

MEDICAL CENTRE CHARLESTOWN

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High Risk Diabetes Health Assessment Process

- Patient deemed as high risk from performing AusDRisk tool
- Patient Recalled for a later date for High Risk Health assessment
- GTT +/- Hba1c ordered and given to patient in preparation for scheduled Health assessment
- Health Assessment is then performed by Nurse and GP (Covered below)
- Reminders put into place for Recalls for Yearly Diabetes risk assessments, Repeat GTT and Hba1c's (1 – 2 yearly).

Health Assessment Inclusions

Once patients have been identified as being high risk for developing diabetes, they are then booked in for a formal High Diabetes Risk health Assessment covering the following:

- Consult with Nurse for collection of information, observations, Education and referrals made for Lifestyle Modification programmes dependant on individual areas of high risk.
 - General observations e.g. blood pressure, height, weight, waist, BSL
 - Urinalysis and eyesight check
 - General foot check
 - Collection of information on current lifestyle e.g. exercise, diet, smoking status, alcohol and readiness for lifestyle changes
 - Education on lifestyle modification options available
 - Referrals for lifestyle modification options dependant on individual areas of high risk; and
 - Health coaching for increased motivation and confidence boosting.
- Followed by a consult with GP (review findings, make referrals, education)
- Follow up appointments organised monthly with Nurses to monito lifestyle modification programmes and progress of patient outcomes.
- If nurses feel that follow-up with the GP is necessary then appointments are then also made.

Item Numbers and Billing

General health assessment item numbers are time based (except for 715 ATSI).

Item Numbers: 701, 703, 705 and 707 (time based)

And 715 for all ATSI health assessments.

10997 can also be charged for follow up nurse appointment is patient is currently on a gpmp/tca