

UNSW research centre for **primary health care and equity**

# Making sense of a Team Care Arrangement – a consumer's perspective

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**UNSW**  
THE UNIVERSITY OF NEW SOUTH WALES

# *My story*

**Born 22 May 1939, Rheumatic fever 1944.  
Married 43 years, two sons, both unmarried,  
Diagnosed with diabetes Type 2 April 1992.  
L. Hip replacement December 2000.  
R. Eye cataract removed June 2007.  
Younger brother has Type 1 diabetes.  
No other previous history of diabetes.  
Diamicron 80 mg one tab per day. ITCP.  
8 other medications or supplements.**



## *My story (continued)*

**Retired nearly 3 years.**

**Director, Diabetes Australia NSW since 1994.**

**Consumer Representative on several  
Diabetes related committees.**

**Grade Cricket Umpire since 1991.**

**Cricket Club administrator. Attend weekly Yoga Class**



# *Who is involved in the caring team?*

**Myself**

**My wife and my family**

My GP and his practice nurse

My Endocrinologist

My Podiatrist

My Ophthalmic Retinologist

My Pharmacist

**DA NSW-** Diabetes Educator, Dietician, Exercise Physiologist

**My Health Fund**



# *Who is involved in the Care Plan (Team Care Arrangement TCA )?*

**Myself** - achieve the goals set out in the TCA

My GP – co-ordinate the Care Plan

My Podiatrist – assess my feet and provide the necessary professional care

My Endocrinologist – assess my feet and encourage me to continue to achieve goals



# *My achievements and challenges as a manager of my health condition*

## My achievements so far

- Stay on one tablet,
- Regular check ups
- Stay active
- Involved in AREA
- Be part of team
- Stay positive

## My challenges ahead

- Avoid threats
- Reduce mass
- Choose younger team
- Stay positive
- Left eye cataract
- Stay Active



# *The achievements and challenges of my care team*

## Achievements so far

- Keep challenging me
- Staying informed
- Good Communicators
- Minimise medication
- Encourage me
- Avoid complacency

## Challenges ahead

- Outlast me
- Remain available
- Communication
- Education
- Stay in team

# *Patient-centred Care (Stewart et al, 2003)*

## **My Care Team + specialists**





# Questions ?

**THAT'S ALL FOLKS!**