

Lifestyle Modification Program



Latest News

June 23, 2010

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Successful training session

Feedback from the LMP information and CAT training session held on Tuesday June 15 was quite positive with the general feeling of increased confidence to move the program forward. The strategies session also produced some good ideas, some of which are listed below.

Ausdiab risk score is now 12 not 15

Most of you know this by now, so this makes it easier to find more patients at risk.

Referral process – use the 1 form!

There has been some confusion over this – you can use the one MD referral form (or paper form) for both the Commonwealth program (40-49 year olds) or for the state Life program (50+). **You can fax directly to our LMP facilitators:** Kim Welch - (03) 8678 3032 or Nillumbik Community Health Centre - (03) 9431 0339. There is no need to refer via Diabetes Australia-Vic for the Life program. The LMP sessions can have a mixture of patients from both programs.

Additional useful resources

These help sheets can be found on the special [LMP section](#) of our website:

1. [Time-based item numbers explained](#) - a guide to the time-based health assessments with particular reference into referring to a Lifestyle Modification Program
2. [Referral Process - what to do - a 1 page information sheet for doctors](#) – a one pager to give to the doctors! Succinctly explains the program (Courtesy Dianne Fueggle, PM, Eltham Clinic)
3. We still have some of the new Ausdiab risk assessment tools available – these have a different front cover and show that the eligibility for referral to an LMP is now 12, not 15.
4. New waiting room posters or use the ones developed by the division.
5. Referral to LMP and item number use - [a single page sheet](#) explaining when to claim and when not to claim the relevant MBS item number for referral to an LMP.

Division assistance

1. **Help to contact patients** – the division will employ Kim Welch to come to your practice and use CAT or MD to find “at risk” patients and telephone them to explain the program and where appropriate, make an appointment.
2. **Help with mailouts** – using the PEN CAT or MD you can find patients “at risk” of developing diabetes. There are 2 cheatsheets for this and a MD recall letter on the [LMP section](#) of our website. The division will pay up to \$250 to assist in mailout costs. Simply email Noel with the invoice. Please note that the feeling of the meeting was that bulk mailouts may not be the most efficient recruitment method. Waiting room information, briefing of receptionists and opportunistic recruitment by informed clinicians can be better.
3. **Practice visits** – Noel and/or Kim can give a 15-20 minute lunchtime briefing of the program.

Monthly prize

A lunch or dinner voucher (value \$100) at a local Japanese restaurant in Ivanhoe will be awarded to the practice with the most referrals. This month will cover both May and June. Winner announced at the end of June. The PM will decide who goes!!