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Health Assessments -

45-49 and 40-49 year old

Acknowledgment 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



Australian Government
Department of Health

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.

www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare_mbsitem701_703_705_707



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



**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)



STANDARD DRINK GUIDE

BEER



WINE



SPIRITS



REDUCE YOUR RISK



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



Australian Government
Department of Health and Ageing

NEW NATIONAL GUIDELINES FOR ALCOHOL CONSUMPTION

www.alcohol.gov.au

1009



Australian Guide to Healthy Eating

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



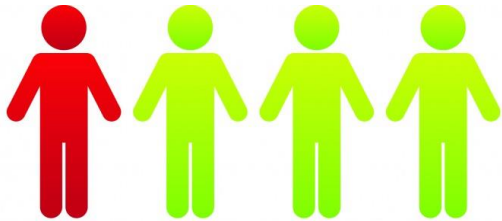
www.eatforhealth.gov.au

Physical activity and psychological health



Physical activity

www.physicalactivityaustralia.org.au



One in four people has a **mental illness**.
You can be the **one** that helps.

Psychological/ psychosocial health

www.beyondblue.org.au



Tests and screening

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



www2.health.vic.gov.au/public-health/population-screening/cancer-screening/bowel-cancer-screening?ec_contact_id=60634905791EDBC42B3797002E9C1847&ec_message_id=ACD42252E2F2477AB4B68E158051B083

<http://www.racgp.org.au/your-practice/guidelines/redbook/>

www2.health.vic.gov.au/about/publications/factsheets/nbcsp-in-victoria-gp-factsheet

www.cancerscreening.gov.au/internet/screening/publishing.nsf/Content/future-changes-cervicalscreening

www.cancervic.org.au/preventing-cancer/attend-screening/breasts-health/breast-screen



Assessment tools

AUSTRISK tool

www.health.gov.au/internet/main/publishing.nsf/Content/diabetesRiskAssessmentTool

Absolute CVD risk assessment

www.cvdcheck.org.au/



The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

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

If you scored 6-11 points in the AUSDRISK 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.

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)

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women	
Less than 90 cm	Less than 80 cm	<input type="checkbox"/> 0 points
90 – 100 cm	80 – 90 cm	<input type="checkbox"/> 4 points
More than 100 cm	More than 90 cm	<input type="checkbox"/> 7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	<input type="checkbox"/> 0 points
102 – 110 cm	88 – 100 cm	<input type="checkbox"/> 4 points
More than 110 cm	More than 100 cm	<input type="checkbox"/> 7 points

Add up your points

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

- ☐ **5 or less: Low risk**
Approximately one person in every 100 will develop diabetes.
- ☐ **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.
- ☐ **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 25 years.

If you scored 12 points or more in the AUSDRISK 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 ☐ Female


Age years

Systolic blood pressure mmHg

Smoking status ☐ Yes ☐ No 

Total cholesterol mmol/L

HDL cholesterol mmol/L

Diabetes ☐ Yes ☐ No 

ECG LVH ☐ Yes ☐ No ☐ Unknown



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



Links **AAA**



13 RISK 13 7475

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AUSTRALIAN RISK test

News & Resources

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Take the test



[Home](#) > For Health Professionals



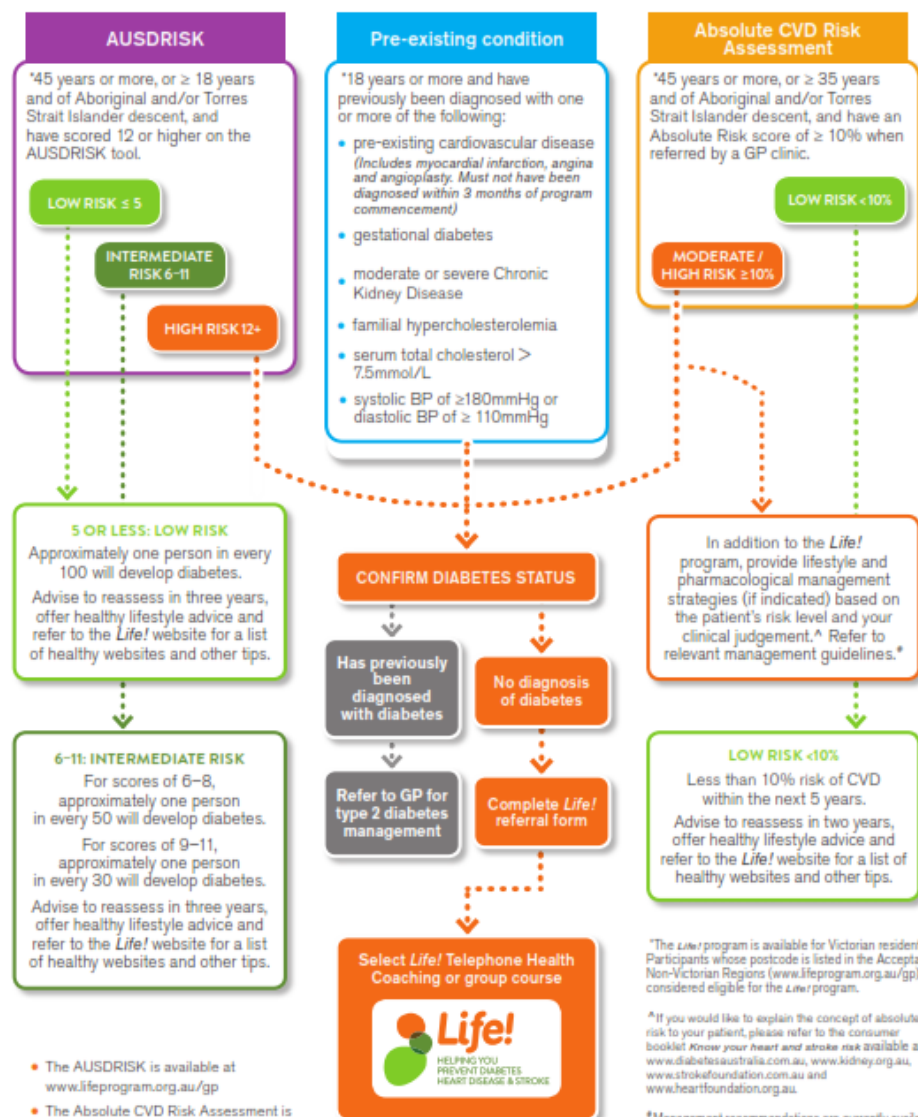
28

www.lifeprogram.org.au/for-health-professionals

PATIENT ELIGIBILITY & REFERRAL PATHWAY

Case-finding GP clinics need to complete BOTH the AUDRISK 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:



- The AUDRISK 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/gp) are considered eligible for the **Life!** program.

*If you would like to explain the concept of absolute risk to your patient, please refer to the consumer booklet *Know your heart and stroke risk* available at: www.diabetesaustralia.com.au, www.kidney.org.au, www.strokefoundation.com.au and www.heartfoundation.org.au.

*Management recommendations are currently available across separate guidelines. Useful websites include www.diabetesaustralia.com.au, www.kidney.org.au, www.strokefoundation.com.au and www.heartfoundation.org.au.

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



Australian Government
Department of Health

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.

www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare_mbsitem_type2diabetes



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

Medicare rebate is a once only item

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 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.

PHN	Care Pathways Online Resource
Eastern Melbourne	HealthPathways Melbourne melbourne.healthpathways.org.au
Gippsland	HealthPathways Gippsland gippsland.healthpathways.org.au
Murray	Murray HealthPathways murray.healthpathways.org.au
North Western Melbourne	HealthPathways Melbourne melbourne.healthpathways.org.au
South Eastern Melbourne	Map of Medicine semphn.org.au/resources/pathways.html
Western Victoria	HealthPathways Western Victoria westvic.healthpathways.org.au



Thank you for watching and listening

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

