

CAMELOT at a glance



CAMELOT

- Complementary and Alternative Medicine, Economics, Lifestyle and Other Therapeutic approaches for chronic conditions

Project title

- Care-seeking, use of CAM, and self-management among people with Type 2 diabetes and cardiovascular disease (CVD). (Short title: *The use of CAM by people with chronic conditions – drivers, costs and benefits*).

Background

- CAM or natural therapies provide an increasingly popular form of self-care, used by up to 70% of Australians at an estimated annual cost of around \$4 billion [1]. Despite the high levels of use and associated costs, there is little information about how and why people with chronic conditions use CAMs. This study seeks to fill this gap.

Aims

- To explore the social, cultural and economic factors which influence the use of CAMs.
- To explore reasons for CAM use, and the relationship between CAM and conventional medicine use.
- To investigate if people with CVD or Type 2 diabetes who consult with CAM practitioners are more successful at sustaining diet and lifestyle modifications than those who do not.

CAMELOT data collection: Participants sought		Participants sought
Phase 1 2009-2010 Qualitative Victoria	Consumer in-depth interview (or discussion group)* – approximately 1 hour <ul style="list-style-type: none">• Diagnosed by a doctor at least 12 months ago to have Type 2 diabetes or/and CVD (including hypertension controlled by medication).• Used any type of CAM therapy or CAM practitioner since the diagnosis to help address the related health concerns.• The alternative treatment does not need to have been successful.	100 for interview 80 for focus groups
Phase 1 2009-2010 Qualitative	Practitioner interview (or discussion group)* – approximately 1 hour <ul style="list-style-type: none">• Health care practitioner with experience treating or supporting people with Type 2 diabetes or CVD.	30+ for interview + focus groups
Phase 2 2010 Quantitative	Survey (telephone, web or paper-based)* – approximately 20 minutes <ul style="list-style-type: none">• Diagnosed with Type 2 diabetes or/and cardiovascular disease (including hypertension controlled by medication).• Seeking to recruit a diverse group of people within Victoria.	2,000+
2009-2011	Economic evaluation - PhD	

* All participants remain anonymous in the research findings

Benefits of the research

- The research can help service providers to better understand the experiences of people living with CVD or Type 2 diabetes – and so may assist to improve related treatment and services.
- The research may have the potential to help shape future health policy acknowledging the complexity of the Australian health environment.

Payment

- There is no payment for taking part in the research. Reimbursement for expenses incurred from participating (up to \$20) may be available on presentation of receipts (e.g. travel, car parking).

Funding

- Funded entirely by the Australian Government National Health and Medical Research Council (NHMRC). Grant No. 491171

CAMELOT: Complementary and Alternative Medicine, Economics, Lifestyle and Other Therapeutic approaches for chronic conditions

Chief Investigator: Professor Lenore Manderson; Project Manager: Rachel Canaway

Postal Address: SPPPM, Monash University Caulfield Campus PO Box 197 Caulfield East VIC 3145 Australia
phone: 03 9903 4507 ♦ fax: 03 9903 4508 ♦ email: rachel.canaway@med.monash.edu.au
www.camelot.monash.edu.au

What is CAM?

- CAMs are therapies or practices considered to be outside of the healthcare system. This includes the use of vitamin or mineral supplements, or visits to a practitioner – individually or as part of a group – to assist in the management of the chronic condition. Individual consultations with natural therapists, spiritual healers, hypnotherapists (and many others) or group participation in things like meditation, prayer, Tai chi, Qigong, yoga or exercise classes, are all classified as complementary therapies for this study if attended to assist in the management of the chronic condition(s) or to improve wellbeing.

Ethics

- Ethics approval for this research granted by the Monash University Ethics committee. Approval No. 2008/001235

Reference group

- A reference group made up of representatives from our research partners (Diabetes Australia-Victoria, Heart Support Australia, and the Chronic Illness Alliance), and from CAM, medical and consumer groups help steer the project (see: www.camelot.monash.edu.au).

What happens with the research?

- A report will be made to the funding body (the NHMRC). Findings will be available from the research team as they come available, through newsletters and on the website (www.camelot.monash.edu.au). We will also make public our findings at conferences and seminars and by publishing articles in academic and professional journals and other newsletters.

Who is undertaking the research?

- The project is being undertaken by a team of researchers mostly based at Monash University, and in partnership with Diabetes Australia-Victoria, Heart Support Australia and the Chronic Illness Alliance.

Chief Investigators	
• Professor Lenore Manderson	Monash University
• Professor Brian Oldenburg	Monash University
• Professor Vivian Lin	La Trobe University
• Professor Bruce Hollingsworth	Monash University
• Associate Professor Maximilian de Courten	Monash University
Other Investigators	
• Ms Rachel Canaway – Project Manager	Monash University
• Ms Nalika Unantenne – Research Officer	Monash University
• Ms Jean Spinks	Monash University
• Dr Stephen Bunker	Medibank Private (Previously Monash University)
• Dr Pauline McCabe	La Trobe University (Honorary position)
• Dr Milica Markovic	Monash University (Honorary position)

Where to go for further information

- Contact Rachel Canaway for more information about the project.
Phone: 03 9903 4507
Fax: 03 9903 4508
Email: rachel.canaway@med.monash.edu.au
Web: www.camelot.monash.edu.au
- If you have a complaint and would like to speak to someone other than a researcher involved in the study, you may contact the Executive Officer of the Monash University Ethics Committee. Quote ethics approval No. 2008/001235.
Phone: 03 9905 2052
Fax: 03 9905 1420
Email: muhrec@adm.monash.edu.au

1. Xue, C.C.L., et al., *Complementary and alternative medicine use in Australia: A national population-based survey*. The Journal of Alternative and Complementary Medicine, 2007. **13**(6): p. 643-650.

CAMELOT: Complementary and Alternative Medicine, Economics, Lifestyle and Other Therapeutic approaches for chronic conditions

Chief Investigator: Professor Lenore Manderson; Project Manager: Rachel Canaway
Postal Address: SPPPM, Monash University Caulfield Campus PO Box 197 Caulfield East VIC 3145 Australia
phone: 03 9903 4507 ♦ fax: 03 9903 4508 ♦ email: rachel.canaway@med.monash.edu.au
www.camelot.monash.edu.au