



## Tool Kit for General Practice

WQPHN 2022

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# Overview



The goals of the *My Health for Life* program are:

- to effectively identify people at **risk** of **developing** chronic disease, and provide them with an appropriate behaviour modification program
- to **increase health literacy** levels and the capacity of program participants to adopt and maintain positive health behaviours **to manage their health risk factors**
- to improve **community awareness**, knowledge and attitudes about chronic disease risk factors and how to make positive health behaviour choices.

[www.myhealthforlife.com.au](http://www.myhealthforlife.com.au)

# MH4L and General Practice

- The *My Health for Life* program works in partnership with GPs
- *My Health for Life* is a practical extension of the advice given by GPs to their patients; allowing participants to better understand their health risks and supports them to achieve their health-related goals.
- *My Health for Life* provides patients an opportunity to participate in an evidence-based health behaviour modification program in their local community, via phone, videoconferencing or face to face sessions.
- *My Health for Life* gives patients access to facilitators; who are trained health professionals, including dietitians and exercise physiologists and have a keen interest in preventive health.

Health professionals are a critical part of the *My Health for Life* program, and look forward to building professional relationships while contributing to your patients' overall care.

# Eligibility Criteria

Designed for patients with one or more of the following:

## Eligibility criteria

### Adult ≥18 years\*

- AusDRisk score ≥12 **or**
- Absolute cardiovascular risk score ≥15%
- Waist circumference 88cm plus for women (or 80cm plus for women of Asian descent) or 102cm plus for men (or 90cm for men of Asian descent)
- Blood Pressure either: ≥160 systolic or ≥100 diastolic

## Automatically eligible

### Pre-existing conditions (≥18 years)

- Previously diagnosed gestational diabetes **or**
- Familial Hypercholesterolaemia **or**
- High cholesterol (on cholesterol lowering medication) **or**
- High blood pressure (generally 3 separate readings ≥140/90 by a GP) **or**
- Pre-diabetes (diagnosed as IFG or IGT)

### GP consent is required for the following:

- Pregnant
- Existing mental health issues
- Current acute illness
- Surgery in previous 12 months

*See e-referral template which includes GP consent*

### Ineligible conditions

Patients diagnosed with:

- Type 1 or type 2 diabetes
- Heart disease
- Stroke
- Chronic kidney disease

For any clarification needed on a patient's eligibility call 13 RISK (13 7475)



**Queensland Government**  
Healthier. Happier.

My health  
for life

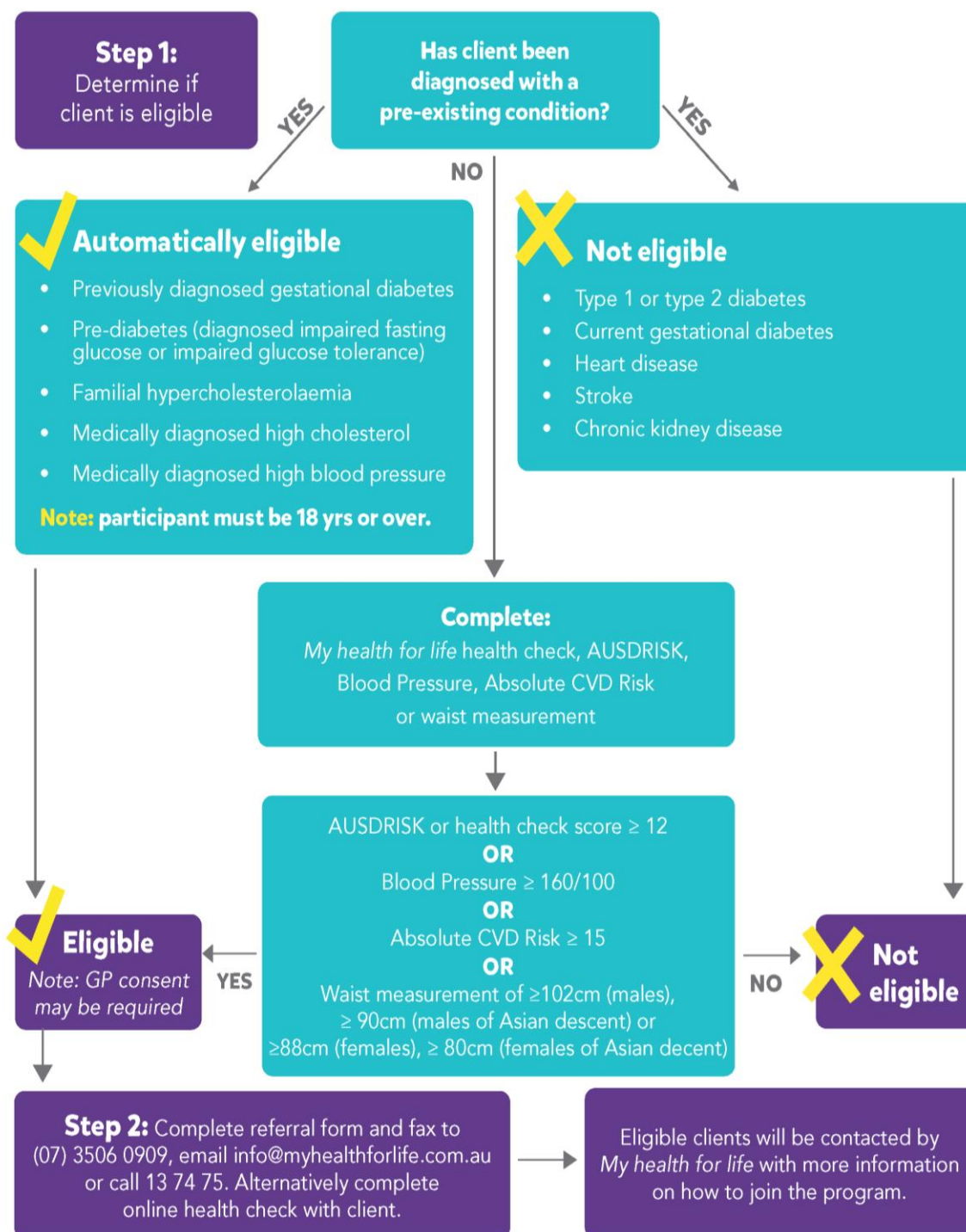
# Program eligibility

Do you have clients who would benefit from a healthy lifestyle program?

*My health for life* supports people at high risk of developing chronic conditions such as heart disease, stroke and type 2 diabetes to make healthy lifestyle changes. It's free and simple to join. Check the eligibility criteria below.

*My health  
for life*

*My health  
for life*



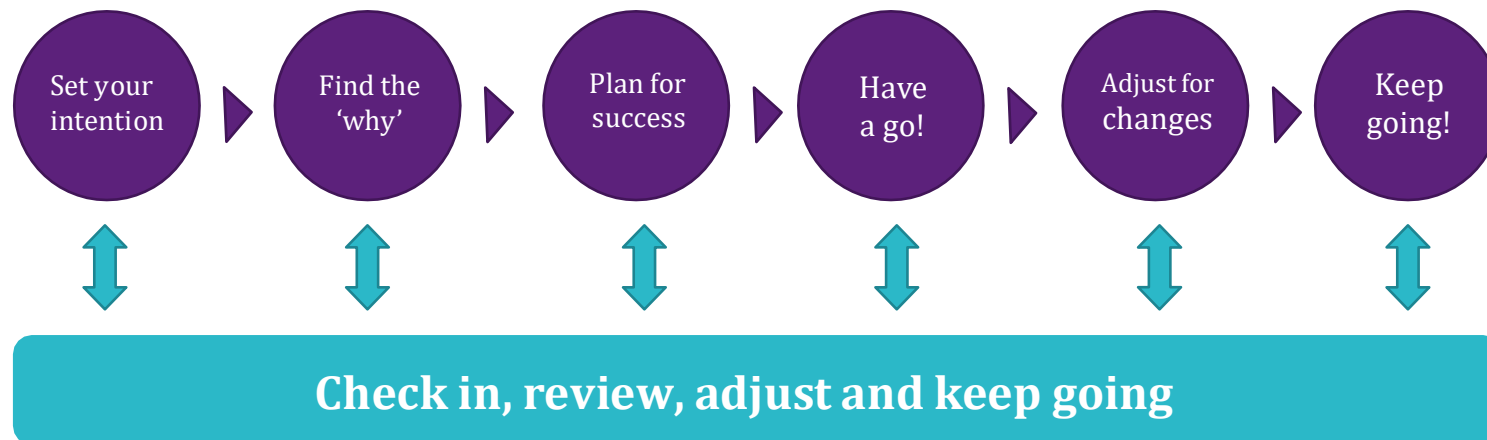


# The MH4L Program



- FREE behaviour change program for patients at risk of chronic disease
- 6 sessions over three months (based on the Health Behaviour Change Theory: Health Action Process Approach).
- Choice of phone coaching, videoconferencing or local group programs (in locations with Facilitators)
- Delivered by qualified health professionals who have been trained to facilitate MH4L
- Designed to help patients make small, sustainable and healthy changes through practical skills and support
- Utilises principles of Motivational Interviewing
- Encourages social support and sharing of experiences between participants
- Patient goal directed

## *My health for life* behaviour change model



# PROGRAM OUTLINE

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	MAINTENANCE
TIMING	Week 0-6	Week 8	Week 10	Week 12	Week 14	Week 18	
FORMAT	1:1 45-60min	Each group session 2- 6 is 120min					
CORE CONTENT	Finding your 'why'  Set goal for MH4L	Getting started with your goal	Planning for success  Engaging support	Plan B Plans	Overcoming challenges	Maintaining healthy habits	Online tools and resources including webinars  SMS and email support Intervention inclusive of narrative persona 'Sam'
	Health Content Electives						
ADDITIONAL SUPPORT	Regular contact (SMS/emails). Referral to other programs or services e.g. Quitline or Get Healthy. Contact with coach outside of group sessions. Facebook group						
DATA REQUIREMENTS	<ul style="list-style-type: none"> <li>Evaluation (session 1)</li> <li>Attendance</li> <li>Catch up</li> <li>Anthropometry</li> <li>Participant consent</li> <li>GP consent required</li> <li>GP feedback</li> <li>Support person</li> </ul>	<ul style="list-style-type: none"> <li>Attendance</li> <li>Catch up</li> <li>GP consent received</li> <li>Withdrawal</li> </ul>	<ul style="list-style-type: none"> <li>Attendance</li> <li>Catch up</li> <li>Withdrawal</li> <li>Goal and goal category</li> </ul>	<ul style="list-style-type: none"> <li>Attendance</li> <li>Catch up</li> <li>Withdrawal</li> </ul>	<ul style="list-style-type: none"> <li>Attendance</li> <li>Catch up</li> <li>Withdrawal</li> </ul>	<ul style="list-style-type: none"> <li>Evaluation (session 6)</li> <li>Attendance</li> <li>Catch up</li> <li>Withdrawal</li> <li>Anthropometry</li> <li>Progress towards goal</li> <li>New goal and category</li> </ul>	Optional Check In with Telephone Health Coach

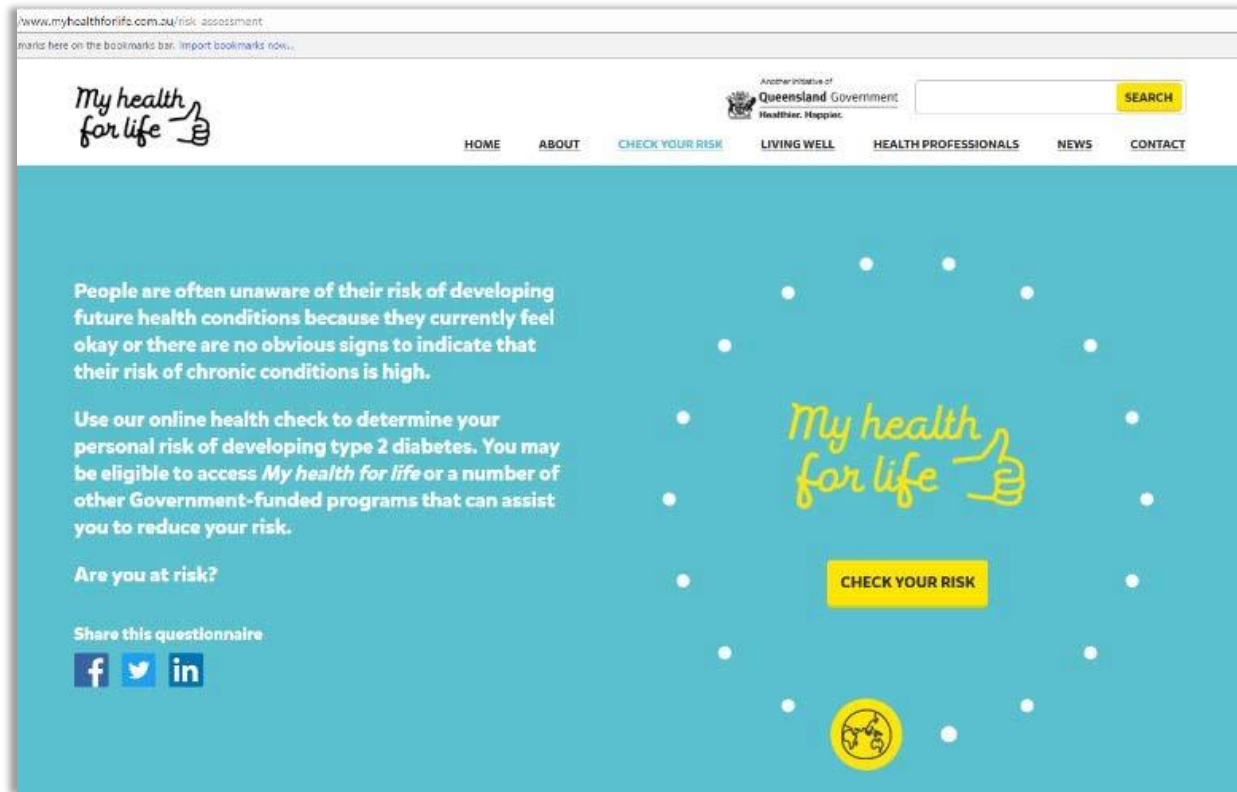


# MH4L online health check tool



Patients can do the health check themselves to see if they meet the eligibility criteria

Includes AusDRisk questionnaire result and determines patient eligibility for program participation



<https://myhealthforlife.com.au/risk-assessment>

# Referring Patients to MH4L

Medical Practitioners can directly login to MH4L; step through the health check with their patient, then submit as a GP referral.

[www.myhealthforlife.com.au/portal-risk-assessment/login](http://www.myhealthforlife.com.au/portal-risk-assessment/login)

Login details: Category: PHN  
 Type: In practice screen  
 Name: (Practice Name)  
 Username: Western Qld PHN  
 Password: MH4L\_WQPHN

OR eReferral Templates are available in Best Practice, Medical Director, GP Complete & Zedmed

**GP eReferrals are sent to  
Diabetes Qld via Medical Objects.**

Alternatively

The Referral Form (PDF Version) can be faxed to MH4L (Fax: 07 3506 0909). Templates are available at WQPHN and MH4L websites

## Medical practitioner referral form

*76 per cent of patients will enrol in the program when referred by a GP or nurse.*

### About My health for life

My health for life is a free evidence-based behaviour change program designed to create sustained healthy habits and reduce the risk of chronic conditions such as type 2 diabetes, cardiovascular disease and stroke. Our program is designed to complement current care provided by health professionals. It is a practical extension of the advice given by health professionals to their patients, allowing participants to better understand their health risks and develop longer term, sustainable health goals.

Patients can self-refer by completing the Online Health Check tool at [www.myhealthforlife.com.au/risk-assessment](http://www.myhealthforlife.com.au/risk-assessment). Or call the 13 Risk (13 7475) call centre for over the phone Risk Assessment (business hours)

# How your general practice can get involved

## Waiting room

Assists with meeting RACGP 5<sup>th</sup> edition Standards on Preventive Health (Criterion C4.1)

- General promotion including posters, magazine and brochures
- Patients may complete the [AusDRisk assessment form](#)

## Practice Manager/ Reception:

- Search in practice software or [MH4L CAT4 recipes](#) to help identify and recall at risk patients
- Brief summary of the program for reception to provide to patients if asked

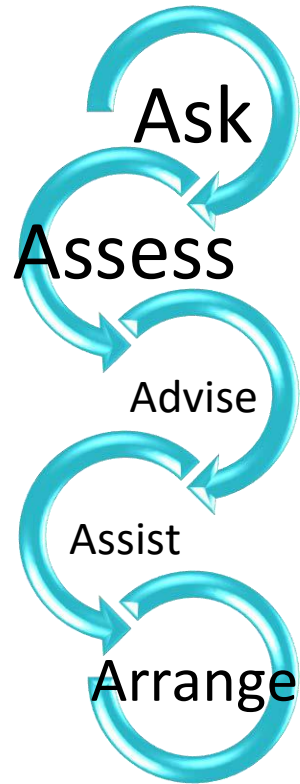
## Clinical staff:

- Complete initial risk assessments with patients online (see previous page)
- Undertake [Absolute CVD risk assessment](#) with patients
- Talk with the identified at-risk patients about the program, assess readiness for change and refer to program

The image displays two screenshots of the 'Australian absolute cardiovascular disease risk calculator'. The left screenshot shows the title 'Australian absolute cardiovascular disease risk calculator' in white text on a dark blue background, with a 'CVD calculator' button below it. The right screenshot shows the calculator's interface, which includes a progress bar at the top with steps 1 through 11, and 'Start', 'Results', and 'Details' buttons. The main heading is 'Welcome to the diabetes risk calculator'. Below this, it states: 'Type 2 diabetes is the fastest growing chronic condition in Australia. To find out your risk of developing type 2 diabetes within the next five years, complete the following 11 short questions.' There is a 'What's my risk?' button. A circular image of a family is on the right. At the bottom, it says: 'The Australian Type 2 Diabetes Risk Assessment Tool was developed by the Baker IDI Heart Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG initiative to reduce the risk of type 2 diabetes. © 2010 Commonwealth of Australia.'

# Training for health professionals

The Australian Primary Care Nurse Association (APNA) free online modules.



## Cardiovascular Disease Risk - Assessment and Management:

- Risk factors versus risk
- Using the web-based calculator
- Measuring risk factors
- Managing patients according to their risk
- Providing health behaviour modification to support your patients
- Ongoing review of patients

Duration: approx. 2 hours / 2 CPD points

Cost: FREE

[Find out more](#)

Adopting evidence-based practice for the prevention of cardiovascular diseases

# Additional training for health professionals

## Heart Foundation absolute risk resources for health professionals

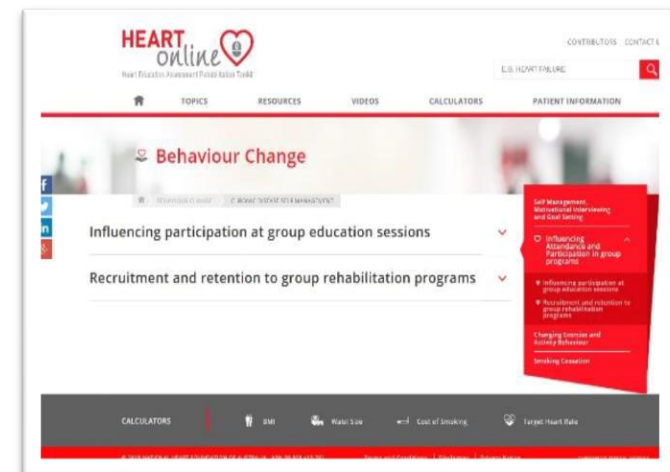
Absolute cardiovascular disease risk is the numerical probability of a cardiovascular event occurring within a five-year period. It reflects a person's overall risk of developing cardiovascular disease (CVD) replacing the traditional method that considers various risk factors, such as high cholesterol or high blood pressure, in isolation.

- Guideline and tools
- Information for your patients

Visit: [Heart Foundation absolute risk](#)

## Heart Online resources supporting behaviour change

- [Motivational Interviewing techniques for Health Professionals to support health behaviour change](#)
- [Influencing participation at Group Education Sessions](#)
- Heart Foundation Motivational Interviewing Professional Development Kit [YouTube](#)



Assessing patients' readiness for change

## Finding eligible patients in CAT4 and clinical information systems

### Using **CAT4 recipes** to identify eligible patients

CAT4 enables general practice staff to target patients with specific health risk profiles. A number of recipes have been created to help general practices to identify patients eligible for the My Health For Life program. MH4L uses multiple eligibility criteria, therefore multiple recipes have been prepared for individual patients at risk.

- [Find high risk patients eligible for My Health For Life](#)
- [Find indigenous patients eligible for My Health For Life](#)
- [Find patients eligible for My Health For Life with high CV Event risk](#)
- [Find patients with familial hypercholesterolaemia eligible for My Health For Life](#)
- [Find patients with high blood pressure eligible for My Health For Life](#)
- [Find patients with high cholesterol eligible for My Health For Life](#)
- [Identify patients eligible for a 45 - 49 Health Assessment with lifestyle or biomedical risk factors](#)

### **TOPBAR APP AVAILABLE to help with identifying high risk patients.**

WQPHN is also able to provide access to the Topbar App to identify and refer eligible patients to *My health for life*. The PHN can enrol practices into the Topbar program assisting them to install Topbar. Topbar will apply prompt rules to patient data. When a patient record is opened in the clinical information system, e.g. MD3 or BP and the data matches the program rules, a *My health for life* prompt will be displayed. This enables the medical practitioners to discuss and refer patients to *My health for life*. (To find out more ask about the TopBar introduction kit)

## Finding patients in **Medical Director** software eligible for My Health for Life

**Tip: Only information entered into the correct fields of MD will be searchable.**

1. In Medical Director, on the main menu, select **Search**
2. Select **patient**
3. Select fields relevant to your **search** e.g. age, hypertension, currently taking drug from class – antihypertensives

**Patient Search**

Age  
Age greater than or equal to: 45  
Age less than or equal to: 99

Gender  
☒ All  
☐ Not Stated  
☐ Male  
☐ Female  
☐ Intersex/Other

Transgender  
☒ All  
☐ Yes  
☐ No

Pregnant  
☒ All  
☐ Yes  
☐ No

ATSI  
☐ Not stated/inadequately described  
☐ Aboriginal  
☐ Torres Strait Islander  
☐ Aboriginal and Torres Strait Islander  
☐ Neither Aboriginal nor Torres Strait Islander

Other demographic criteria

Occupation: [v]

☐ Smoker >= [ ] /day ☐ Never Smoked ☐ Ex-Smoker

Drug/Condition  
☐ Currently taking drug  
☒ Currently taking drug from class  
☐ Previous script for drug  
☐ Condition  
☐ Symptom  
☐ Sign

ANTIHY  
Antihypertensive - beta blocker  
Antihypertensive - calcium channel blocker  
Antihypertensive - combination products  
Antihypertensive - diuretic  
Antihypertensives

☐ OR ☐ NOT

☐ Seen By: Any doctor [v] From: 31/10/2018 [v] To: 31/10/2018 [v]

☐ Not seen since: 31/10/2018 [v]

Custom Field 1: [ ]  
Custom Field 2: [ ]  
Custom Field 3: [ ]

All patients aged between 45 and 99 having Hypertension using Antihypertensives

4. Select search button at bottom right of screen

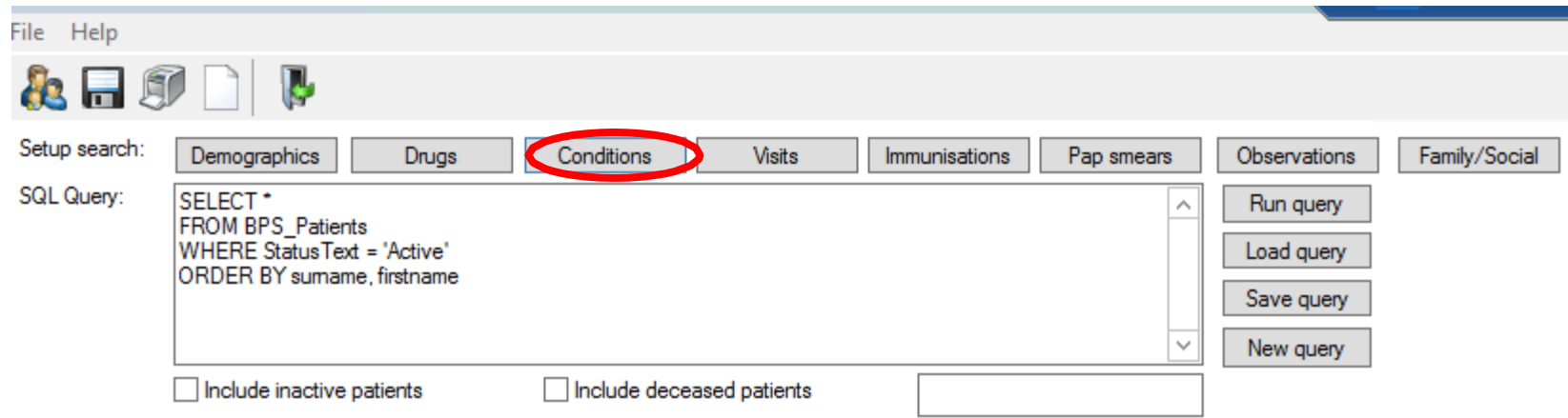
5. This will create a list of patients who may be automatically eligible for the My Health for Life program.

**Tip:** Note the criteria box at the bottom of the Search screen to ensure your selections have been entered.



## Finding patients in **Best Practice** software eligible for My Health for Life

1. In Best Practice, on the main screen select **Utilities** and **Search**
2. Select conditions



File Help

Setup search: Demographics Drugs **Conditions** Visits Immunisations Pap smears Observations Family/Social

SQL Query: SELECT \*  
FROM BPS\_Patients  
WHERE StatusText = 'Active'  
ORDER BY surname, firstname

Run query  
Load query  
Save query  
New query

☐ Include inactive patients ☐ Include deceased patients

3. Enter the first few letter of the condition and select from the list by double clicking or clicking on the **Add** button (use And/Or/Not) as necessary eg. Hypertension.

4. You can also make other selections to refine your search for patients eligible for My Health for Life e.g. age, risk factors such as smoking status

5. Click **OK** then **Run Query**

Run query



### Example SMS to send to patients:

Our records show a new Queensland program may be right for you. My health for life is now available and free for participants. The online health risk check will help you take your first step towards a healthier future. Visit [www.myhealthforlife.com.au](http://www.myhealthforlife.com.au) or call us make an appointment for your health check on:

## Further information

- For more information on *My Health for Life* in Western Queensland <http://wqphn.com.au/myhealthforlife>
- My Health for Life program website <https://www.myhealthforlife.com.au/>
- Call 13 7475 (13 Risk) call centre for over the phone Risk Assessment (during business hours)

