

# Checklist for the 45–49 year old health check



What to assess	How to assess	If risk is present	Resource and page number
<b>History</b>			
<b>Smoking</b>	<b>Ask</b> about smoking of cigarettes, pipes or cigars.	<ol style="list-style-type: none"> <li>1. Assess readiness to quit smoking and nicotine dependence</li> <li>2. Offer brief nonjudgmental advice to quit</li> <li>3. Refer to the Quitline 131 848.</li> </ol>	<i>SNAP</i> 10–13
<b>Nutrition</b>	<b>Ask</b> about the number of portions of fruit and vegetables eaten per day and the types of fat eaten.	All patients should be advised to follow the NHMRC <i>Dietary guidelines for Australian adults</i> .	<i>SNAP</i> 17–19
<b>Alcohol</b>	<b>Ask</b> about the quantity and frequency of alcohol intake and number of alcohol free days each week.	<ol style="list-style-type: none"> <li>1. Try to reach agreement about the number of drinks per day and the number of alcohol free days</li> <li>2. High risk situations should be identified and avoided and appropriate social support such as friends or family should be enlisted</li> <li>3. Monitor progress at a follow up visit.</li> </ol>	<i>SNAP</i> 20–23
<b>Physical activity</b>	<b>Ask</b> how many minutes per day of moderate physical activity.	Advise to participate in 30 minutes of moderate activity on most, preferably all days of the week.	<i>SNAP</i> 24–6
<b>Depression</b>	<b>Ask</b> ‘Over the past 2 weeks, have you felt down, depressed or hopeless?’ and ‘Over the past 2 weeks have you felt little interest or pleasure in doing things?’	<ol style="list-style-type: none"> <li>1. Check for suicide risk</li> <li>2. Consider counselling, cognitive behavioural therapy, pharmacotherapy or referral to psychologist.</li> </ol>	<i>Red book</i> 58–9
<b>Osteoporosis</b>	<b>Ask</b> about risk factors.	<ol style="list-style-type: none"> <li>1. Bone mineral densitometry</li> <li>2. Management of risk factors.</li> </ol>	<i>Red book</i> 66–7
<b>Examination</b>			
<b>Body weight</b>	<b>Assess</b> body mass index and waist circumference.	Develop weight management plan.	<i>Red book</i> 29–30
<b>Blood pressure</b>	<b>Measure</b> blood pressure.	<ol style="list-style-type: none"> <li>1. Assess absolute cardiovascular risk and consider referral or pharmacotherapy based on this</li> <li>2. Lifestyle risk factor counselling.</li> </ol>	<i>Red book</i> 38
<b>Skin cancer</b>	<b>Examine</b> skin if increased or high risk.	<ol style="list-style-type: none"> <li>1. Provide preventive advice</li> <li>2. Manage according to risk.</li> </ol>	<i>Red book</i> 48–9
<b>Tests</b>			
<b>Lipids</b>	<b>Order</b> fasting blood lipids.	<ol style="list-style-type: none"> <li>1. Assess absolute cardiovascular risk and consider referral or pharmacotherapy based on this</li> <li>2. Lifestyle risk factor counselling.</li> </ol>	<i>Red book</i> 39–40
<b>Diabetes</b>	<b>Consider ordering</b> fasting blood glucose if at risk.	<ol style="list-style-type: none"> <li>1. If diabetes, treat</li> <li>2. If IGT or IFG (pre-diabetes), offer early intervention</li> <li>3. Lifestyle risk factor counselling.</li> </ol>	<i>Red book</i> 41–2
<b>Cervical cancer</b>	<b>Pap test</b> every 2 years for women who have ever had sex and still have an intact uterus.	Manage according to risk.	<i>Red book</i> 49–50

**SNAP:** Smoking, Nutrition, Alcohol and Physical activity (SNAP). Melbourne: The RACGP, 2004. Visit [www.racgp.org.au/guidelines/snap](http://www.racgp.org.au/guidelines/snap).

**Red book:** Guidelines for preventive activities in general practice. 6th edition. Melbourne: The RACGP, 2005. Visit [www.racgp.org.au/guidelines/redbook](http://www.racgp.org.au/guidelines/redbook).

Please note: This checklist is intended to be used as a guide for general practitioners undertaking the 45 year old health check (MBS item 717) and is not prescriptive. Other assessments and interventions may be required at the judgment of the general practitioner, depending on the patient’s history and circumstances. General practitioners claiming this item should ensure that they meet the requirements outlined in the Medicare Benefits Schedule.