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# Health assessments 75 years +

# 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.





# 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 the Health Assessment and claiming frequency
- Outline the components required for the Health Assessment as per MBS stipulates
- Understand the specific assessment tools recommended for this age group
- Identify referral pathways and interventions to improve health and quality of life



# 75+ Health Assessment Resources

- **Fact Sheet MBS 75 + Health Assessment**

[http://www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare\\_mbsitem\\_general\\_factsheet](http://www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare_mbsitem_general_factsheet)

- **Fact Sheet MBS Comprehensive Medical Assessment for residents of residential aged care facilities**

[http://www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare\\_mbsitem\\_cma](http://www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare_mbsitem_cma)

- **MBS Online**

<http://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Home>



# 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 is a combination of GP and PN time
- Fees Current as at February 2017

<http://www.mbsonline.gov.au/>



# Overview of Health Assessments

- Must be done by 'usual' GP
- The GP has overall responsibility for the Health Assessment
- PN or AHW assists with the Health Assessment and works under the direction of the GP
- A Health Assessment must include a personal attendance by the GP
- MBS Online

<http://www.mbsonline.gov.au/>



# Role of the Practice Nurse

- Practice Nurses may assist GP's
- Gather and collect information
- Educate Patient
- Health coaching
- Identify health issues/concerns
- Consider referral pathways
- Report findings





# Getting Started

- Familiarise yourself with the patients medical history, and review any previous health assessments
- Explain the purpose and process of the Health Assessment to the patient
- Obtain patient consent



# Collect Data

- Demographics
- Address
- Who they live with
- Past history
- Family history
- Social History



# Components of a Health Assessment

- Geriatric depression scale = GDS
- Cognitive mini mental state examination = MMSE



# Components of a Health Assessment

- Nutrition
- Exercise
- Sleep
- Continence



# Risk factors

## Smoking

[www.quit.org.au](http://www.quit.org.au)



## Alcohol

[www.drinkwise.org.au](http://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



**1.1**  
285ml  
Full Strength  
4.8% Alc. Vol



**1.6**  
425ml  
Full Strength  
4.8% Alc. Vol



**1.4**  
375ml  
Full Strength  
4.8% Alc. Vol



**1.4**  
375ml  
Full Strength  
4.8% Alc. Vol

### WINE



**1.4**  
150ml  
Average Restaurant  
Serve of Sparkling Wine  
12% Alc. Vol



**1.6**  
150ml  
Average Restaurant  
Serving of Red Wine  
13.5% Alc. Vol



**1.4**  
150ml  
Average Restaurant  
Serving of White Wine  
11.5% Alc. Vol

### SPIRITS



**1.2**  
330ml  
Full Strength  
Ready-to-Drink  
5% Alc. Vol



**1**  
30ml  
High Strength  
Spirit Nip  
40% Alc. Vol



**1.5**  
375ml  
Full Strength  
Pre-mix Spirits  
5% Alc. Vol

# 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](http://www.alcohol.gov.au)



**Australian Government**  
**Department of Health and Ageing**

## NEW NATIONAL GUIDELINES FOR ALCOHOL CONSUMPTION

# Preventative Medicine

- Immunisations
- Routine Pathology
- Qualify Domiciliary Medication

Management Review DMMR 900



# Physical Examination Components

- BP
- Pulse
- Weight
- Height
- Visual acuity
- Urinalysis
- CVS
- Respiratory
- Abdominal
- Skin
- Hearing
- Foot care/pulses



# Activities of Daily Living

- Ambulation
- Dressing
- Personal hygiene
- Bathing
- Eating
- Toileting
- Housework
- Phone use
- Managing finances
- Shopping
- Transport
- Meal preparation
- Social contact
- Reading
- Watching TV
- Listening to radio
- Home maintenance
- Home safety
- Driving
- Falls



# 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	<a href="http://melbourne.healthpathways.org.au">HealthPathways Melbourne</a> melbourne.healthpathways.org.au
Gippsland	<a href="http://gippsland.healthpathways.org.au">HealthPathways Gippsland</a> gippsland.healthpathways.org.au
Murray	<a href="http://murray.healthpathways.org.au">Murray HealthPathways</a> murray.healthpathways.org.au
North Western Melbourne	<a href="http://melbourne.healthpathways.org.au">HealthPathways Melbourne</a> melbourne.healthpathways.org.au
South Eastern Melbourne	<a href="http://semphn.org.au/resources/pathways.html">Map of Medicine</a> semphn.org.au/resources/pathways.html
Western Victoria	<a href="http://westvic.healthpathways.org.au">HealthPathways Western Victoria</a> westvic.healthpathways.org.au





# Completing Health Assessment

- Add recommendations as you conduct the health assessment
- Introduce My Aged Care  
<https://www.myagedcare.gov.au/>
- Review
- Add reminder
- GP to consult with patient



# Summary

- MBS item numbers
- Frequency of the assessment
- Eligibility criteria
- Tools to assist in a comprehensive assessment
- Components of the assessment
- Referral pathways
- Interventions to improve health and quality of life



# Thank you for watching and listening

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

