/practice nurse discusses results with the patient and makes recommendations as appropriate, gives the patient a recommendations handout, and records recommendations in survey software.
 - IF the patient wants a copy of their risk profile report, you can provide that too (emailed to your practice).
- Our research officer will email your practice the **12-month patient recommendations handout** when you are ready to schedule these follow-ups.


Recommendations or referrals that you may wish to make for this patient particular order):

- ☐ 1. Advice and education about strategies to quit smoking.
- ☒ 2. Offer brief cessation advice in routine consultations and appointments, whenever possible
- ☒ 3. Offer follow-up to all people who are attempting to quit smoking.
- ☐ 4. Referral to telephone call-back counselling services should be offered to all people who smoke (e.g., 137848).



Payment and CPD

- The payment structure includes a payment for practices and for patients.
- CPD opportunities are also offered.



MACQUARIE
University

Want to earn CPD credits?

Earn credit towards your CPD by participating in our Ageing Well research project

Join us in trialing a screening and early intervention tool (Ageing Well Tool) designed to identify and reduce risks for dementia and enhance overall wellbeing in older primary care patients aged 60-70!

As part of this trial, there will be an opportunity to acquire CPD points!

What do you need to do?

GPs/practice nurses participating in this study will be randomly assigned to one of two conditions: (1) Implementing the Ageing Well Tool with personalised risk reports and treatment recommendations with immediate feedback, or (2) Self-help patient booklet and tracking health and wellbeing for 12 months with access to full reports and recommendations after the 12-month survey.

- Reviewing any changes in usual practice related to the self-help patient booklet and tracking health and wellbeing for 12 months with access to full reports and recommendations after the 12-month survey compared to reports received at 12 months.
- Audit: compare measurement of medical variables measured in the trial including cholesterol, HbA1C, BMI, smoking, and hypertension and CVD risk and reflect on any differences in frequency of measurement compared to usual care in line with RACGP guidelines.

Reviewing performance. Patient feedback: Asking patients (1) how useful it was to get report (immediate or 12-month feedback) and recommendations and (2) how this could be better or different.



For any questions, please contact:

ageing.well@mq.edu.au

