

Lifescrpts

Advice for healthy living

Lifescrpts encourages and supports general practice to focus on the priority areas of prevention, early intervention and chronic disease management by promoting and supporting positive lifestyle behaviour change in their patients. Lifescrpts provides general practice with tools to assist patients to make healthier lifestyle choices. Lifescrpts builds on work undertaken on the SNAP risk factors (Smoking, Nutrition, Alcohol and Physical activity) and adds weight management as an additional risk factor. Lifescrpts provides a framework for GPs, practice nurses and staff in the general practice setting to bring lifestyle risk factors to the fore in their engagement with patients.

The suite of Lifescrpts tools include:

Waiting room materials

Checklist, Flyers*, Poster*

Assessment guidelines

Assessment tools

Prescription pads

Practice manual

Division manual

CD Rom (includes motivational interviewing component)

(*Including versions designed for Aboriginal and Torres Strait Islander patients).

These resources have been designed to enable a range of implementation options to suit different general practice settings. Lifestyle risk factor

discussions might be implemented opportunistically when relevant to the patient consultation or practices might take a systematic, 'whole of practice' approach and integrate Lifescrpts into clinical processes. The Lifescrpts methodology uses the 'five As' approach, Ask, Assess, Advise, Assist and Arrange.

During 2005 and 2006, these resources have been rolled out to general practice through the Divisions network, this has involved both provision of resources and support for implementation. In November 2006 a 'national profile of Lifescrpts implementation' report was compiled based on the results on results of a 'Lifescrpts implementation data collection survey' completed by 76 divisions across the country. This report clearly illustrates that divisions have been extremely effective in integrating Lifescrpts into existing program areas to 'value add' to existing work, reflecting the relevance of lifestyle risk factor management to general practice and divisions. The strongest reported links to Lifescrpts were with division chronic disease, health promotion and practice nursing programs however there was much data illustrating the effective links of Lifescrpts with the majority of program areas.

Divisions have utilised new and existing partnerships with a variety of organisations such as state government, community health services, Aboriginal Medical Services and non-government organisations to support and facilitate their work, and to further develop links between general practice and the broader primary health care sector.

Future implementation and use of Lifescripts within general practice will be supported by the recently introduced MBS item 717 – 45 year health check. This item supports general practice to identify patients around the age of 45 that could benefit from a health assessment designed to assist with the prevention of chronic disease. This check may enable early intervention strategies, such as the use of Lifescripts, to address lifestyle risk factors, to be put in place.

For more information please contact:

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