



## The Do It Yourself Comprehensive Medical Assessment Health Assessment

**MBS Item Numbers 701 (<30 min), 703 (30-45 min), 705 (45-60 min), 707 (>60 min)**

*Note: Nurse time spent assisting with a time based health assessment / CMA may be added to the time taken by the medical practitioner to determine the total duration of time taken when claiming the relevant MBS Item Number*

**A CMA should include a comprehensive:**

- **Medical history**
- **Examination**
- **Diagnoses/ Problem List**
- **Making a written summary of the CMA**

*A copy of the summary must be provided to the RACF & offered to the resident.*

**Templates are available for you to record the CMA:**

- In Medical Director in *Letter Writer* under the '**Supplied**' tab
- NEVDGP website (various templates and printable versions)  
<http://www.nevdgp.org.au/?content=14#MD%20Templates>

**Or you can design your own CMA record. The suggestions outlined below are developed by NEVDGP from the following sources:**

- **The *Silver Book*** - an RACGP publication titled: **Medical Care of Older Persons in Residential Aged Care Facilities** 4th Ed 2006
- **MBS description of time based Health Assessment Item Numbers 701, 703, 705 & 707 provided as a comprehensive medical assessment of a resident of an aged care facility.** This health assessment requires assessment of the resident's health and physical and psychological function

### The Do It Yourself CMA

#### Section 1: Demographics etc

Consent obtained for CMA (yes/no)

CMA Completed by Dr (name) Date

Resident details

Aged care facility details

NOK details

MEPOA

Advance Care Directive

Admission details: Date of admission, Reason for admission, T/F from: home/ hospital/ other ACH

#### Section 2: History

Past Medical history (**include history of falls**)

Medications

Allergies

Immunisations

Smoking

Alcohol

Family History



### **Section 3: Examination & Investigations (see more detail below)**

- Physical
- Psychological
  - MMSE
  - Depression screen
  - Pain assessment
- Functional
- Investigations

### **Section 4: Final Management Plan**

**Final Management Plan- problem list/ diagnoses & plan of management for each**

**Others involved in care:** Allied Health services/ Dental services/ Specialists

**Copies of CMA distributed to:** resident file, GP file, resident, relative

**Need for other Medicare Items:** RMMR, Case Conference (Family conf), Care plan contribution

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### **Examination & Investigations- more detailed lists of suggestions**

#### **Physical Examination**

- General appearance
- Weight/ BMI
- Eyes
- Ears
- Nose
- Mouth/Dental
- Neck
- Axillae & groins
- Breasts
- Cardiovascular
- Respiratory
- Abdomen
- Females: vaginal/ rectal
- Males: rectal
- Skeletal system
- Central nervous system
- Skin
- Feet

#### **Functional Examination**

- **Vision**
- **Hearing**
- **Walking**
- **Continence**
- **Sleep**
- **Driving**
- **Dietary needs**

#### **Investigations**

- FBE
- Glucose
- U&E
- Creatinine
- Consider: LFTs, TFTs, B12, Folate, CXR