Health Assessments - 45-49 and 40-49 year old
Acknowlegment to Country

We are committed to supporting reconciliation between Indigenous and non-Indigenous Australian people. In keeping with the spirit of Reconciliation, we acknowledge the Aboriginal and Torres Strait Islander Peoples as the Traditional Owners of the lands. We wish to pay respect to their Elders – past, present and emerging – and acknowledge the important role Aboriginal and Torres Strait Islander people continue to play within our community.
PHN Acknowledgment

This webinar has been developed by Eastern Melbourne PHN on behalf of the Victorian PHN Alliance, which is the collective platform for the six PHNs in Victoria.

Eastern Melbourne PHN does not take responsibility arising from the use of, or reliance on, this webinar by a third party. Any such use or reliance is the sole responsibility of that party. This webinar does not constitute medical advice. If you require medical advice, please consult an appropriate medical professional.

Information contained in this presentation is current as at February 2017
Objectives

• Describe the eligibility criteria for each Health Assessment

• Outline the claiming frequency and rules of each Health Assessment

• Understand the specific assessment tools recommended for these age groups

• Identify referral pathways and interventions to improve health and quality of life
MBS item numbers for health assessments

- **Item 701** - $59.35 brief health assessment lasting not more than 30 minutes
- **Item 703** - $137.90 standard lasting more than 30 minutes but less than 45 minutes
- **Item 705** - $190.30 long lasting at least 45 minutes but less than 60 minutes
- **Item 707** - $268.80 prolonged lasting at least 60 minutes

*Time claimed can be a combination of GP and PN*

Meeting the MBS criteria

- Must be performed by ‘usual’ GP
- Role of GP is the primary role
- Practice nurse or Aboriginal health worker may assist the GP
- Must include a personal attendance by the GP

45-49 year old health assessment

Medicare Benefits Schedule (MBS)
Health assessment for people aged 45 to 49 years who are at risk of developing a chronic disease
Fact Sheet

A medical practitioner may select MBS item 701 (brief), 703 (standard), 705 (long) or 707 (prolonged) to undertake an assessment of a person aged 45 to 49 years (inclusive) with a chronic disease risk factor, depending on the length of the consultation which will be determined by the complexity of the patient’s presentation.

45-49 year old health assessment

- Purpose of the assessment
- Frequency
- Eligibility criteria
Components of the health assessment

- Patient history
- Physical assessment
- Assess lifestyle risk factors
- Test and screening
- Risk assessment tools
Physical assessment

• The examination should include:

• Body weight and height (BMI)  
  www.healthyactive.gov.au

• Waist

• Skin check  www.cancer.org.au

**If at risk of developing type 2 diabetes they may also receive a type 2 diabetes risk assessment (AUSDrisk tool)**
Assessment of lifestyle risk factors

- Smoking
- Alcohol and other drugs
- Nutrition
- Physical activity
- Psychological health

www.racgp.org.au/your-practice/guidelines/snap/
Risk factors

Smoking

www.quit.org.au

Alcohol

www.drinkwise.org.au
STANDARD DRINK GUIDE

IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT AND TREATMENT TO REDUCE YOUR ALCOHOL INTAKE, YOU SHOULD CONTACT:

- Your doctor
- Your local community health service
- An alcohol or other drug helpline in your State/Territory:
  - **ACT**  (02) 6205 4545
  - **NSW**  (02) 9361 8000 (Sydney)
    1800 422 599 (NSW country)
  - **NT**  (08) 8922 8399 (Darwin)
    (08) 8951 7580 (Central Australia)
    1800 131 350 (Territory wide)
  - **QLD**  1800 177 833
  - **SA**  1300 131 340
  - **TAS**  1800 811 994
  - **VIC**  1800 888 236
  - **WA**  (08) 9442 5000 (Perth)
    1800 198 024 (WA country)

The advice in this brochure does not replace advice from your health care provider.

For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to www.alcohol.gov.au

REduce your risk

NEW NATIONAL GUIDELINES FOR ALCOHOL CONSUMPTION

www.alcohol.gov.au
Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.

- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- Vegetables and legumes/beans
- Fruits

Use small amounts

Only sometimes and in small amounts

www.eatforhealth.gov.au
Physical activity and psychological health

Physical activity
www.physicalactivityaustralia.org.au

Psychological/ psychosocial health
www.beyondblue.org.au
Tests and screening

- Lipids
- Glucose
- Bowel cancer screening
- Cervical cancer screening
- Breast cancer screening

Assessment tools

AUSDRISK tool

Absolute CVD risk assessment
www.cvdcheck.org.au/
1. Your age group
   - Under 35 years: 0 points
   - 35 - 44 years: 2 points
   - 45 - 54 years: 4 points
   - 55 - 64 years: 6 points
   - 65 years or over: 8 points

2. Your gender
   - Female: 0 points
   - Male: 3 points

3. Your ethnicity/country of birth:
   3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?
      - No: 0 points
      - Yes: 2 points
   3b. Where were you born?
      - Australia: 0 points
      - Asia (including the Indian sub-continent, Middle East, North Africa, Southern Europe): 2 points
      - Other: 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?
   - No: 0 points
   - Yes: 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?
   - No: 0 points
   - Yes: 6 points

6. Are you currently taking medication for high blood pressure?
   - No: 0 points
   - Yes: 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?
   - No: 0 points
   - Yes: 2 points

8. How often do you eat vegetables or fruit?
   - Every day: 0 points
   - Not every day: 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?
   - Yes: 0 points
   - No: 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

Waist measurement (cm)

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

- 5 or less: Low risk
  - Approximately one person in every 10 will develop diabetes.
- 6-11: Intermediate risk
  - For scores of 6-8 approximately one person in every 20 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.
- 12 or more: High risk
  - For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 75 years.

If you scored 6-11 points in the AUSRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.
Australian absolute cardiovascular disease risk calculator

Enter patient information below:

- **Sex**: Male or Female
- **Age**: 
- **Systolic blood pressure**: mmHg
- **Smoking status**: Yes or No
- **Total cholesterol**: mmol/L
- **HDL cholesterol**: mmol/L
- **Diabetes**: Yes, No, or Unknown
- **ECG LYH**: Yes, No, or Unknown

[www.cvdcheck.org.au](http://www.cvdcheck.org.au)
Initiating interventions and referrals

- Assessment of the patient’s readiness to make lifestyle changes
- Lifestyle and behaviour changes
- Goal setting – Specific, measurable, achievable
- Referral and interventions
- Keep a record of the assessment and offer the patient a written report
The *Life!* program

`www.lifeprogram.org.au/for-health-professionals`
PATIENT ELIGIBILITY & REFERRAL PATHWAY

Case-finding GP clinics need to complete BOTH the AUSDRISK tool and the Absolute Cardiovascular Disease Risk Assessment with their patients prior to referral to the Life! program. All GP clinics are encouraged to undertake both risk assessments as standard practice in patient care. Patients cannot participate in the Life! program if they have diabetes, clinically active cancer or are pregnant. It is important to consider the suitability of the Life! program for each individual.

The patient must fit one of the following criteria to be eligible for the Life! program:

**AUSDRISK**
- 18 years or more and not Aboriginal and/or Torres Strait Islander descent, and have scored 12 or higher on the AUSDRISK tool.

**Pre-existing condition**
- 18 years or more, and have previously been diagnosed with one or more of the following:
  - pre-existing cardiovascular disease (includes myocardial infarction, angina, and angiplasty. Must not have been diagnosed within 3 months of program commencement)
  - gestational diabetes
  - moderate or severe Chronic Kidney Disease
  - familial hypercholesterolemia
  - serum total cholesterol > 7.5mmol/L
  - systolic BP of ≥180mmHg or diastolic BP of ≥110mmHg

**Absolute CVD Risk Assessment**
- 145 years or more, or ≥35 years and of Aboriginal and/or Torres Strait Islander descent, and have an Absolute Risk score of ≥10% when referred by a GP clinic.

**CONFIRM DIABETES STATUS**
- Has previously been diagnosed with diabetes
- No diagnosis of diabetes

**LOW RISK ≤10%**
- Less than 10% risk of CVD within the next 5 years.
- Advise to reassess in two years, offer healthy lifestyle advice and refer to the Life! website for a list of healthy websites and other tips.

**MODERATE / HIGH RISK ≥10%**
- Refer to GP for type 2 diabetes management
- Complete Life! referral form
- Select Life! Telephone Health Coaching or group course
- Confirm diabetes status

**LOW RISK ≤10%**
- Has previously been diagnosed with diabetes
- Complete Life! referral form
- Select Life! Telephone Health Coaching or group course

**5 OR LESS: LOW RISK**
- Approximately one person in every 100 will develop diabetes.
- Advise to reassess in three years, offer healthy lifestyle advice and refer to the Life! website for a list of healthy websites and other tips.

**6-11: INTERMEDIATE RISK**
- For scores of 6-8, approximately one person in every 50 will develop diabetes.
- For scores of 9-11, approximately one person in every 30 will develop diabetes.
- Advise to reassess in three years, offer healthy lifestyle advice and refer to the Life! website for a list of healthy websites and other tips.

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*The AUSDRISK is available at www.lifeprogram.org.au/gp
*The Absolute CVD Risk Assessment is available at www.cvdcheck.org.au
*The Life! referral form is available from www.lifeprogram.org.au/gp
*The Life! program is available for Victorian residents. Participants whose postcode is listed in the Acceptable Non-Victorian Regions (www.lifeprogram.org.au/ppl) are considered eligible for the Life! program.
Patient identification: what can the practice team do?

Opportunistic identification - pamphlets, posters, awareness drives

Planned active recruitment – data analysis, targeted marketing
40-49 years with a high risk of developing type 2 diabetes

Medicare Benefits Schedule (MBS)
Health assessment for people aged 40 to 49 years who are at risk of developing type 2 diabetes
Fact Sheet

A medical practitioner may select MBS item 701 (brief), 703 (standard), 705 (long), or 707 (prolonged) to undertake a type 2 diabetes risk evaluation depending on the length of the consultation as determined by the complexity of the patient’s presentation.

Aim

• Address the health needs

• Review risk factors

• Initiate interventions
Eligibility

Patients with newly diagnosed or existing diabetes are not eligible.

Completion of the Australian Type 2 Diabetes Risk Assessment Tool is mandatory.

Must receive a high score of 12 or above to be eligible to claim the health assessment.

Can be claimed once every three years.
Components of the assessment

Evaluate the patient’s ‘high risk’ score by completing of the Australian Type 2 Diabetes Risk Assessment Tool.

Update history and undertake physical examinations and clinical investigations.

Make an overall assessment of the results of relevant examinations and investigations.

Follow up management of any other risk factors identified.
# 45-49 and 40-49 year old health assessment summary

| MBS item numbers | 701, 703, 705, 707, 715 |

## Patient eligibility criteria (GP determined)

### 45-49 Health Assessment

People aged 45-49 at risk of developing a chronic disease. Patients must have **one risk factor**, these may include, but are not limited to:

- smoking, physical inactivity, poor nutrition or alcohol use
- high cholesterol, high blood pressure, impaired glucose metabolism or excess weight
- a family history of a chronic disease

### 40-49 Health Assessment

People aged 40-49 (Aboriginal and Torres Strait Islander people 15-54) who are at risk of developing type 2 diabetes with a HIGH AUSDRISK score of 12+ and patient has no diagnosis of diabetes.

Medicare rebate is a once only item

Medicare rebate can be claimed every 3 years provided AUSDRISK score is 12+ and patient has not developed diabetes.
Summary

Components of the assessments

Risk assessment tools AUSDRISK and Absolute CVD Risk disease calculator

Referral options for other MBS items and services, such as the Life! Program

Patient participation
Local clinical and referral pathways

PHN pathways provide access to evidence-based information regarding conditions and symptoms, and localised service and referral information to support patient flow.

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<th>PHN</th>
<th>Care Pathways Online Resource</th>
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<tbody>
<tr>
<td>Eastern Melbourne</td>
<td>HealthPathways Melbourne melbourne.healthpathways.org.au</td>
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<tr>
<td>Gippsland</td>
<td>HealthPathways Gippsland gippsland.healthpathways.org.au</td>
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<td>South Eastern Melbourne</td>
<td>Map of Medicine semphn.org.au/resources/pathways.html</td>
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<tr>
<td>Western Victoria</td>
<td>HealthPathways Western Victoria westvic.healthpathways.org.au</td>
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Thank you for watching and listening

Feedback or further support regarding this webinar should be directed to your local PHN.