



# Preventive Health Checks in a Community Control setting

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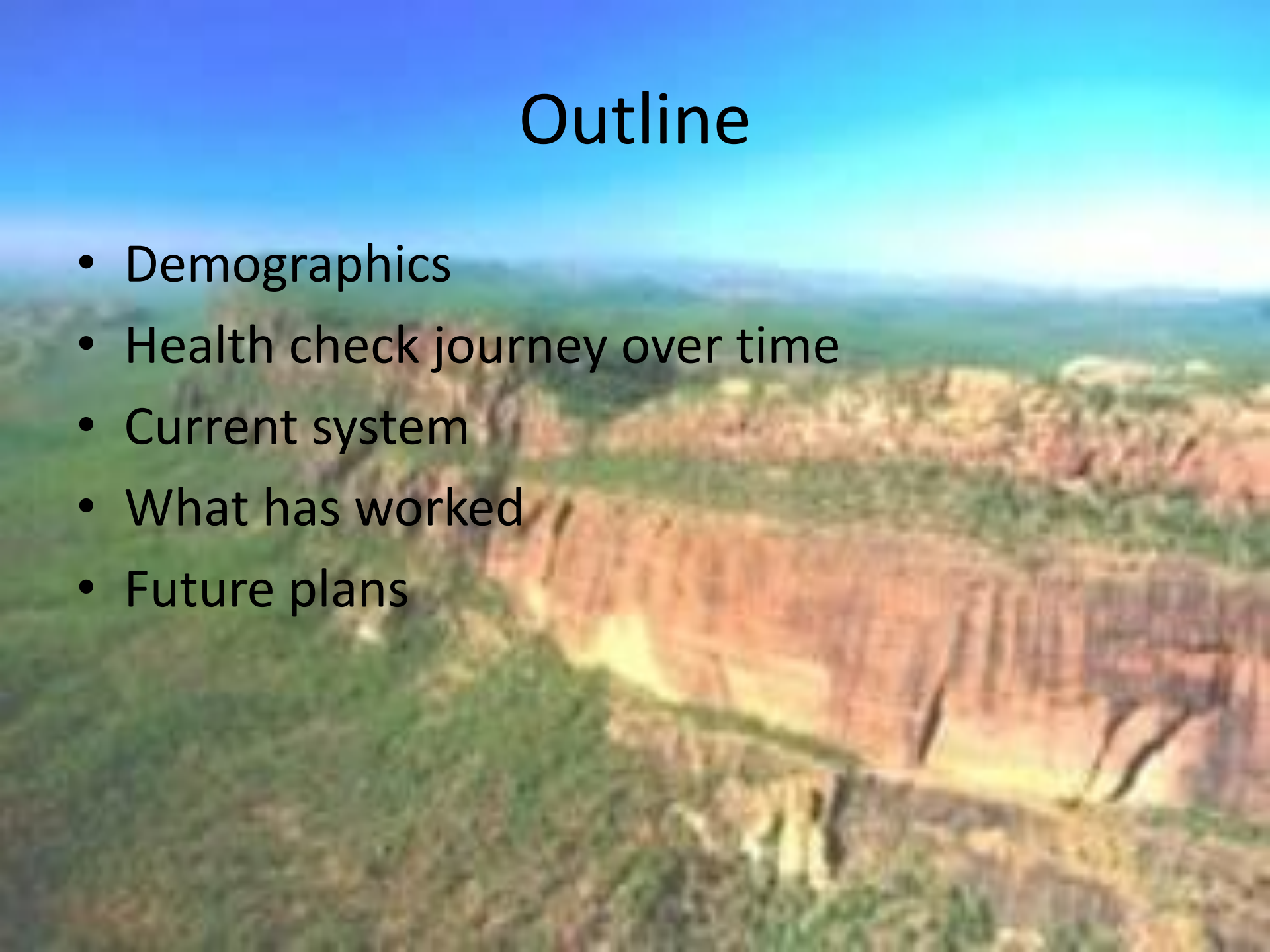
Mulungu Aboriginal Corporation  
Medical Centre, Mareeba

# Mareeba

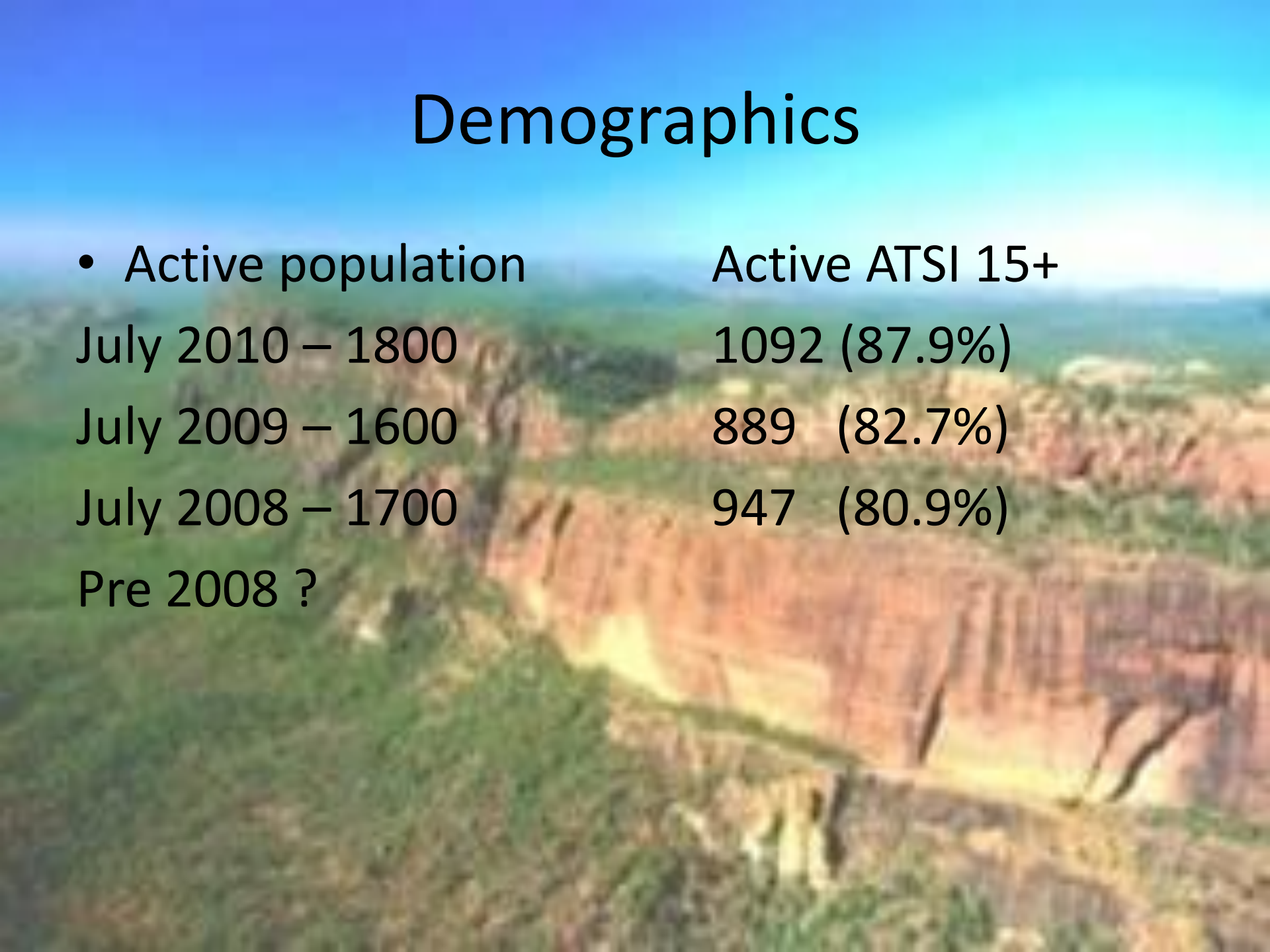


# Outline

- Demographics
- Health check journey over time
- Current system
- What has worked
- Future plans

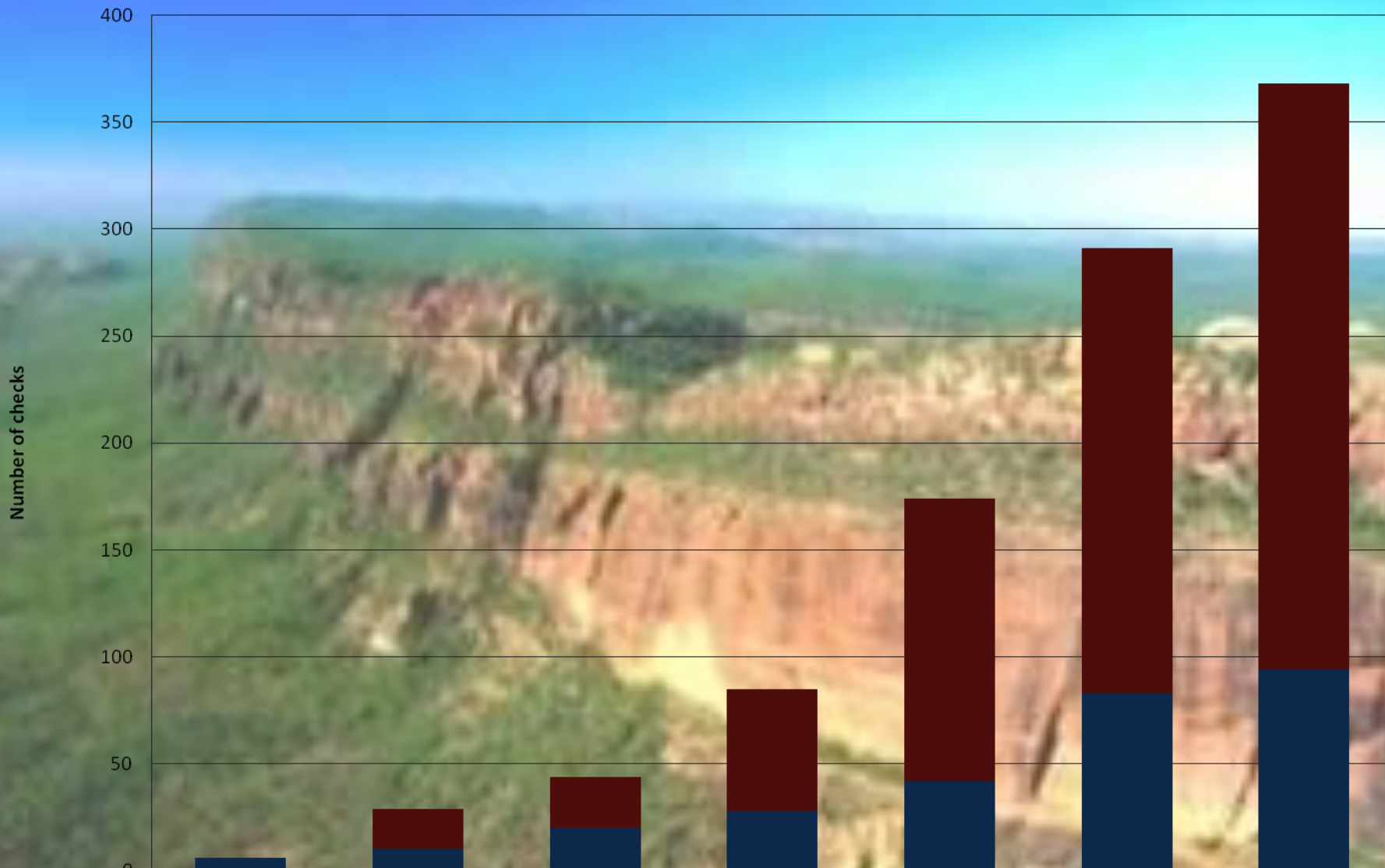


# Demographics



• Active population	Active ATSI 15+
July 2010 – 1800	1092 (87.9%)
July 2009 – 1600	889 (82.7%)
July 2008 – 1700	947 (80.9%)
Pre 2008 ?	

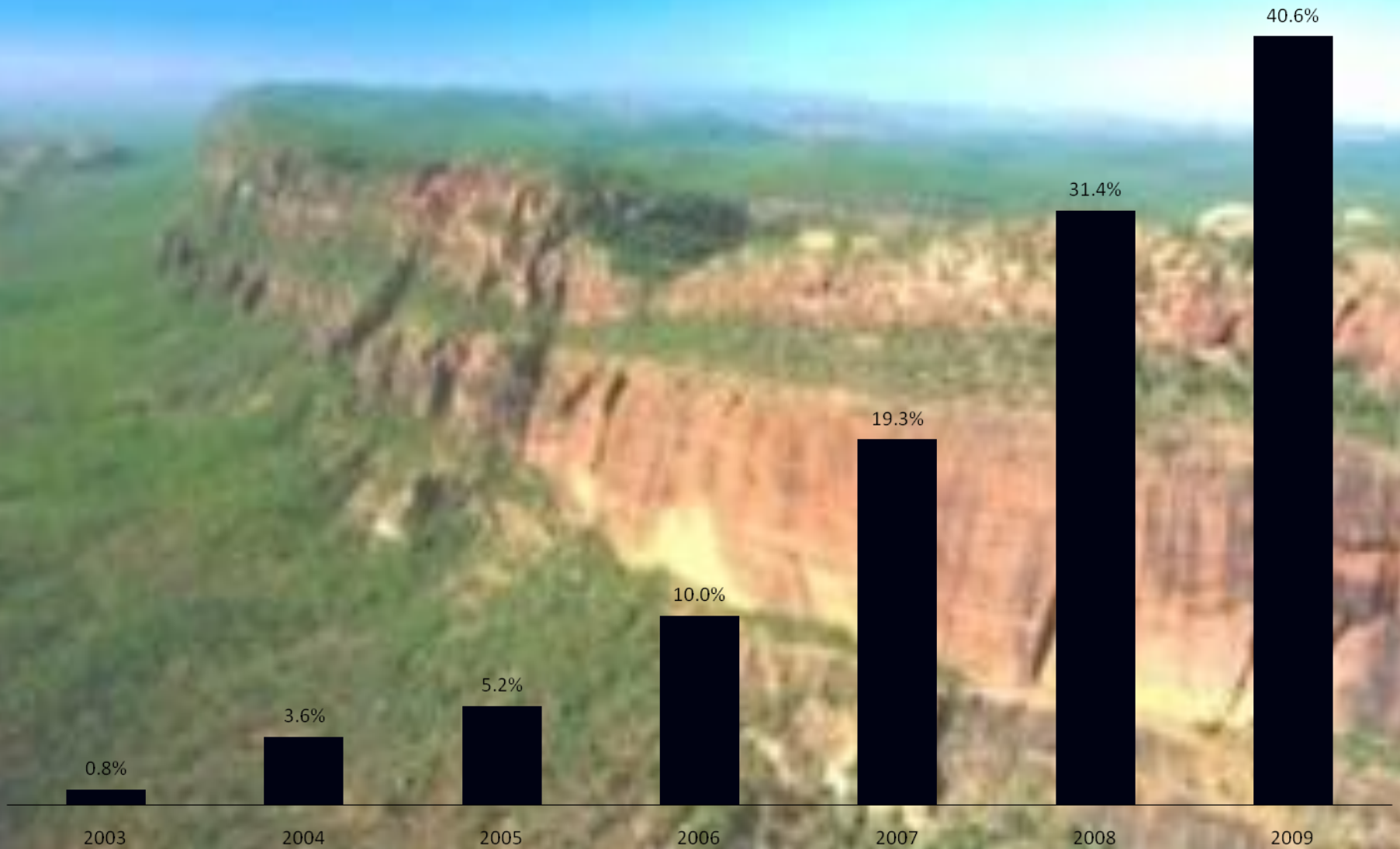
# 15+ Health Checks per year



	2003	2004	2005	2006	2007	2008	2009
■ 15-55 checks	0	19	24	57	132	208	274
■ 55+ checks	6	10	20	28	42	83	94

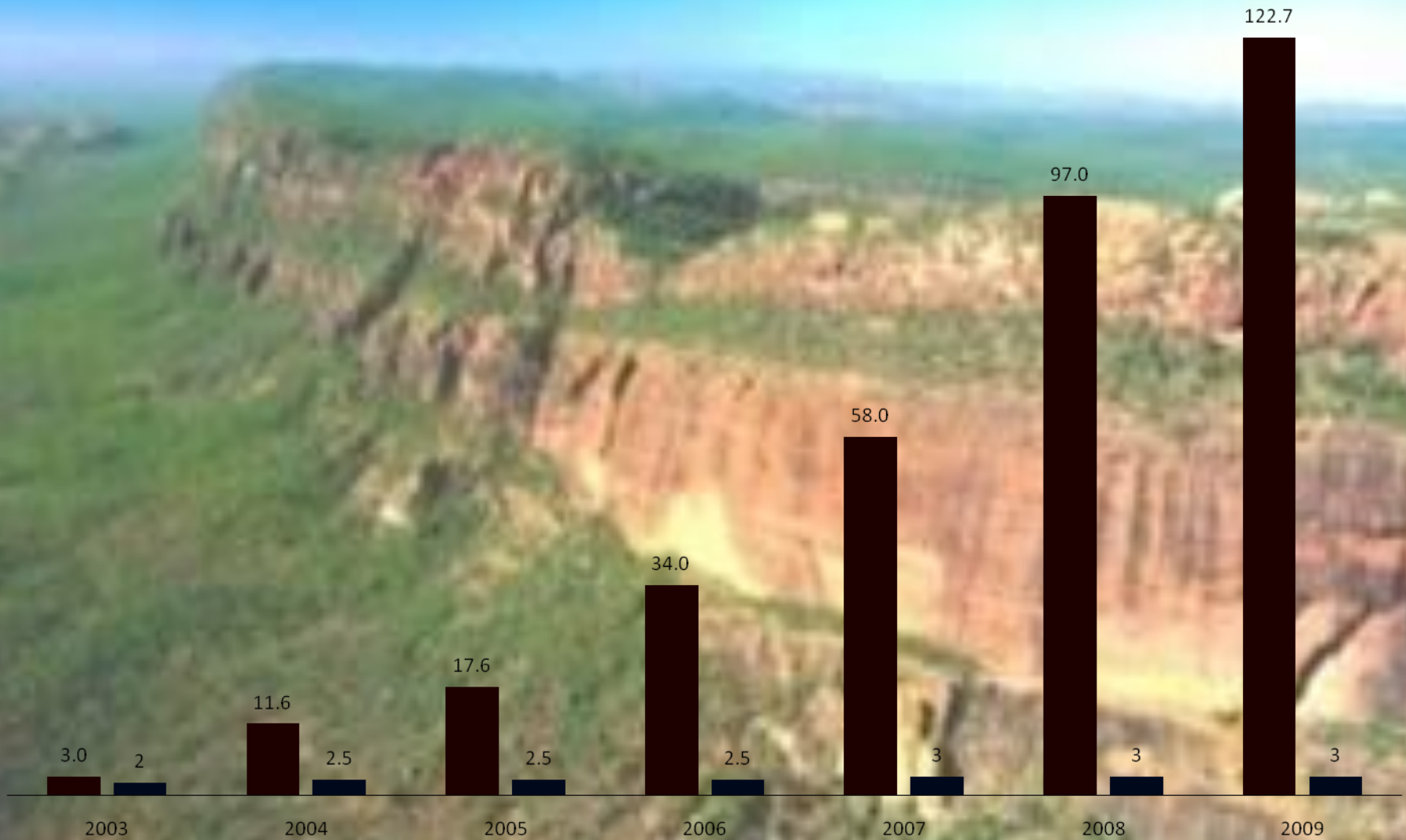
# % of eligible clients with HC in year

■ % clients with HC in year



# Effectiveness of systems

■ Health Checks done per FTE GP ■ FTE GP's



# Timeline

## Pre 2005

- Little-none dedicated 'system time'
- Practice discussion about changing focus towards health prevention from acute care
- Health Check clients seen opportunistically in General clinic
- Developed very basic Health Check Forms based on proforma in MD, literature from Medicare, examples from other practices



# Timeline

2005

- Dr's allocated afternoons for health checks
- Pt's mostly seen as part of general clinic, GP initiated most health checks

2006

- Healthy for Life
- Some dedicated GP administrative time

# Timeline

2007

- Health Checks became focus for organisation.
- Usually 1-2/wk per GP in general clinic.
- Health Workers usually initiated Health Checks.
- Still delivered opportunistically.
- Loose target of each person having a health check every 5 years to cope with workload

# Timeline

2008

- Dr Part Health Check recall.
- Health Checks to be booked for afternoons if possible.
- Hard to reach people offered to have health check opportunistically.
- Clinic moved from walk-in to Appt system.

# Timeline

2009

- All patients put on a HC recall.
- Dedicated Health Check days separate for Doctors and Health Workers.
- Increased number of Health Workers.
- Mobile clinic, household based health checks.
- Paid Men's program community assistants.
- Dr and Health Workers seeing patients on the same day for Health Checks.
- MD recall list then DCP.
- Aim for all staff to use computer based form, poor compliance due to technical difficulties.

# Current system

- Health Checks pre-booked with dedicated Health Worker.
- Health checks done on dedicated days.
- Men's, Women's and children's dedicated days as well as mixed days.
- Almost always done HW and GP on same day.
- HW use paper form, GP uses computer quick entry form.

# Proforma

- [ahc proforma.rtf](#)

**User Defined Fields** [X]

Enter the values for these fields:

Fields 1 | Fields 2

Previous Health Check?:	<input checked="" type="checkbox"/>
Is patient a carer:	<input type="checkbox"/>
Is patient in care:	<input type="checkbox"/>
Domestic violence:	<input type="checkbox"/>
Current Medical Problems:	<input type="text"/>
Immunisation:	NA <input type="button" value="v"/>
Gunja use:	<input type="checkbox"/>
Gunja amount:	<input type="text"/>
Other drugs:	<input type="text"/>
Nutrition:	Not dicussed <input type="button" value="v"/>
Physical Activity:	<input type="text"/>
BMI:	<input type="text"/>
Mammogram:	NA <input type="button" value="v"/>
Contraception :	NA <input type="button" value="v"/>
Sexual Health:	NA <input type="button" value="v"/>
Prostate care:	NA <input type="button" value="v"/>

OK Cancel

# Successes

- Identification of Aboriginal and Torres Strait Islander patients
- Recording of medicare numbers
- Dedicated health worker time for booking patients, reminding patients, seeing patients for health check
- Dedicated Doctor time for completing health checks
- Innovative approaches at getting patients seen

# Future plans

- Aim for Health Workers to use computer.
- Target hard to reach clients.
- Follow up process utilising Health Worker item numbers.
- Dedicated building to base Well Being team.
- Family case management by health worker
- Improve transition into “chronic disease” clinic
- Current research looking at current effectiveness of health check system



# Acknowledgements

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**Australian Government**

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