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**Pragmatic costs associated with engaging Practice Nurses in general practice based clinical trial: lessons learnt from the Patient Engagement And Coaching for Health (PEACH) study**

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On behalf of the PEACH study team

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## What is PEACH study?

A pragmatic trial using existing Practice Nurses (PNs) in general practices to deliver an intensive multifactorial diabetes self-management program to patients with poorly controlled type 2 diabetes (T2D) by regular telephone coaching

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## Background

- Role of nurses in general practice
- Research emerging in primary care
- Funding through PEACH study to up skill Practice Nurses

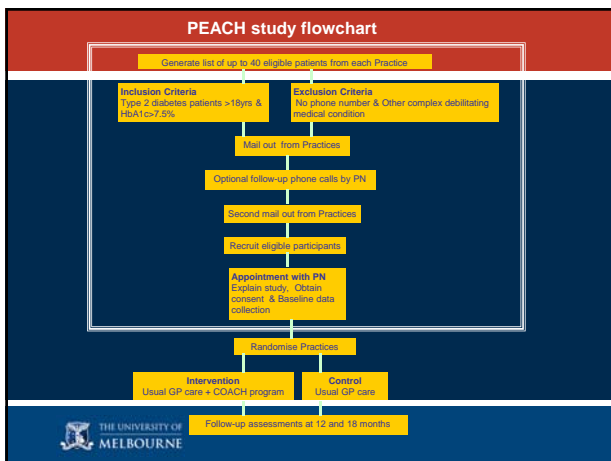
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## Objective

- To describe pragmatic costs of setting up a clinical trial using practice nurses based in general practice

Sample size:  
32 practices → 60 practices

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## Methods

Calculation of average direct research and personnel costs for establishing a general practice based research involving PNs including:

- Identification of eligible practices through GP Divisions and APNA
- Recruitment of 60 general practices with PNs from urban and regional Victorian GP Divisions
- Recruitment of eligible patients
- PNs' research time, training, support and engagement

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## Identification of eligible practices with PNs through GP Divisions and APNA

Item	Sub-item	Budget	Actual cost
VIC GP Divisions recruitment (28/30)	Mailing out to GPs, PNs (average N=250/Div @\$1) Including invitation letter, study brochure, postage, envelopes, fax back form	\$ 900	\$ 7,000
	Research staff cost (HEW4)	\$ 2,212	\$ 17,208
	Website and newsletter	\$ 0	\$ 0
APNA recruitment	Mailing out to VIC PNs (N=318 @\$1) Including invitation letter, study brochure, postage, envelopes, fax back form	\$ 0	\$ 318
	Research staff cost (HEW4)	\$ 0	\$ 1,590
	Website and newsletter	\$ 0	\$ 0
<b>TOTAL</b>		<b>\$3,112</b>	<b>\$26,116</b>



## Recruitment of 60 general practices with PNs from urban and regional Victorian GP Divisions

Item	Sub-item	Budget	Actual cost
Recruitment of 37 practices in Melbourne metropolitan area	Study information pack including plain language statement, consent form, study outline, practice information, study manual (@\$3)	\$ 96	\$ 150
	Research staff cost (PSP5)	\$ 2,880	\$ 4,500
	Travel cost (50kms x \$0.50/km)	\$ 800	\$ 1,250
Recruitment of 23 practices in regional and rural Victoria	Study information pack including plain language statement, consent form, study outline, practice information, study manual (@\$3)	\$ 0	\$ 90
	Research staff cost (PSP5)	\$ 0	\$ 4,725
	Travel cost (300kms x \$0.50/km)	\$ 0	\$ 4,500
<b>TOTAL</b>		<b>\$ 3,776</b>	<b>\$15,215</b>



## Recruitment of eligible patients

Item	Sub-item	Budget	Actual cost
Patients' recruitment	Study information pack including plain language statement, consent form, study brochure, demographic survey, stamp, reply paid envelope (@\$2)	\$ 1,952	\$ 3,600
	Research staff cost (HEW4)	\$ 2,400	\$ 4,425
	Research staff cost (PSP5)	\$ 2,700	\$ 2,700
	Travel cost (50kmx\$0.50/km)	\$ 750	\$ 750
	Practice nurses administrative time	\$ 0	\$ 6,000
	<b>TOTAL</b>		<b>\$ 7,802</b>



## PNs' research time, training, support & engagement

Item	Sub-item	Budget	Actual cost
Engaging PNs in Melbourne metropolitan area	PNs time to administer baseline assessments (hourly casual rate)	\$14,640	\$ 9,000
	Research staff cost (HEW4)	\$ 3,320	\$ 4,095
	Research staff cost (PSP5)	\$ 4,050	\$ 4,995
	Travel cost (50kms x \$0.50/km)	\$ 750	\$ 925
Engaging PNs in regional and rural Victoria	PNs time to administer baseline assessments (hourly casual rate)	\$ 0	\$ 4,500
	Research staff cost (HEW4)	\$ 0	\$ 2,545
	Research staff cost (PSP5)	\$ 0	\$ 5,175
	Travel cost (300kms x \$0.50/km)	\$ 0	\$ 3,450
<b>TOTAL</b>		<b>\$22,760</b>	<b>\$34,685</b>



## Conclusions

- Average costs to establish a general practice based research using practice nurses are over \$90K
- Direct research and personnel costs are higher than anticipated
- Lack of research skills in general practice requires more hands-on support



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