

# 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.

After your patients complete an online screening survey, you will supplement it with medical data that reports patients' cardiovascular risk, body mass index, diabetes, cholesterol and smoking. Patients will receive personalised reports on their risk factors immediately or at 12 months, and GPs/practice nurses will offer resources and information on risk reduction.

## Earning CPD points through participation

As a General Practitioner or Practice Nurse, your participation in the Ageing Well Tool Randomised Trial offers a valuable opportunity to earn Continuing Professional Development (CPD) points by contributing to research. You can earn CPD points through:

**Measuring outcomes.** Audit and reflective practice related to how the trial changed your usual practice. This may relate to collecting data on risk factors, receiving data for each patient over time to look at changes in risk factors over time, and using evidence-based recommendations to inform practice. You can also complete an exercise reviewing the risk profiles for 10 patients, and then create a treatment plan. The following outcomes can be measured.

- How did the Ageing Well Tool with personalised risk reports and treatment recommendations with immediate feedback change your usual practice?

- 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.

**Educational activities.** We will also run three online information sessions on:

- Different types of dementias and their symptoms
- Cognitive measures for dementia diagnosis
- Risk factors for dementia and evidence-based risk reduction strategies.

These information sessions apply to both study groups, with both groups receiving Educational CPD in the first year. The Ageing Well Tool group will receive Educational CPD on risk factors for dementia and the Self-Help group will receive Educational CPD on types of dementia and diagnostic tools (one or both depending on your preference). Then at 12 months each group will receive the alternative CPD training.

## CPD points allocation

Upon successful completion of the Aging Well Screening Tool trial, GPs/practice nurses can earn CPD points as per the RACGP CPD Program guidelines.

## How to participate

Join us in this groundbreaking initiative not only to contribute to the advancement of medical knowledge but also to earn valuable CPD points, enhancing your professional journey in the field of General Practice. Contact [ageing.well@mq.edu.au](mailto:ageing.well@mq.edu.au) for more information.