

Item	Criteria	Action	Support tools and resources	Staff
Identify eligible patients	1. Must be 45-49 yrs inclusive 2. Must NOT have previously had an 'around 45' health check	1. Determine age eligibility using medical records 2. If unsure, contact Medicare 132 150 with patient present to determine if the health check item has been previously claimed for the patient.	Medical Director: Search> Databases (MD2) Search> Patient... (MD3) Medicare Australia: 132 150	Practice Staff Practice Nurse General practitioner
	Must be 'at risk' of developing a chronic disease.	At least one risk factor for a chronic disease must be identified and may be: <ul style="list-style-type: none"> Lifestyle risk factors Biomedical risk factors Relevant family history of chronic disease 	Risk Factors may be identified using: <ul style="list-style-type: none"> Lifescrpts tools (patient brochure, assessment tools, multi-item screening tool) Patient self report Medical Software Search Individual patient medical records 	Practice Staff Practice Nurse General Practitioner
Information Collection 1. History 2. Examinations 3. Investigations	History:	* Patient consent must be sought 1. Patient medical history & current health problems 2. Family medical history 3. Lifestyle risk factors: 4. Smoking; Nutrition; Alcohol; Physical Activity; Weight Management 5. Medication Usage 6. Immunisation Status 7. Psychosocial (eg depression & risk of self harm) 8. Sexual & reproductive health 9. Osteoporosis 10. Family relationships 11. Work, environment & living conditions 12. Other history considered necessary by practitioner	1&2 Medical Director > Progress> History tab 3. Lifescrpts assessment tools can be used to identify patients current lifestyle risks, and readiness to change. The RACGP Red Book 'Guidelines for preventative activities in general practice', & SNAP guidelines. Medical Director> Edit> patient details> smoking/alcohol assessments Medical Director> Clinical> Physical activity assessment Medical Director> Tools> Weight calculator 4. Consider referral to HMR where clinically relevant 5. Medical Director> Clinical> Preventative health> includes recommended immunisations 6. Mental health outcome tool e.g.: K10 7. Medical Director> Progress> Examination. Determine if Pap Smear is required 8. Ask about osteoporosis risk factors> RACGP Red book	Practice Nurse General Practitioner
	Examinations	1. Blood Pressure 2. Height, weight, BMI, waist circumference 3. Sexual & reproductive health examinations 4. Urinalysis 5. Skin cancer	Medical Director> Progress> Examinations	Practice Nurse General Practitioner
	Investigations	1. Fasting blood lipids 2. Fasting blood glucose 3. Pap smear 4. Testing for colorectal cancer 5. Testing for breast cancer	If pathology results are requested electronically in HL7 format, the results will automatically populate the correct fields in medical software. To receive your results in HL7 format contact your pathology provider.	Practice Nurse General Practitioner
Assessment of the patient	Overall assessment of the patients health	1. Results of examinations & investigations assessed 2. Patients readiness to change lifestyle risk factors assessed	If above steps have been undertaken and information entered into identified fields, the 45 Year health check MEDICAL DIRECTOR TEMPLATE (available at www.nevdgp.org.au) can be 'auto filled' and further health information included by practitioner. Clinical Guidelines are also referenced on p. 2	General Practitioner
Interventions as indicated	Discuss results of check and recommend future action with the patient & put in place any interventions as required	1. Education counselling or advice 2. Patient self management 3. Initiation of treatment—include services under other MBS items 4. Referrals 5. Written summary provided to patient	These services may be undertaken in the clinic by the GP or practice nurse or referral undertaken. <ul style="list-style-type: none"> Your local Division can assist you to identify referral options. Written summary may be a print out of the 'Medical Director around 45 year health check template' Consider utilising Lifescrpts resources to facilitate discussion around lifestyle behaviour modification. 	Practice Nurse General Practitioner
Advice and information to the patient	Support information and advice provided to the patient	Support information and advice provided to the patient	Lifescrpts script; Health information brochures Health information phone support eg: Heart Line, QUIT line Local health providers; Your local Division of General Practice	Practice Nurse General Practitioner

Item 717—45 year old health check Resources



For support, resources and practice visits contact Noel Stewart at the North East Valley Division of General Practice. Tel: 9496 4333 or email: noel@nevdgp.org.au



Lifescrpts provides a framework for GPs, practice nurses and staff in the general practice setting to bring lifestyle risk factors of smoking, nutrition, alcohol, physical activity and weight management to the fore in their engagement with patients.

Implementing Lifescrpts involves:

- Identifying lifestyle risk factors
- Discussing risk factors with patients
- Setting lifestyle change goals
- Providing written lifestyle prescriptions
- Organising ongoing review of lifestyle risk factors
- Referring patients to other services that support healthy lifestyle choices.

Lifescrpts resources will support general practice to identify and address lifestyle risk factors as a part of the around 45 year health check.

To access Lifescrpts resources, go to the North East Valley website: www.nevdgp.org.au and follow the link to the [Lifescrpts section](#) of the website

Other resources

Division developed resources:

- NEVDGP Lifescrpts resource page—<http://www.nevdgp.org.au/?content=27>
- NEVDGP A-Z patient resources—<http://www.nevdgp.org.au/info/index/indxframes.htm>
- NEVDGP Resources and Downloads page—<http://www.nevdgp.org.au/?content=8>

The **Department of Health and Ageing** web site www.health.gov.au provides a variety of valuable resources in the:

- [Lifescrpts section](#)
- [Forty-Five year old health check resources](#) including FAQs
- [MBS on line](#)

Links to other **MBS** items:

- [Chronic Disease GPMP & TCA](#)
- [Mental Health items](#)
- Aboriginal and Torres Strait Islander people aged 45-49 years are able to access a specific health check under item 710. GPs are encouraged to use item 710 where appropriate, however Aboriginal and Torres Strait Islander people may also receive a health check under item 717 if they meet the patient eligibility criteria.
- Whole of life immunisation
- Sexual & reproductive health

National Health and Medical Research Council:

- A variety of publications including clinical guidelines & patient health information are available from www.nhmrc.gov.au

Referral options:

QUIT: See the referral template imbedded in Medical Director letter writer facilities go to www.quitnow.info.au or call 131 848

Heart line: Call 1300 36 27 87 or go to www.heartfoundation.com.au

Banyule/Nillumbik Resources—<http://www.nevdgp.org.au/?content=27#LocalResources>

The **Royal Australian College of General Practitioners** web site <http://www.racgp.org.au/clinicalresources/45> has the following clinical resources available:

- 45 year old health check support resources including:
- Checklist; presentation, template for letters to patients, practice prevention survey.
- Red Book 'guidelines for preventative activities in General Practice' 6th edition
- Green Book 'Putting prevention into practice: guidelines for the implementation of prevention in the general practice setting'
- SNAP guidelines: Smoking, Nutrition, Alcohol and Physical Activity (SNAP): a population health guide to behavioural risk factors in general practice

Medical Director Template:

A Medical Director Template to support undertaking an 'around 45 year health check' has been developed by the North East Valley Division of General Practice available at:

www.nevdgp.org.au/?content=14

Please note: the '**how to**' table on the previous page is designed to support the use of this template.