

# 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	<b>Consumer in-depth interview</b> (or discussion group)* – approximately 1 hour <ul style="list-style-type: none"><li>• Diagnosed by a doctor at least 12 months ago to have Type 2 diabetes or/and CVD (including hypertension controlled by medication)</li><li>• Used any type of CAM therapy or CAM practitioner since the diagnosis to help address the related health concerns</li><li>• The alternative treatment does not need to have been successful</li></ul>	100 for interview  80 for focus groups
Phase 1 2009-2010 Qualitative	<b>Practitioner interview</b> (or discussion group)* – approximately 1 hour <ul style="list-style-type: none"><li>• Health care practitioner with experience treating or supporting people with Type 2 diabetes or CVD</li></ul>	30+ for interview + focus groups
Phase 2 2010 Quantitative	<b>Survey (web or paper-based)*</b> – approximately 25 minutes <ul style="list-style-type: none"><li>• Diagnosed with Type 2 diabetes or/and cardiovascular disease (including hypertension controlled by medication)</li><li>• Seeking to recruit a diverse group of people within Victoria.</li></ul>	2,000+
2009-2011	<b>Economic evaluation</b> - 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. However, provision is being made for each completed questionnaire received by a given date in July 2010 to go into a draw to win one of 100 gift vouchers valued at \$50 to be used in a range of stores in Australia, or \$50 will be donated to either Heart Support Australia or Diabetes Australia – Victoria on your behalf. This will be finalised by the launch of the survey.

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

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## Funding

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

## What is CAM?

- CAMs include the use of vitamin or mineral supplements, or visits to a practitioner – individually or as part of a group. CAM therapies include naturopathy, homeopathy, herbal medicine, aromatherapy, reflexology, massage therapy, acupuncture, Chinese medicine, spiritual healing, mediation, Tai chi, yoga, and many others.

## 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](http://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](http://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 Jennifer Moral	Monash University
• Ms Nalika Unantenne	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 the CAMELOT team:  
Rachel Canaway – Project Manager  
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  - 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](mailto: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.

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