



*My health
for life* 👍

Tool Kit for General Practice

WQPHN 2019

Open this document online and use embedded links to external websites

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
The <i>My health for life</i> Program	6
Referral Pathway options and Patient Journey	9
Health Check online tool	10
Referring patients to MH4L	11
How General Practice can get involved	12
Training for Health Professionals	13
Finding patients in practice software and CAT4	15
Further information	19

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* A stylized blue thumbs-up icon.

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.
- Provides patients an opportunity to participate in an evidence-based health behaviour modification program in their local community, via phone or face to face sessions.
- Gives 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

Designed for patients with one or more of the following:

Eligibility criteria

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 $\geq 15\%$

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

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 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)**

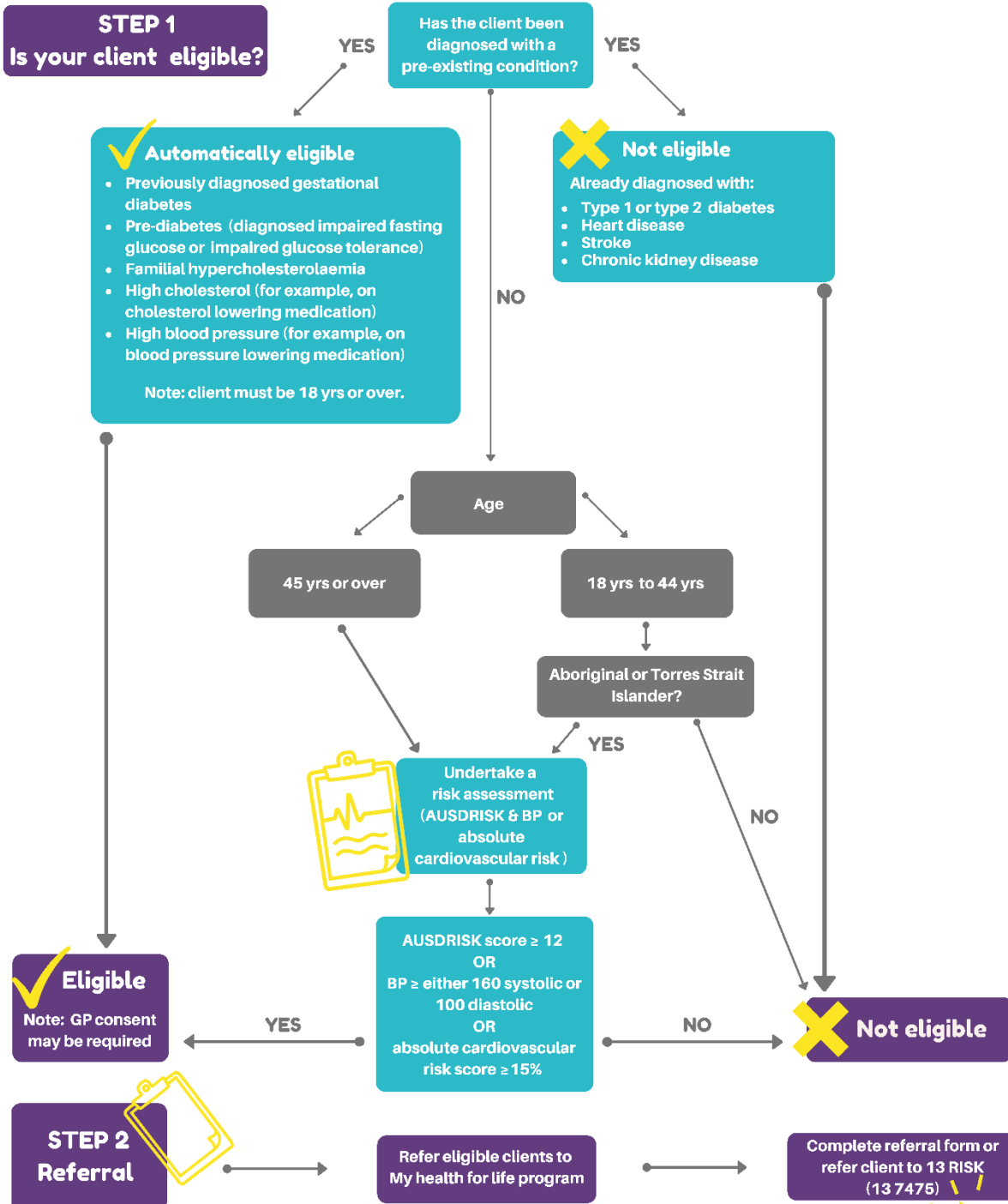
Eligibility criteria

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*

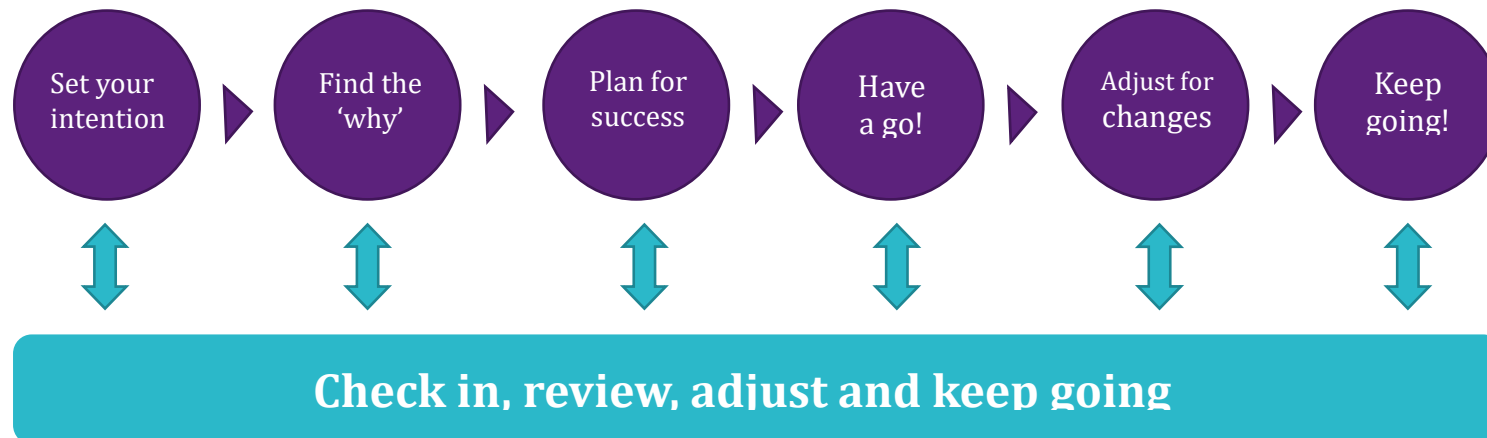


The MH4L Program



- 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 (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	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

Is it time to get your health back on track?

My health
for life 

9
My health
for life 

1 Health check

Answer a simple questionnaire and get your blood pressure checked:

- At your local pharmacy or community event
- Ask your GP
- Call 13 RISK (13 7475) or visit myhealthforlife.com.au.

2 Eligibility

Your health check will tell you if you're eligible

- 45yrs or older (general population)
- 18yrs or older (Aboriginal and Torres Strait Islander people)
- At high risk of (but not already diagnosed with) type 2 diabetes, heart disease or stroke.

3 Enrollment

Your choice between group sessions or telephone-based health coaching.

Contact 13 RISK (13 7475) to learn where groups are available; telephone is available state-wide.

4 Participation

Six sessions over six months

- personalised to your needs and intentions
- delivered by local health care professionals
- designed to help you make small, sustainable and healthy changes through practical skills and support.

5 Healthier future

Access to an ongoing maintenance program with online resources and support to maintain healthy habits.

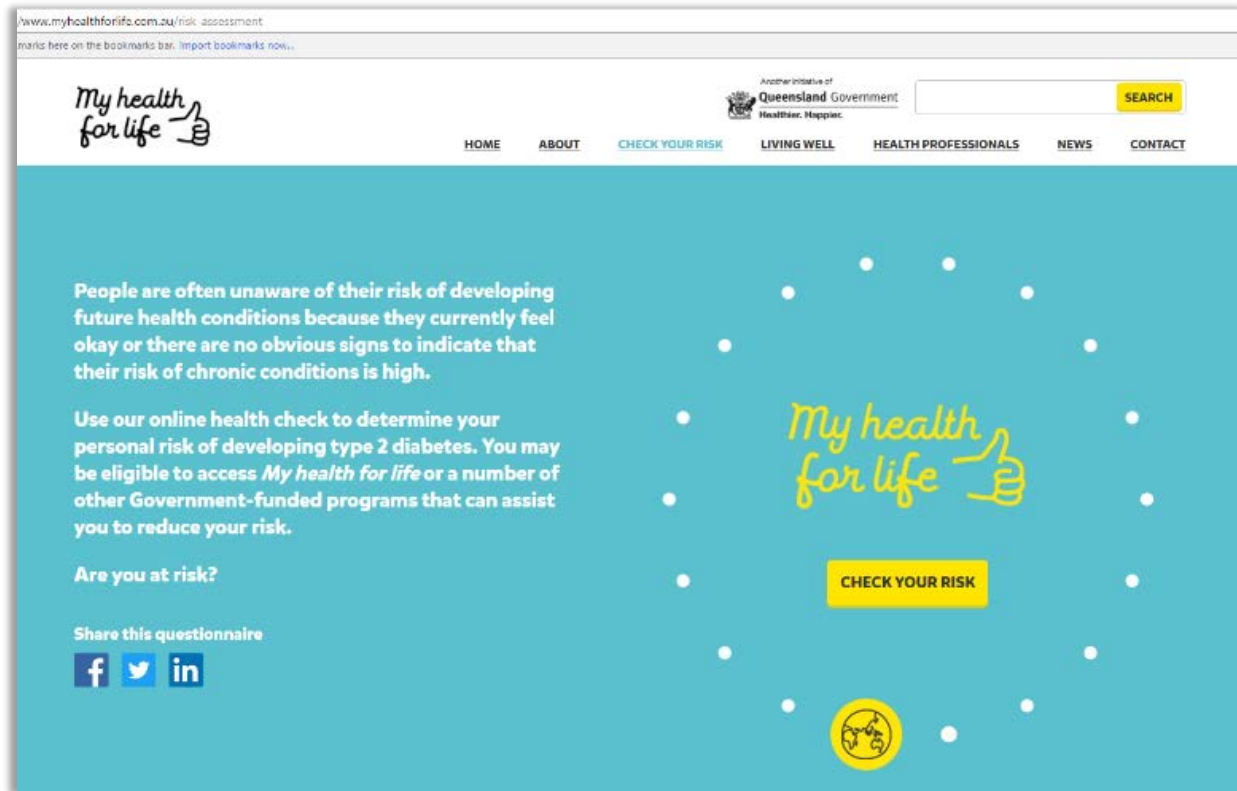
Find out more at myhealthforlife.com.au or call 13 RISK (13 7475).

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

Login details: Category: PHN
 Type: In practice screen
 Name: (Practice Name)
 Username: Western Qld PHN
 Password: MH4L_WQPHN

Patients can self-refer by completing the Online Health Check tool at www.myhealthforlife.com.au/risk-assessment.

Or call the 13 Risk (13 7475) call centre for over the phone Risk Assessment (business hours)

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

**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

Program details

My health for life is an integrated risk assessment and behaviour modification program that aims to identify people at high-risk of developing a chronic disease. Funded by the Queensland Government and delivered by The Healthier Queensland Alliance, the program encourages and supports participants to achieve and maintain individually personalised healthy lifestyle goals. Eligible Queenslanders will gain access to a free six month structured, evidenced-based program based on behaviour change principles. The program will be delivered by trained local health practitioners either by face-to-face group sessions or personalised telephone sessions with access to online activities and supports when required. Further details can be found at myhealthforlife.com.au

About the participant

How your general practice can get involved

Waiting room

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

- General promotion including posters, magazine and brochures (order through Western Queensland 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
- 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 and refer to program

Materials for your practice

Patient tear off sheets

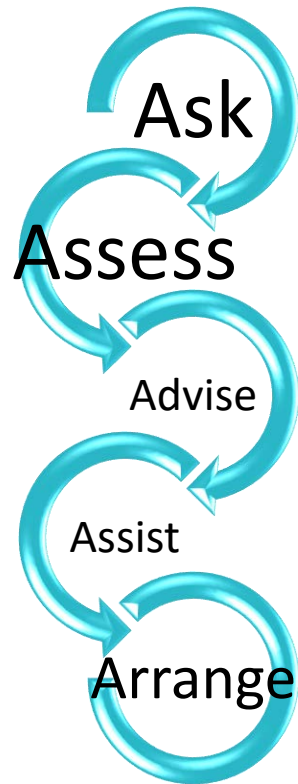
Patient magazine

Waiting room posters



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](#)



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

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

- 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.
- Occupation:** Dropdown menu.
- Smoker:** ☐ Smoker >= [] /day, ☐ Never Smoked, ☐ Ex-Smoker.
- Drug/Condition:** ☐ Currently taking drug, ☒ Currently taking drug from class, ☐ Previous script for drug, ☐ Condition, ☐ Symptom, ☐ Sign. Search term: 'ANTIHY'. List: Antihypertensive - beta blocker, Antihypertensive - calcium channel blocker, Antihypertensive - combination products, Antihypertensive - diuretic, **Antihypertensives** (selected).
- OR/NOT:** ☐ OR, ☐ NOT.
- Buttons:** 'Add to search criteria', 'Search' (circled in red), 'Clear', 'Close'.
- Seen By:** 'Any doctor'.
- From:** '31/10/2018', **To:** '31/10/2018'.
- Not seen since:** '31/10/2018'.
- Custom Fields:** 'Custom Field 1', 'Custom Field 2', 'Custom Field 3'.
- Preview:** 'All patients aged between 45 and 99 having Hypertension using Antihypertensives'.

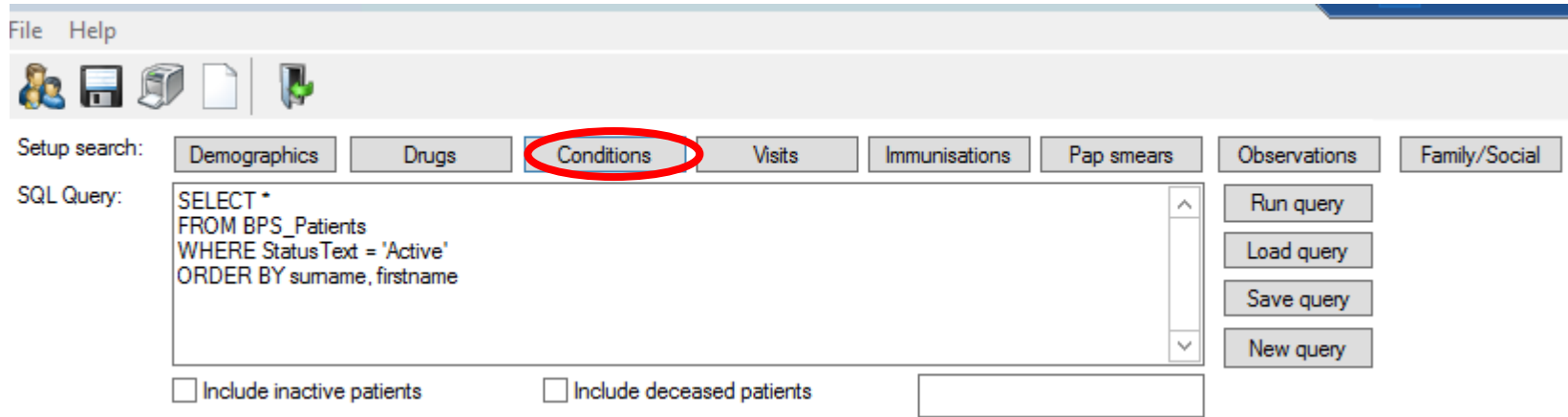
4. Select search button at bottom right of screen

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

☐ Include inactive patients ☐ Include deceased patients

Run query
Load query
Save query
New query

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 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)
- [Frequently Asked Questions](#)

