

A photograph of a man with a beard and mustache, wearing a dark polo shirt, leaning on a kitchen island. He is smiling warmly at the camera. The kitchen background includes a white countertop with a kettle, a wine bottle, and a bowl of fruit. A blue semi-transparent overlay covers the entire image. The text 'My health for life' is written in a yellow, cursive font on the right side, with a yellow thumbs-up icon to its right.

*My health
for life* 👍

Tool Kit for General Practice

| Kit Contents: | Page |
|---|-------------|
| Overview of <i>My health for life</i> – A Qld Government funded program | 3 |
| <i>My health for life</i> and General Practice | 4 |
| Eligibility criteria | 5 |
| GP consent and Ineligible conditions | 6-7 |
| The <i>My health for life</i> Program | 8-10 |
| Referral Pathway options and Patient Journey | 11 |
| Risk assessment online tool | 12 |
| How General Practice can get involved | 13 |
| Culturally and Linguistically Diverse (CALD) communities | 14 |
| Materials for your practice | 15 |
| Referral tools | 16 |
| Training for Health Professionals | 17-19 |
| Finding patients in practice software and CAT4 | 20-23 |
| Further information | 24 |

Overview



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

- to effectively identify people at **high 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



Another initiative of
Queensland Government.
Healthier. Happier.

*My health
for life* 

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.
- Providing patients an opportunity to participate in an evidence-based health behaviour modification program in their local community, via phone or face to face sessions.
- 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 we look forward to building professional relationships while contributing to your patients' overall care.

Eligibility Criteria

Automatically eligible

Designed for patients with one or more of the following:

Adult over 45 years

(Or 18+years for Aboriginal and Torres Strait Islander)

- AusDRisk score ≥ 12 **or**
- Blood Pressure either: ≥ 160 systolic or ≥ 100 diastolic (with GP consent) **or**
- Absolute cardiovascular risk score $>15\%$



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 $\geq 140/90$ by a GP) **or**
- Pre-Diabetes (diagnosed as IFG or IGT)



Things to consider:

GP consent is required for the following:

- Pregnant
- High blood pressure either:
≥160 systolic or ≥100 diastolic
- Existing mental health issues
- Current acute illness
- Surgery in previous 12 months

See details on page 16 for access to e-referral template which includes GP consent

Ineligible conditions (18+ yrs)

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)



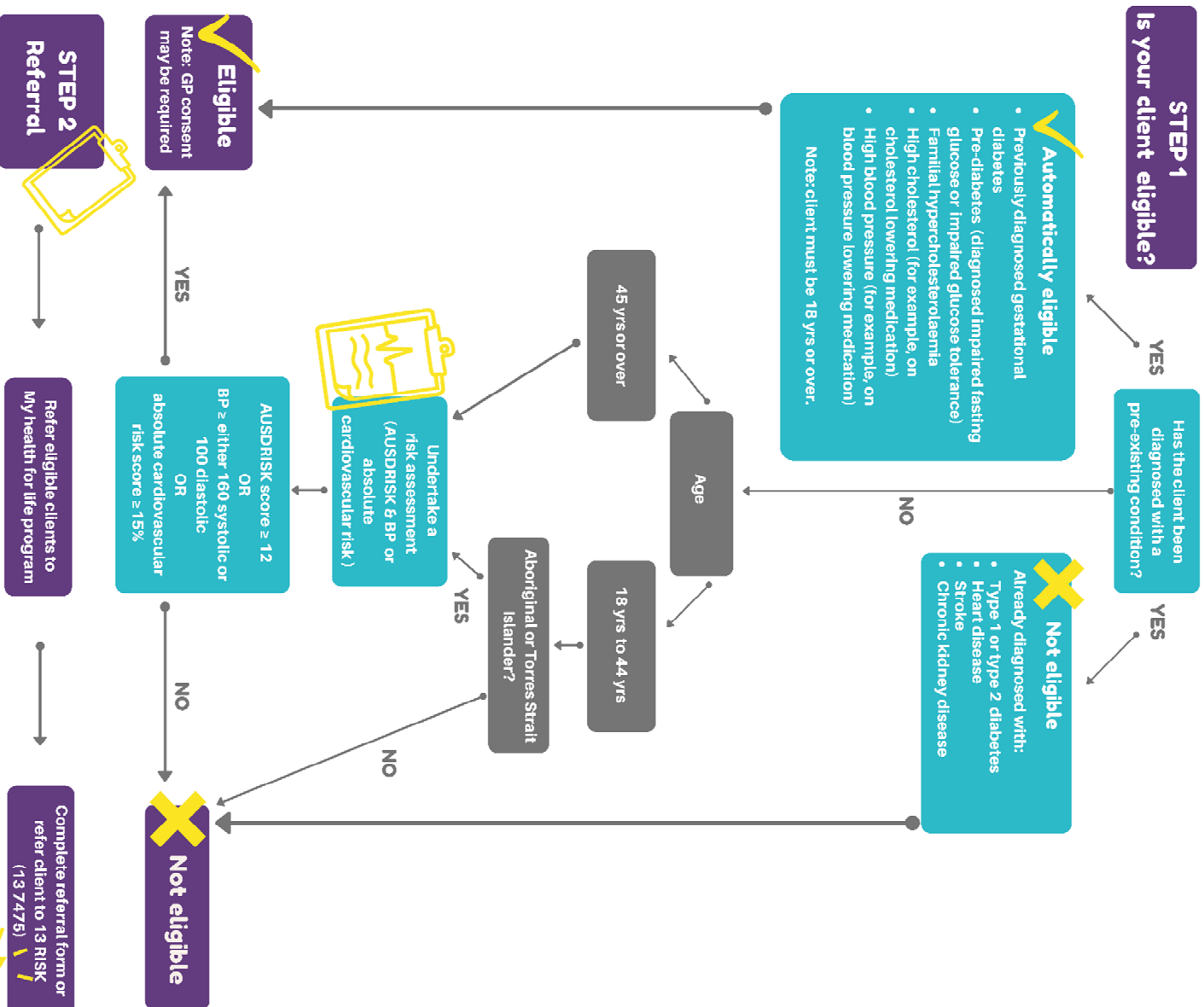
Eligibility criteria

Do you have clients who would benefit from an exciting, new healthy lifestyle program?

My health for life will help people at high risk of developing chronic conditions such as heart disease, stroke and type 2 diabetes make healthy lifestyle changes. It's free and simple to join, check your client's eligibility below.

My health for life

My health for life



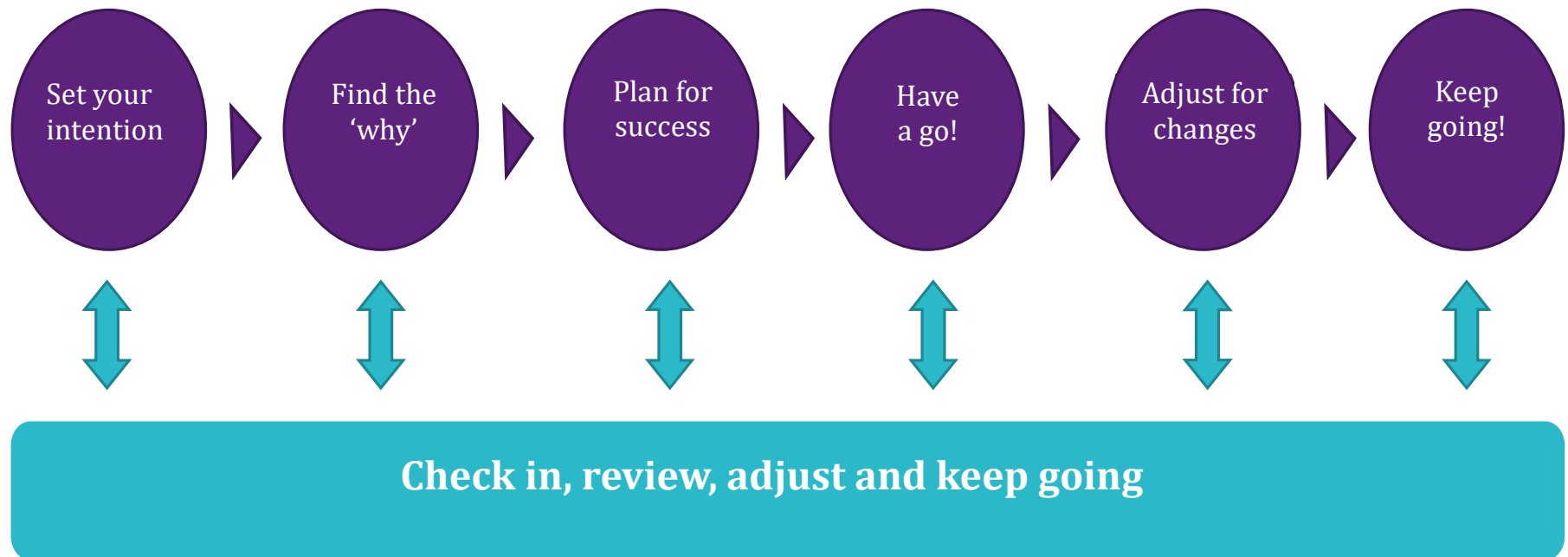
The MH4L Program



- FREE behaviour change program for patients at high risk of chronic disease
- 6 sessions over 6 months (based on the Health Behaviour Change Theory: Health Action Process Approach).
- Choice of phone coaching or local group programs
- 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
- For information on upcoming My Health for Life Group programs in the Brisbane South PHN region visit <http://bsphn.org.au/group-start-dates/>



My health for life behaviour change model

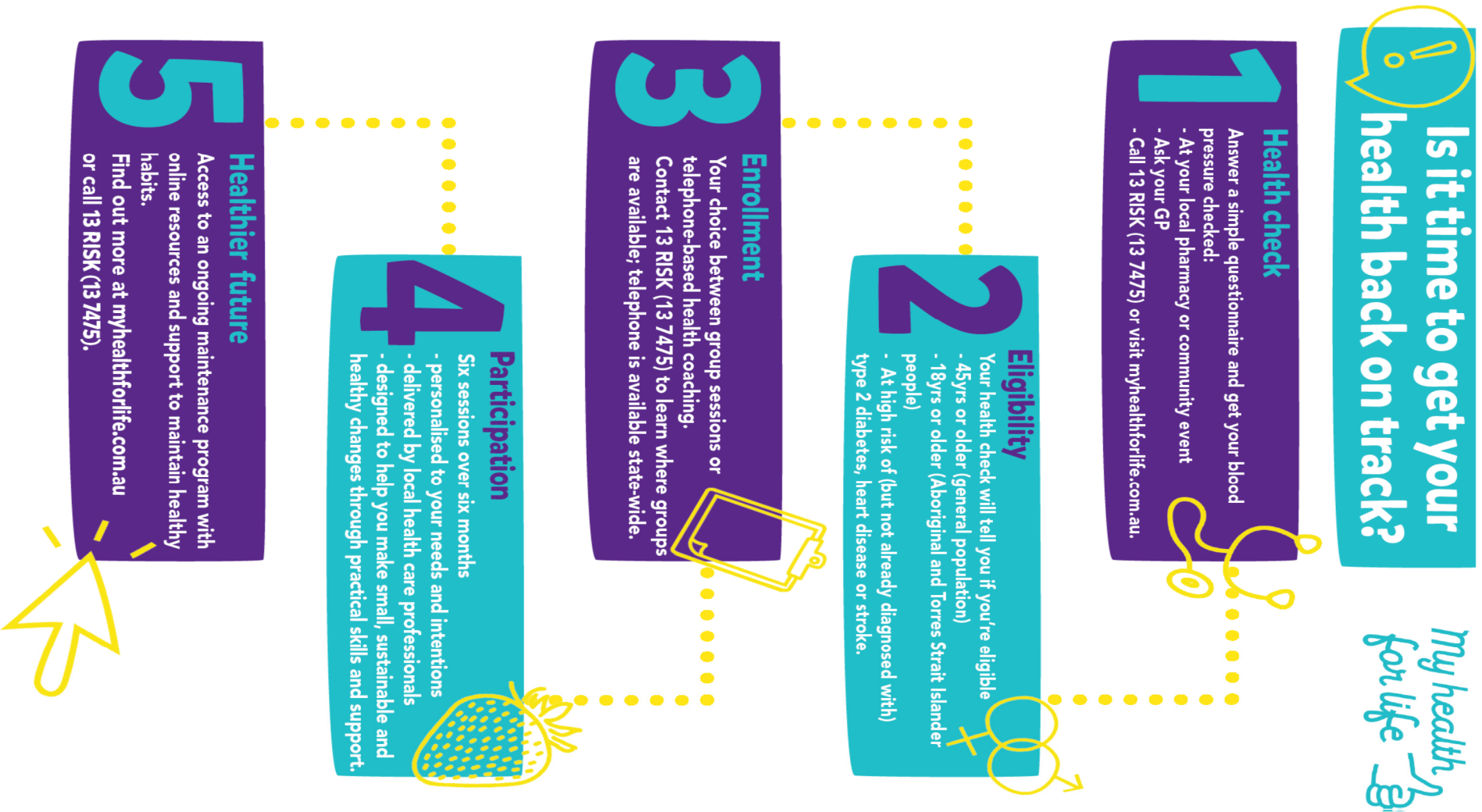




PROGRAM OUTLINE

| | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 | SESSION 5 | SESSION 6 | 6 MONTHS + |
|--|--|---|--|---|--|---|---|
| TIMING | 1:1 with facilitator or phone coach organised within 6 weeks | Group sessions start after 1:1 Phone coaching continues | 2 weeks after Session 2 | 2 weeks after Session 3 | 2 weeks after Session 4 | 12 weeks after Session 6 | Ongoing support through the Maintenance Program |
| FORMAT | 1:1 with facilitator or phone coach 45-60min | Group session 120min Phone coaching 45min | Group session 120min Phone coaching 45min | Group session 120min Phone coaching 45min | Group session 120min Phone coaching 45min | Group session 120min Phone coaching 45min | |
| SESSION CONTENT | Introduction to MH4L Set intention for MH4L | Understanding risk & preventing chronic disease Finding your 'why' | Planning for success Moving more | Engaging support Eating well Self monitoring behaviours | Adjusting for change Alcohol and smoking | Maintaining healthy habits Program review and feedback | |
| Regular contact (SMS/emails), follow up support resources, reminder message etc. | | | | | | | |

Referral pathway and patient journey

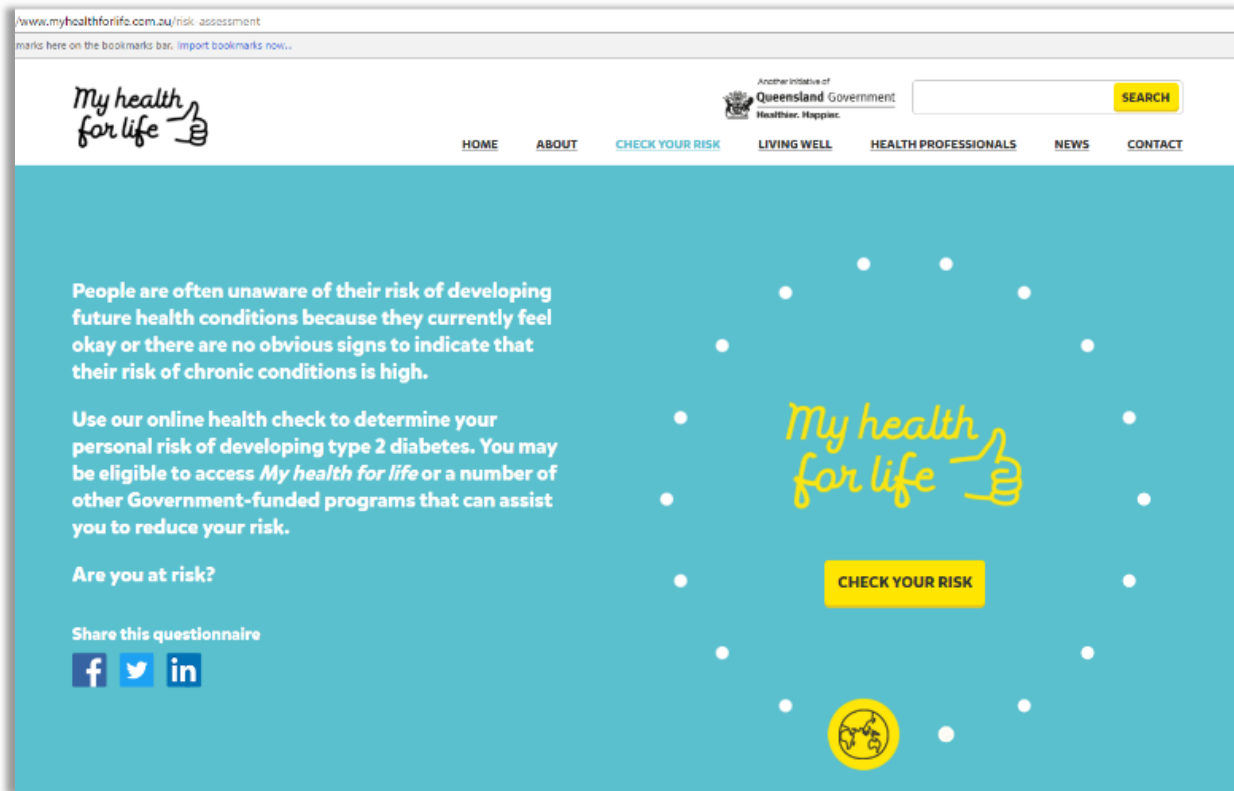


MH4L risk assessment online tool



Patient can do the risk assessment 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>

How your general practice can get involved

Waiting room

- General promotion including posters, magazine and brochures (order through Brisbane South PHN)
- 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 (see pg 20 for instructions)
- 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 high risk patients about the program, assess readiness for change

Assists with meeting [RACGP 5th edition Standards](#) on Preventive Health (Criterion C4.1)

Programs for culturally and linguistically diverse patients

Ethnic Community Council of Qld (ECCQ) is responsible for delivering the program to Vietnamese, Arabic, Chinese speaking, and Pacific Islander (simplified English) communities using bilingual health workers and culturally tailored resources.

In-practice support available

ECCQ would like to partner with general practices within the Brisbane South PHN region who have an interest in multicultural health and have a high number of patients from the above target communities.

Multicultural health workers at ECCQ can provide practices with:

- Translated resources such as patient brochures and posters for waiting rooms
- Assistance to identify and recall patients, who according to your health records, potentially meet eligible criteria
- On-site MH4L eligibility risk assessments for patients who have been recalled, to assist practice nurse and GP workload
- Locally delivered free group-based MH4L program

For further details please contact Millicent Okuto,
ECCQ Program Coordinator, Chronic Disease
Program
T: (07) 32551540 Ext 225 E: millicento@eccq.com.au

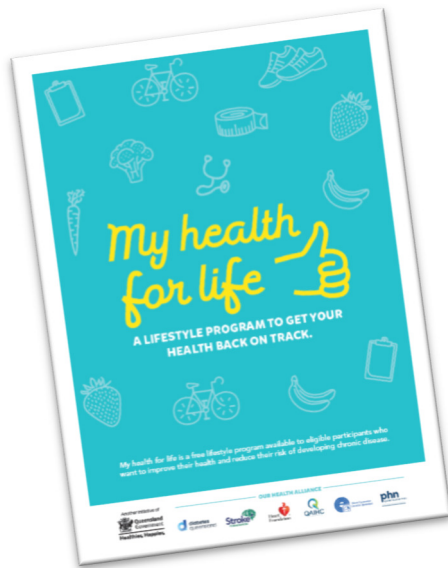
Materials for your practice

Patient tear off sheets

Patient magazine

Patient brochures

Waiting room posters



Ethnic Community Council of Qld (ECCQ) has culturally tailored and translated resources for the following communities: Arabic Speaking, Chinese (Cantonese and Mandarin Speaking), Pacific Islander and Vietnamese and simplified English.

Please contact **Millicent Okuto**,
ECCQ Program Coordinator, Chronic Disease Program
T: (07) 32551540 Ext 225 E: millicento@eccq.com.au

Need Resources?
Contact your [Brisbane South PHN Area Account Manager](#)

Referral tools

- Online Risk Assessment tool at www.myhealthforlife.com.au (patient self-referral)
- Medical Practitioner eReferral **Templates** available at [Brisbane South PHN website](#)

Zedmed, Best Practice, Medical Director, GP Complete and Genie

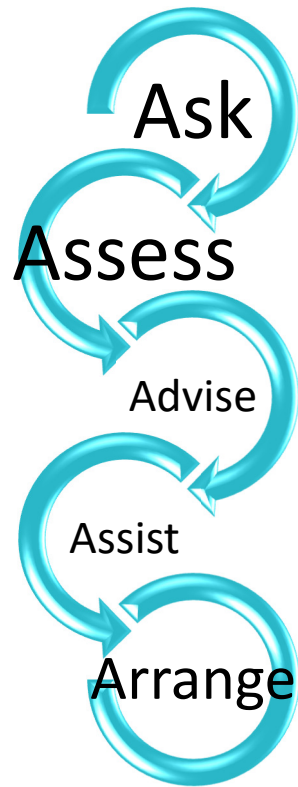
GP eReferrals are sent to Diabetes Queensland via Medical Objects.

- Medical Practitioner Referral Form [PDF Version](#) for faxing 07 3506 0909
- Call 13 Risk (13 7475) call centre for over the phone Risk Assessment (business hours)
- Further information is available on the SpotonHealth HealthPathways website under Lifestyle Modification Programs.

<https://spotonhealth.healthpathwayscommunity.org/index.htm>

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

[Video 1 - Absolute risk and what it means in practice](#)

[Video 2 - Reducing barriers to using an absolute risk approach](#)

[Video 3 - Engaging patients to think about absolute risk](#)

[Video 4 - Absolute risk assessment in Aboriginal & Torres Strait Islander populations](#)

[Video 5 - Other issues in absolute risk assessment](#)

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



Contact Brisbane South PHN for your hard copy of Motivational Interviewing Kits

Assessing patients' readiness for change

Finding eligible patients in general practice software and CAT4

- Finding patients in **Medical Director** eligible for My Health for Life (p21)
- Finding patients in **Best Practice** eligible for My Health for Life (p22)

Practices can also use **CAT4 recipes** to identify eligible patients

Click on headings below or google "CAT4 recipes"

- [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](#)



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

The screenshot shows the 'Patient Search' window with the following details:

- Age:** Greater than or equal to 45, less than or equal to 99.
- Gender:** All (checked), Not Stated, Male, Female, Intersex/Other.
- Transgender:** All (checked), Yes, No.
- Pregnant:** All (checked), Yes, No.
- ATSI:** Not stated/inadequately described, Aboriginal, Torres Strait Islander, Aboriginal and Torres Strait Islander, Neither Aboriginal nor Torres Strait Islander.
- Occupation:** (Dropdown menu)
- Smoker:** >= /day, Never Smoked, Ex-Smoker.
- Drug/Condition:** Currently taking drug from class (checked). Search term: ANTIHY. List includes: Antihypertensive - beta blocker, Antihypertensive - calcium channel blocker, Antihypertensive - combination products, Antihypertensive - diuretic, Antihypertensives (highlighted).
- Buttons:** OR, NOT, Add to search criteria.
- Filters:** Seen By: Any doctor; From: 31/10/2018; To: 31/10/2018; Not seen since: 31/10/2018.
- Custom Fields:** Custom Field 1, 2, 3.
- Summary:** All patients aged between 45 and 99 having Hypertension using Antihypertensives.
- Buttons:** Search (circled in red), Clear, Close.

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

Include inactive patients Include deceased patients

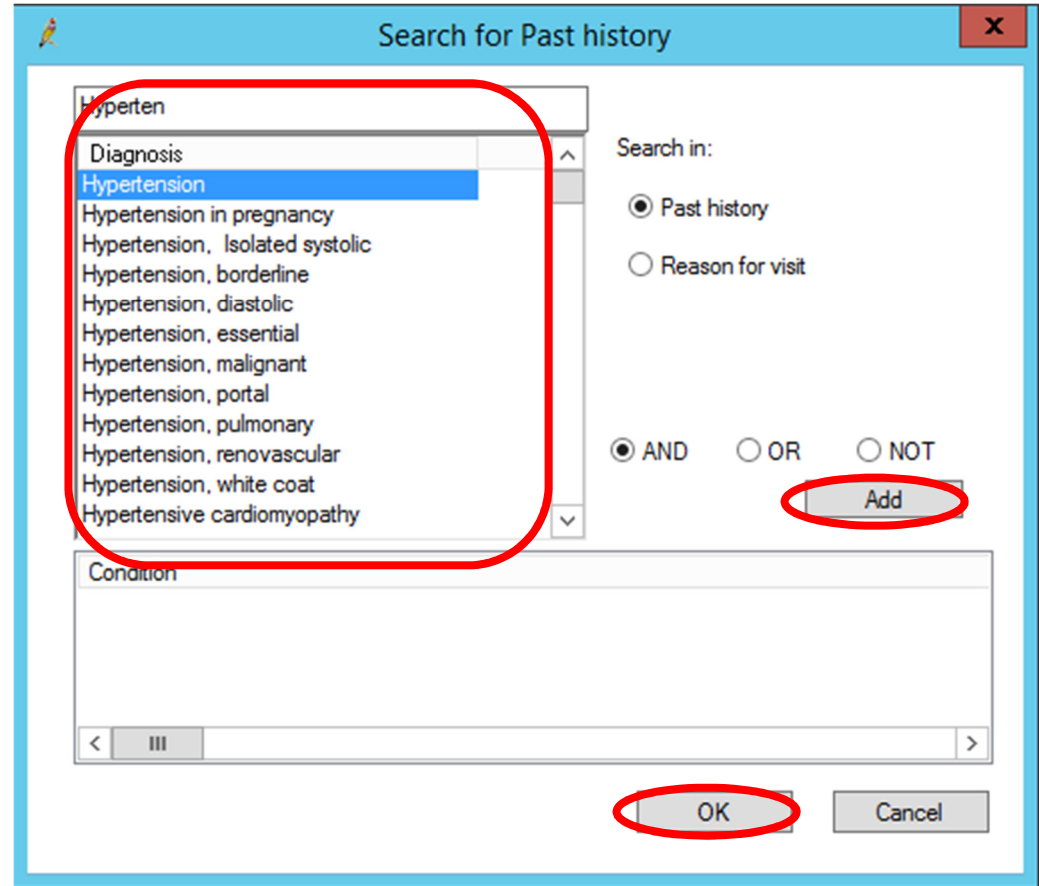
Run query
Load query
Save query
New query

3. Enter the first few letters 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 or call us make an appointment for your health check on:

Further information

- For information on upcoming My Health for Life Group programs in the Brisbane South PHN region <http://bsphn.org.au/group-start-dates/>
- 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)
- [Frequently Asked Questions](#)
- Contact your Brisbane South PHN [Area Account Manager](#) more information and for Continual Quality Improvement ideas.

