



AAQHC Newsletter

A Voice For Safety and Quality

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"Quality in a service or product is not what you put into it. It is what the client or customer gets out of it."
~Peter Drucker

President's Message

Dear Members

Welcome to a New Year. Included in the Newsletter is an article from the Heart Foundation highlighting their walking program initiative. This may be a quality activity you are involved with or interested to commence. Also if you are thinking about undertaking the Fellowship or Associate Fellowship Program details are included. If you have question about the program please contact AAQHC and the PDAC committee will contact you. The Council will hold its Annual Strategic Planning Day on February 16. If you have any suggestions please feel free to email.

Robyn Quinn
President
AAQHC

Heart Foundation

Walking, a program to support You, your Patients and your Colleagues

Are you interested in improving your own wellbeing, providing opportunities for your colleagues to be part of a health and wellness program, or developing a program to support patients? Then read on!



What we know, the bad news

Recent studies^{1,2} have shown that physical inactivity increases the risk of a range of diseases, such as cardiovascular disease, type 2 diabetes and some cancers. We know that high population levels of inactivity remain of concern, particularly in vulnerable groups such as older adults or those experiencing socioeconomic disadvantage, with 2.6% of the total disease burden in 2011 due to physical inactivity. When physical inactivity is combined with overweight and obesity, the burden increases to 9% - equal with tobacco smoking, the leading risk factor for disease burden in Australia.

More than half of Australian adults are either not active at all or do not meet the recommended guidelines³.

What we know, the good news

The AIHW suggest an extra 15 minutes of brisk walking, 5 days each week, could reduce disease burden due to physical inactivity by an estimated 13%. If this time increased to 30 minutes, the burden could be reduced by 26%.

All ages would benefit, particularly people aged 65 and over. Small sustained increases in daily exercise, particularly for those who are sedentary, could produce sizeable future health gains for the population.

Leisure and transport are the main ways people are physically active, making them best placed for targeted interventions to increase physical activity in the population.

Although the rate of disease burden is high physical inactivity reduced by 12% between 2003 and 2011, after accounting for population increase and ageing.

Background

The Heart Foundation has promoted Australia's largest free walking network for over 21 years. It is a social, fun and easy way for people to walk and be active. There are more than 25,000 walkers across Australia who have logged over 5,766,000 walks and taken 14,415,890,000 steps!

With more than one in three Australian adults (6.1 million people) doing very little or no exercise at all, Heart Foundation Walking is a great way to help people increase their physical activity.

Community-based programs represent a promising approach for engaging

large numbers of people in the settings in which they live. While there is limited availability of low cost or free, sustainable physical activity programs in Australia, many programs struggle to gain participation and have low retention rates, with some community based physical activity programs having a six-month retention rate of below 50%.

The Heart Foundation has not only grown in participant numbers, but also boasts a remarkable retention rate of walkers at three-months of 95%, and most walkers participate on an average of 2.4 years.

What can be done

Heart Foundation Walking is a program that can assist in encouraging people to undertake the recommended 30 minutes of physical activity a day.

The program is structured by a supportive network of Host Organisations and volunteer Walk Organisers. Host Organisations, such as local governments, community health centres, shopping centres, pharmacies (to name a few) have staff who, as part of everyday business in health promotion, provide support to volunteer Walk Organisers. Walk Organisers are supported by the Heart Foundation with on-line training, insurance, and a myriad of promotional materials, newsletters and a range of events and competitions. One retention strategy includes a Walker Recognition Scheme, which rewards participants who reach particular milestones, for example 50 walks. Other initiatives include annual events, volunteer workshops, annual photo competitions and a 'golden shoe award' for key supporters.

Walkers can either walk in groups, or individually, where walks are logged on the Heart Foundation Walking website. A structured program such as this enables valuable demographic data to be collected which aids in evaluation processes, for both the group and the individual.

Approximately, 20% of current Host Organisations are Health Services, especially those located in rural and remote regions, and with a high percentage of walkers residing in regions of high chronic disease prevalence and a retention rate of over 80% of walkers after six-months, it is an ideal option for your clients.

What can You do

- Refer your clients and patients to a Heart Foundation Walking group, it's easy, just access the website walking.heartfoundation.org.au, and search for groups in your area.
- Join a walking group yourself. You'll be amazed at how well you feel!
- Start a workplace group and encourage your colleagues.
- Become a Walk Organiser.

- Become a Host Organisation. Being a Host Organisation is a great way to empower your clients, patients and colleagues to improve self-management and mental and physical functionality. The program can facilitate an informal 'peer support' group which builds social connections, and motivates participants to stay active.

What's the latest news?

The Heart Foundation recently received a grant to conduct the *Healthy Heart Initiative* which seeks to help prevent chronic disease, by increasing support for people, and providing the right tools and information, to improve activity levels and maintain healthy lifestyles.

As part of the 2017 Federal Budget, the Australian Government will provide \$15 million over four years for the *Healthy Heart Initiative*, including the following measures:

- Funding will be provided to the Royal Australian College of General Practitioners (RACGP) for a Healthy Heart Partnership to develop education and training material for GPs and their patients to support Australians to achieve a healthy lifestyle through increased physical activity and better nutrition.
- The Heart Foundation will build on the existing Heart Foundation Walking program with a target of recruiting 150,000 walkers across Australia. The funding also includes conducting a state-wide innovation challenges for schools, universities and communities (such as health services) which recognise innovative ideas to get more people active, particularly those who are not currently meeting relevant national physical activity guidelines, those who are at risk of chronic disease, and those living in communities with high levels of physical inactivity.
- Improving access to motivational activities through the development of an App that supports the individual walker by tracking steps taken, active minutes, and a leader board to promote competition and motivation. Milestone motivation supports are inbuilt within the App. The Heart Foundation website will also be updated to improve the user journey.
- Over the next four years, a range of activities will be implemented to support individuals, groups and communities improve their wellbeing by becoming more active.

In a nutshell

The benefits of Heart Foundation Walking program are indisputable:

- Walking increases your enjoyment. Many walkers report the social contact is what keeps them coming back year after year. Most groups

also organise an occasional special walk or other social events to make being active even more fun.

- Helps you stay motivated. It's easy to say, I'll give my walk a miss today. However, knowing there is a group of people waiting for you can provide that extra motivation needed to get out the door.
- Keeps you committed. Many people find their enthusiasm for being active wanes after only a few months, especially if they experience an injury or illness. By being part of a group, you are more likely to make a commitment to walking regularly.
- Walking is a safe way to exercise.
- Setting up a walking group in your health service will not only be good for patients, but for staff as well.
- Becoming a Host Organisation could be viewed as a great Quality Improvement initiative.
- Visit the website: walking.heartfoundation.org.au
- Call the Heart Foundation on 13 11 12.

¹ AIHW (2017), *Impact of physical inactivity as a risk factor for chronic conditions*
<https://www.aihw.gov.au/getmedia/df392a65-8cf3-4c09-a494-4498ede2c662/aihw-bod-16.pdf.aspx?inline=true>

¹ Ball K et al (2017) 14:161: How to get a nation walking: reach, retention, participant characteristics and program implications of Heart Foundation Walking, a nationwide Australian Community-based walking program International Journal of Behavioural Nutrition and Physical Activity (2017) 14:161

¹ Australia's Physical Activity and Sedentary Behaviour Guidelines
<http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines#apaadult>

Professional Development (PDAC)

Thinking of obtaining a Fellowship or Associate Fellowship as part of your Professional Development this year? Why not consider the Professional Development and Credentialing Program offered by the AAQHC. AAQHC is now accepting applications for their Fellow and Associate Fellow Programs.

Who can apply?

All current and future members are eligible for these programs.

What are the benefits?

The award of Fellow demonstrates achievement to the highest quality standards set for AAQHC members. This will provide you with the confidence that you have the knowledge and skills to apply quality principles and continuous quality improvement in your professional role as well as provide high level advice on strategic issues related to quality. You also have access to a network of Fellows and Associate Fellows for sharing and collaboration.

You also receive a certificate and can use the highly sought after post nominal of FAAQHC

Associate Fellows credential provides an entry level opportunity to have

your skills, knowledge and qualifications assessed and acknowledged by quality peers. With this qualification you are able to use the post nominal (AFAAQHC)

Where can I get information?

Further information is available on our website located at <https://www.aaqhc.org.au/>

How can I get in touch?

Contact aaqhc@aaqhc.org.au and we will put you in touch with a member of our Professional Development and Credentialing Team to discuss further with you.

Promoting Your Quality Initiatives – Publish in the AAQHC Newsletter

Publication of articles in the AAQHC Newsletter is a great way to promote quality initiatives that have made a difference to the patient/consumer and/or family and promote your/your team's great work to a wider audience. The Newsletter is a mechanism to share ideas between quality staff across Australasia, however it needs your

Become a Member of AAQHC

Benefits of membership

- Newsletters
- AAQHC webpage
- Membership certificate
- Discounted rates for AAQHC and VHQA events
- Mentoring guide and access to AAQHC mentors
- Networking Events with other AAQHC members
- Guide to continuing professional development and log book
- Eligible to vote at AGM and be elected to AAQHC Council
- Eligible to advertise jobs at discounted rates
- Eligible to apply for Associate and Fellow credentials
- Eligible for AAQHC Recognition Awards

www.aaqhc.org.au



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Our Applications

OneVault is a platform of applications that work together to manage all of your governance and compliance.

OneGuide

Create, manage and access policy, procedure, compliance and all other workplace documents from one safe place. Add videos, images and other information to assist staff understanding and compliance with workplace requirements.

e-Learning | external Learning

Create your own suite of e-learning and link staff to great websites, webinars, journals or instructions on the web to enhance their knowledge and skill.

Audit | Survey

Create audits | surveys, assign to staff and schedule as required. Replace number crunching and interpretation with instant graphical reporting.

Risk Management | MMR Work Planner

Manage workplace risk proactively, easily and confidently with OneRisk. With a user friendly Risk Register, an MMR Database and a work planner.

Quality Projects

Create, manage and sustain successful documents. Enhance understanding and project compliance by adding videos, PDF's, and images.

Broadcast

OneBroadcast lets you share general news, new services, clinical trials, changes and other important information to staff.

CONTACT US TODAY!