

GPDV Lifescrpts Workshop – September 2005

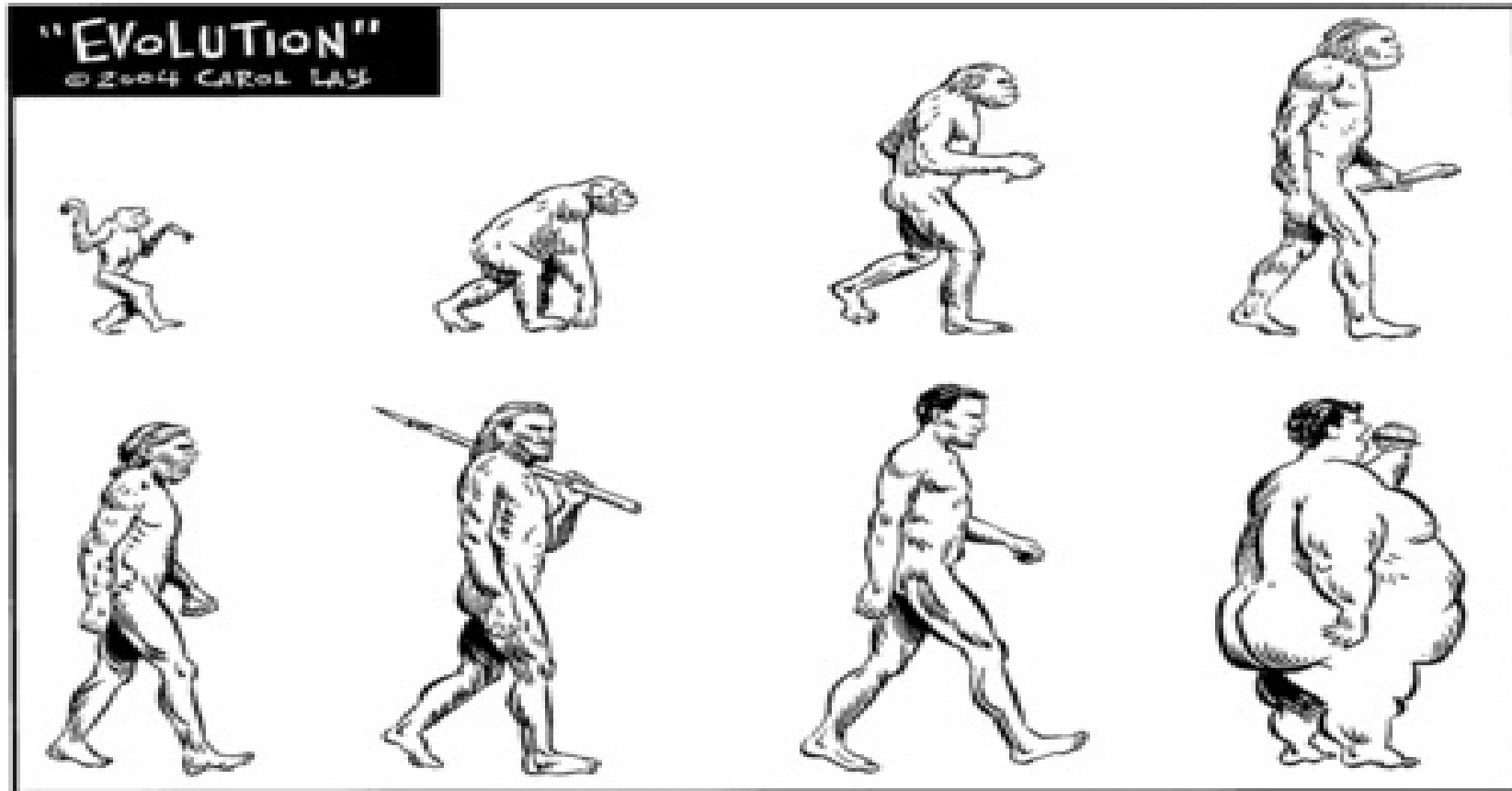
Dr Nancy Huang
Assistant Executive Director
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Lifescrpts Consortium

- *Kinect Australia*: Nancy Huang / David Menzies
- Project team: Maree Davidson & Kate Halasa
- Consortium Partners:
 - *National Heart Foundation*: Tony Stubbs
 - *RACGP*: John Litt
 - *UNSW*: G.Powell-Davies & Anna Williams
 - *UNewcastle*: Clare Collins
 - *South City GP Services*: Benny Monheit & Lurline Waters

Rationale



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GPs' Role



But How?



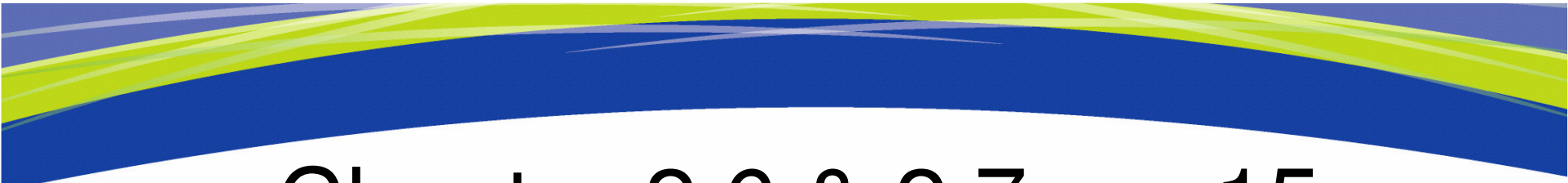


Divisions' Role

“Divisions Future Directions” – April 2004

- Divisions funded to:
 - Focus on prevention and early intervention
 - Better manage chronic conditions
 - Support quality and evidenced based care
 - Support integration and multi-discp. care

“Core funding should be used to achieving these outcomes” p.12



Chapter 2.6 & 2.7 – p.15

Prevention & chronic disease management

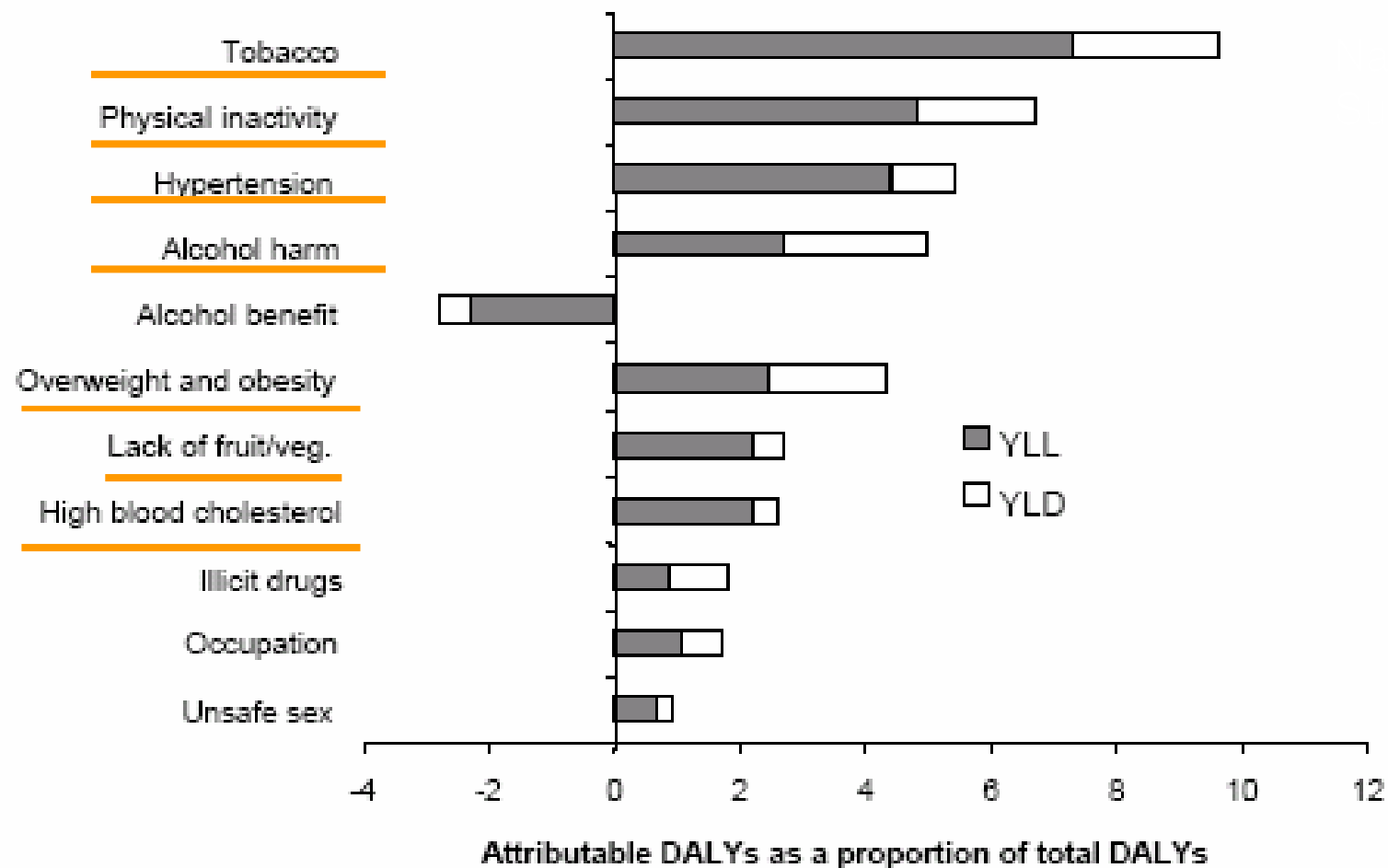
2.6 Focus on wellness

- Immunization
- Prevention strategies
- Use of data to promote forward planning

2.7 Improve chronic disease management

- Comprehensive care in practice teams
- Promote self-management

Total burden





Burden

- **Smoking**: 12% burden in men & 7% in women. 19,000 deaths / year
- **Nutrition**: 3% of total burden (cancer & CVD)
- **Alcohol**: 4.9% of total burden + accidents, crime, social and productivity burdens
- **Physical activity**: 7% of total burden, at least 8000 deaths / year



Burden of obesity

- 67% of men & 52% of women overweight or obese in 1999-2000
- 20-25% of children and adolescents are overweight or obese
- Overweight reduced life expectancy by 3.3 yrs
- Obese reduced life expectancy by 7.1 yrs
- One unit increase in BMI was associated with 8% reduction in wealth (Caucasians)
 - Zagorsky (2005) *Economics & Human Biology* 3:296-313.



Benefits of activity

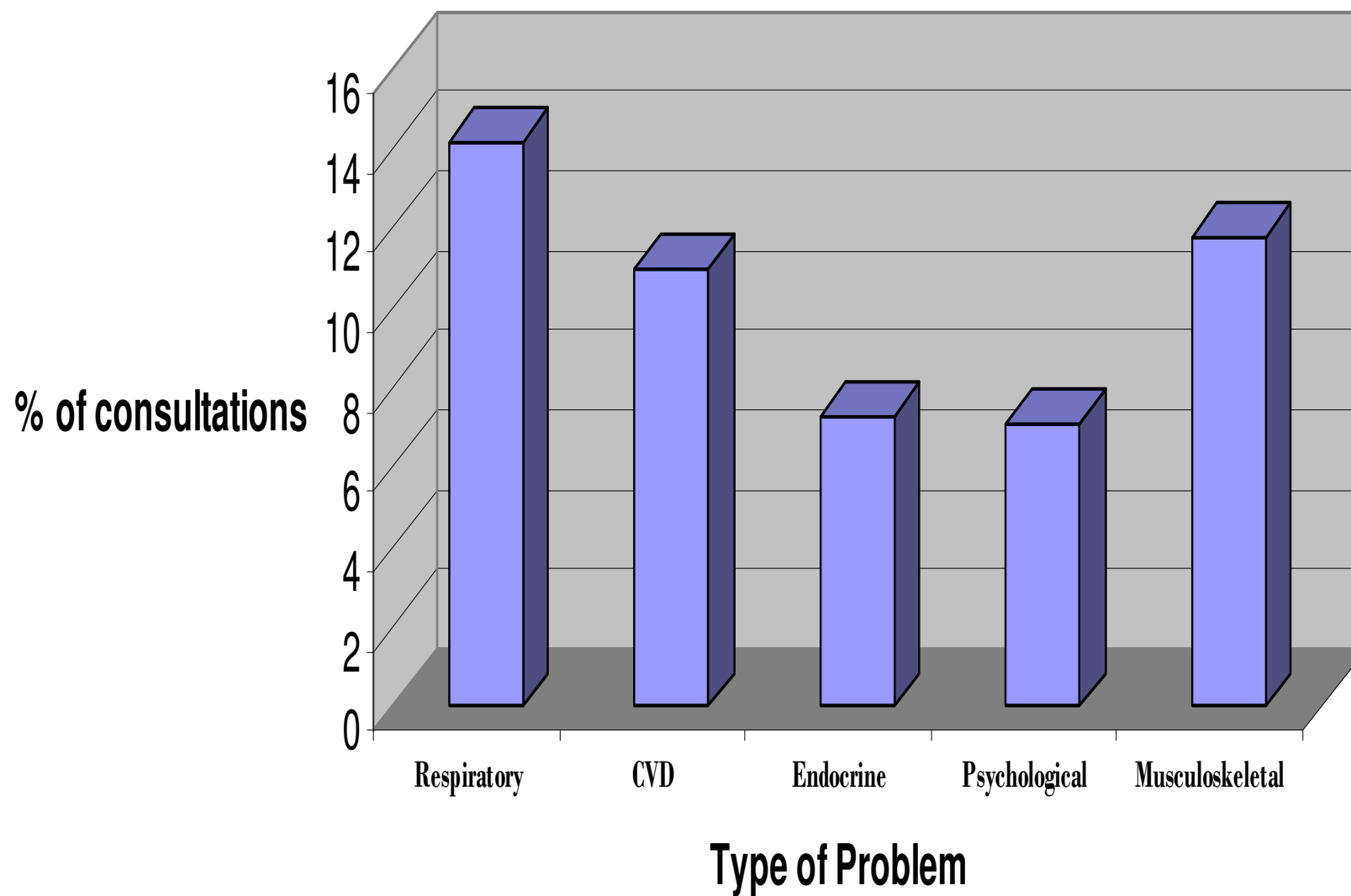
- Reduce CHD / colon cancer by 50%
- Reduce developing type 2 diabetes by 50%
- Prevent / reduce hypertension
- Prevent / reduce osteoporosis & hip fractures by 50%
- Reduce developing lower back pain
- Promote psychological well being
- Helps control weight
- Assists in managing chronic pain / fatigue
- Prevent / control risky behaviour

Opportunity?

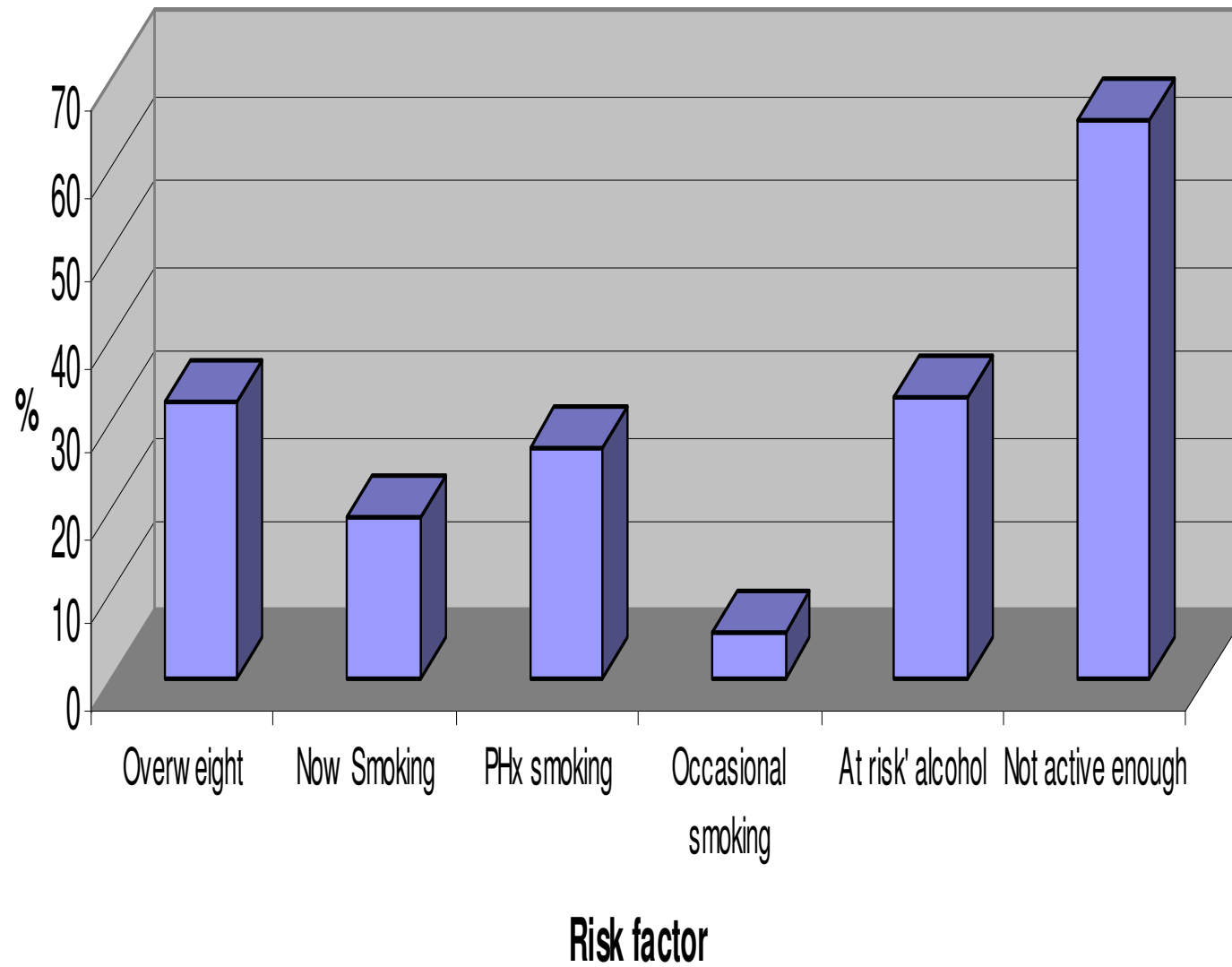


Problems encountered by GPs

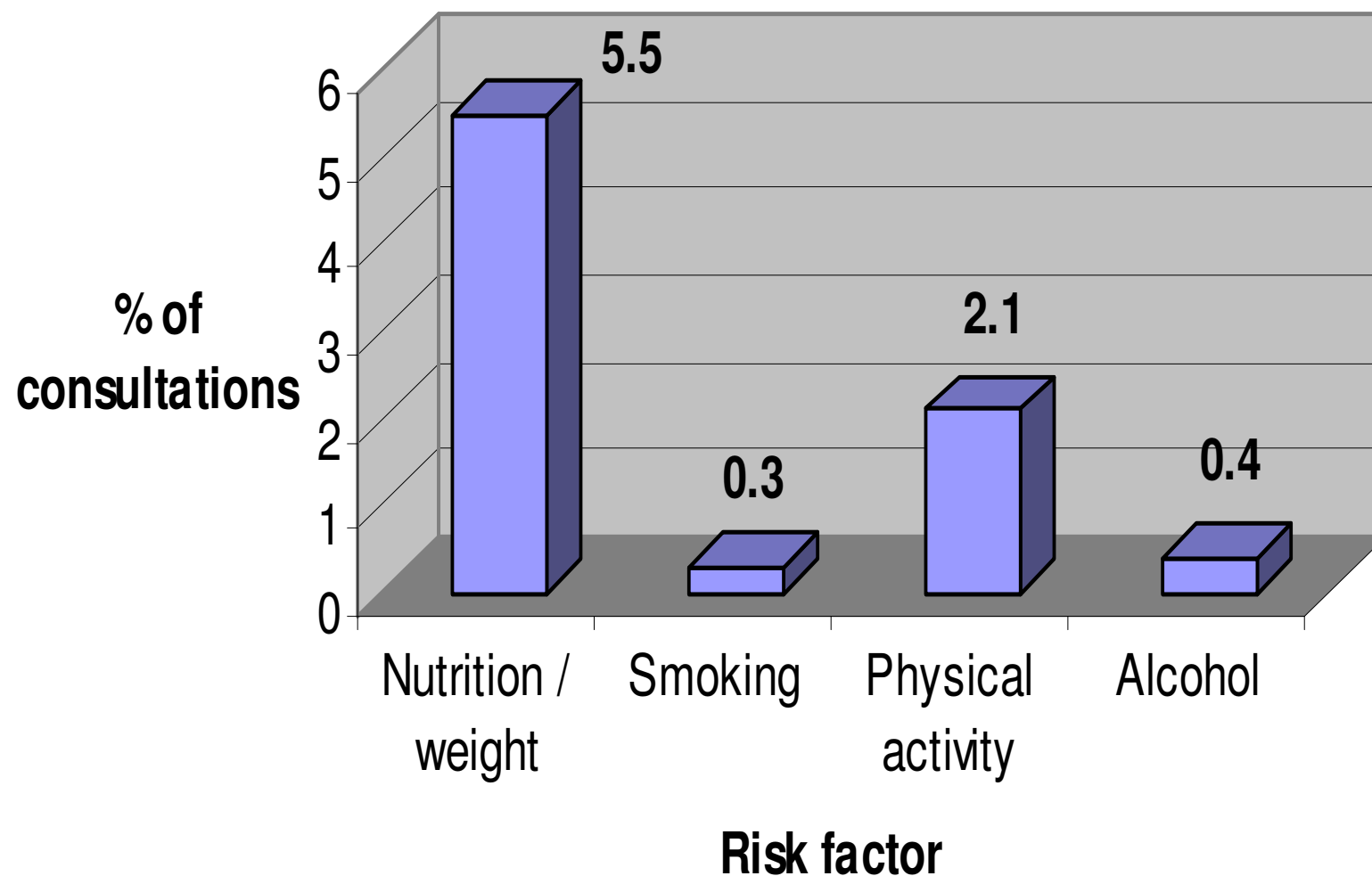
■ % encounters



% encounters with risk factor



Current GP practice





Smoking

Opportunity

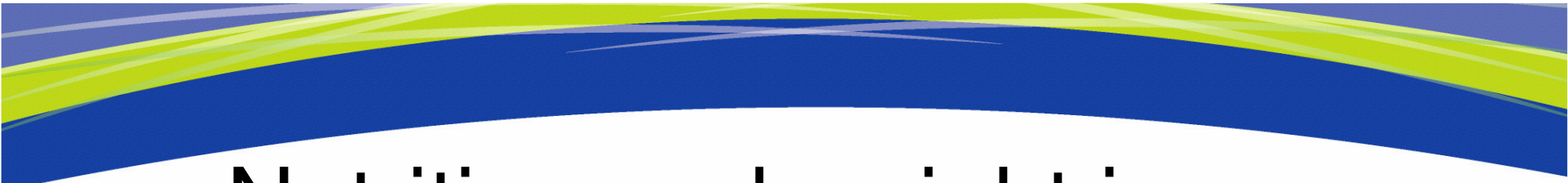
- >20% GP encounters are with smokers

Potential for benefit

- Brief advice effective in 5-10%
- Enhanced with nicotine patch or referral to QUIT group

Current GP Practice

- Smoking is raised in 0.3% of consultations



Nutrition and weight issues

Opportunity

- 33% overweight, many with poor diets

Potential for benefit

- Few intervention studies, brief advice can increase F&V intake
- Specific role of GPs & messages unclear

Current Practice

- Nutrition and weight raised in 5.5% of consultations



Alcohol

Opportunity

- Nearly 30% drinking 'at-risk' levels

Potential for benefit

- Brief intervention can lead to improvements in ~8% compared with controls

Current Practice

- Alcohol raised in 0.4% of consultations



Physical Activity

Opportunity

- 66% of GP encounters “not active enough”

Potential for benefit

- Brief interventions can lead to 10-20% improvement, enhanced with referral and follow up support

Current Practice

- Physical activity raised in 2.1% of consultations

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

Lifescrpts and the Adult Health Check

Keeping you Healthy

I threw away the smokes – for me and the kids

A healthy feed can be easy and taste good too

Things are ok since I

I like going for a bit of a walk now

Lifescrpts

Practice Manual:

Supporting Lifestyle Risk Factor Management in General Practice

Lifescrpts

Advice for Healthy Living

Practice Kit

My extra weight's welcome anymore

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

1. I eat a healthy diet Yes, I eat a healthy diet Yes, I eat a healthy diet Yes, I eat a healthy diet	2. I get regular exercise Yes, I get regular exercise Yes, I get regular exercise Yes, I get regular exercise
3. I don't smoke Yes, I don't smoke Yes, I don't smoke Yes, I don't smoke	4. I drink alcohol responsibly Yes, I drink alcohol responsibly Yes, I drink alcohol responsibly Yes, I drink alcohol responsibly

Lifescrpts

Advice for Healthy Living

Lifescrpts in your Division

Supporting Lifestyle Risk Factor Management in General Practice

Lifescrpts

Advice for Healthy Living

Want to get more life out of life?

You can do something positive today.

Stack of Lifescrpts materials

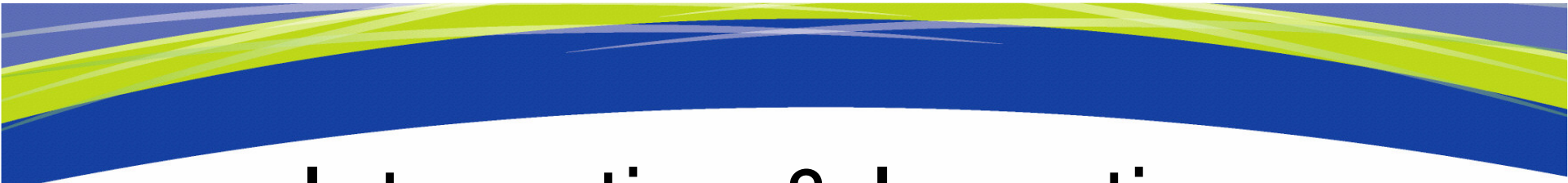
Flowcharts and diagrams illustrating health management pathways



Resources

- Waiting room materials
 - Lifescript pamphlet, checklist and poster (+ATSI)
- GP guideline (5As) and Risk factor information
- Assessment tools (x5)
- Prescription pads (x5)
- Medical record summary stickers
- Practice manual
- CD Rom (MI and case studies)
- Divisions Manual

Medical Director Oct 2005



Integration & Incentives

- Lifescripts resources as 'tools'
- New CDM numbers:
 - GP Management Plans - Item 721 & 725
 - Coordination of team care – Item 723 & 727
 - Contribution to Multi-disciplinary care plan – Item 729 & 731 (residential care)
- Aboriginal Health Checks
- PIP and SIP payments for asthma, mental health & diabetes