



North East Valley Division of General Practice

Support to Lifescrrips program

What is Lifescrrips?

- Raising general practice and community awareness of the role of health professionals in prevention, targeting patients in the 5 areas of **smoking, alcohol, weight management, physical activity, diet and nutrition**
- Building a national approach to lifestyle prescriptions
- Improving the quality and consistency of patient education materials

High quality resources are available

- Waiting room materials
 - Checklist
 - Flyers
 - Poster
- Assessment tools
- Assessment guidelines
- Prescription pads
- Medical record summary stickers
- Practice manual
- Motivational interviewing (CD)

What support can the division provide?

- Practice visit to show and explain the resources
- Suggest strategies for implementation
- Distribute the resources

Practice implementation – what commitment is required?

- From low level such as displaying poster and patient info flyers in the waiting room
 - Full team commitment from all practice GPs and staff
- OR
- Any level in between

Faxback Request for Practice Visit to explain Lifescrrips and distribute resources

Allow 20 minutes to an hour for the visit

Name: Practice:

Tel: Fax: eMail

Faxback to Noel: (03) 9496 4349

High Quality Lifescripts Resources for the Practice

Want to get more life out of life?
You can do something positive today

This practice is participating in Lifescripts – a national program for a healthier you.
 Tick the boxes to indicate areas where we can help you with a healthier lifestyle and hand this checklist to your doctor or a staff member.

I'd like to quit smoking

Yes, I'd like to talk today about quitting
 Yes, but at my next appointment

I'd like to know more about:

cutting down on nicotine – what works?
 avoiding cigarette cravings and stress
 how to avoid putting on weight

I'd like help to choose healthier foods

Yes, I'd like to talk today about healthy eating
 Yes, but at my next appointment

I'd like to know more about:

ways I can make healthy eating easier
 which healthy options will suit my lifestyle
 where to get healthy recipes

I'd like to talk about alcohol use

Yes, I'd like to talk today about alcohol use
 Yes, but at my next appointment

I'd like to know more about:

what is low-risk drinking
 how much is too much
 whether I should cut down

I'd like to become more active

Yes, I'd like to talk today about physical activity
 Yes, but at my next appointment

I'd like to know more about:

how to get started
 how much more activity I need to do
 activity groups for people like me

I'd like help to manage my weight

Yes, I'd like to talk today about weight management
 Yes, but at my next appointment

I'd like to know more about:

what is a healthy weight for me
 how to lose weight and keep it off
 ways I can make healthy eating and activity easier

We can help you with advice that works for you

Lifescripts
 Advice for Healthy Living

Healthcare Improvement
 Department of Health and Ageing

Waiting Room Checklist

Patients can fill out this form while waiting and then hand to practice staff or GP for follow up action

You can do it!
We can help you

I quit smoking – for the kids and for me

I've welcomed back some long-lost friends – fruit and veg

I know my limits – now I enjoy low-risk drinking

I'm more active now – to get more out of life

My extra weight's not welcome anymore

This practice is participating in Lifescripts – a national program for a healthier you

We're talking to our patients about healthier living
 Ask your GP how you can get more out of life

Lifescripts
 Advice for Healthy Living

Healthcare Improvement
 Department of Health and Ageing

Waiting Room Poster

A "You can do it... We can help you" poster for the waiting room

Want to get more life out of life?
You can do something positive today.

Everyone can make the most of life.
 Everyone can benefit from a healthier lifestyle.

A healthy lifestyle can lower your risk for some serious long-term diseases.

Your doctor and practice staff can support you by:

- checking your lifestyle for health risks
- giving you personalised advice on how to reduce your risk of illness by making some healthy changes
- providing you with practical advice to help you improve your health
- putting you in touch with expert advice, information and support

If you quit smoking now, you can breathe more freely, feel healthier and also reduce your risk of heart disease, stroke and lung cancer.

Eating enough fruit and vegetables lowers your risk of cancer and heart disease. With the right advice, you can eat for health.

Most of us enjoy an alcohol drink within limits, but binge-drinking or regular heavy drinking can cause ill health, accidents and personal problems. With the right advice, most people can enjoy alcohol in moderation.

Just 30 minutes of moderate physical activity per day reduces the risk of heart disease, diabetes, stroke, mental illness and obesity.

Achieving and maintaining a healthy weight lowers your risk for diabetes, heart disease and other common long-term illnesses.

Lifescripts
 Advice for Healthy Living

Patient Flyer

A 2-sided flyer for patients to achieve a healthier lifestyle and advice to enlist the support of their GP and practice staff