

## Nurse Advisory Protocol in CORFIS



**Caption: Nurse educators receive specific training on use of medical devices in the CORFIS study**

The main objective of the nurse intervention arm of CORFIS is to coordinate the care of chronic diseases and provide counselling to improve self-management skills. This is achieved by setting up central nurse advisory group and diabetic nurse educators group. These two groups will function by complimenting each other to achieve the objectives above. Basically the nurse advisory group will function from research centre and call station whereas the nurse educators will meet patients in selected primary care clinics. The main role of nurse advisory group is to standardise the coordination and quality of counselling provided by the nurse educators.

The advisory group is provided by SigmaRN group of nurses and will be responsible for

1. Development of skill personnel and relevant teaching materials for the intervention arm, which are:
  - a. Recruitment of nurse educators.
  - b. Provision of training for nurses recruited to play the role as counsellor and educators. This is done through workshops and role-play with assistant by primary care doctors from MCCS.
  - c. Development of teaching manuals for diabetes, hypertension and dyslipidaemia. The teaching manuals will be in the form of flip charts. The content of the flip

charts is provided by the CORFIS team comprises dietician, pharmacist and nurses and subsequently validated by doctors from MCCS based on current clinical practice and recommendation guidelines.

2. Supporting the nurse educators during implementation of interventions to the intervention arm of CORFIS through:
  - a. Coordinate their work schedule and allocation of patients recruited from general practices. The nurse educators will schedule monthly visits to each patient for 6 months.
  - b. Advise nurse educators on problems raised from counselling and teaching sessions with patients.
  
3. Support and provide technical advice on medical equipments to the patients enrolled. This is done through telephone from research centre that is equipped with call stations. The specific roles are:
  - a. Answer to patients' enquiries. The patients are given hot line phone numbers guided by a question and answer booklet developed together with doctors from the MCCS.
  - b. Remind patient of their appointments with general practice (GP), nurses, dietician and pharmacist.
  - c. Remind patients of the procedure they need to follow before attending the appointment with GP, dieticians, nurses and pharmacists.
  - d. Issue blood pressure measurement machine, pedometer and glucometer to the relevant patients through nurse educators. Hypertension patients will be provided with blood pressure machine and diabetic patients with glucometer. All patients will be given pedometer.
  
4. Assist in the enrolment of GPs who are interested to be part of intervention arm.