



Australian Divisions of **General Practice**

Lifescrpts NEWSLETTER

**Issue: 6
May 2006**

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The news we've all been waiting for – will Lifescrpts continue post 30 June 2006? **Yes!** In the 2006-07 Federal Budget Lifescrpts was given an increased commitment of \$2.7 million bringing the total funding for Lifescrpts up to \$5.5 million over four years.

A number of new resources are available in the ADGP Lifescrpts Resource Library accessible through the web at www.adgp.com.au. See the useful resources section in the newsletter to find out about some of the resources available including new templates, a tool to assist in planning CPD workshops and the first of the Divisional case studies.

Stocks of Lifescrpts resources have run out again. The Department is organising a reprint and has undertaken to provide formal advice to the Network regarding when new stocks of the resources will be available (most likely August). I will disseminate this advice through the State Based Organisations as soon as ADGP receives it. In the meantime there are approximately 3,000 copies of the CD Roms available as well as refill items including the assessment pads and prescription pads.

ADGP, SBOs and a couple of Divisions had a national network meeting on 18-19 May. Presentations from this meeting are available on ADGP's website and highlight some of the activities that Divisions, SBOs and ADGP are undertaking in implementing Lifescrpts.

Megan Hansford
Lifestyle Prescriptions Coordinator

Focus on: Lifestyle Risk Factors and ATSI Health

Indigenous people are more than twice as likely to be current daily smokers as non-Indigenous adults, are 1.2 times more likely to be overweight or obese and just as likely to consume alcohol at risky or high risk levels. These are some of the results of the largest Indigenous health survey conducted by the Australian Bureau of Statistics – the 2004-05 National Aboriginal and Torres Strait Islander Health Survey. This survey also found that Indigenous people living in remote areas are less likely to consume fruit and vegetables than Indigenous people in non-remote areas raising concerns about the accessibility of fresh fruit and vegetables in remote areas. In 2004-05 Indigenous people were more likely to be sedentary or participate in low levels of exercise in than in 2001 and 1.2 times more likely to be overweight or obese than non-Indigenous Australians.

The Lifescrpts resources can be used to work with patients to raise awareness of the importance of healthy lifestyles in preventing chronic disease. The resources were developed with the assistance of an Aboriginal and Torres Strait Islander Reference Group.

The Aboriginal and Torres Strait Islander Adult Health Check Medicare Item (number 710) provides a number of opportunities to discuss healthy lifestyles with

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Lifescrpts

Advice for Healthy Living

indigenous people aged between 15 and 54 years. Some suggestions to incorporate Lifescrpts in item 710 are:

Patient history – record the patient's physical activity, nutrition and alcohol, tobacco or other substance use status using the Lifescrpts Assessment tools

Patient examination – for overweight and obese patients recording height, weight, BMI and where indicated waist circumference could be used as an opportunity to discuss weight management with the patient

Intervention – undertake a brief intervention using the five A's approach discussed in the Lifescrpts guidelines and providing lifestyle prescriptions for the patient's lifestyle risk factors

Focus on: Lifescrpts Divisional Case Studies

ADGP is currently working on developing case studies of how Divisions are incorporating Lifescrpts. The aim of the case studies is to disseminate across the Network ideas and examples of how Lifescrpts could be incorporated into Divisional work. The case studies will be published in the Lifescrpts resource library on ADGP's website www.adgp.com.au (go to the Resources page select Division Case Studies from the drop down list and change the category by clicking on the select key. The case studies will also be featured in this newsletter. The first study of work being conducted at Whitehorse Division of General Practice is now available.

Strengthening the Links for Lifescrpts

"The key to marketing Lifescrpts to GPs and practices has been promoting evidence about the effectiveness of brief lifestyle interventions, emphasising the difference that just one minute makes in a consultation and talking about the efficacy of providing tailored written advice for patients" said Aimee Black, Whitehorse Divisions' Health Promotion Officer.

Articles of Interest

Diabetes Hits 275 Australians Each Day As Pandemic Spreads

A new national health study funded by the NH&MRC, industry and state governments released today by the International Diabetes Institute in Melbourne shows diabetes is hitting up to 275 new victims each day throughout Australia. The findings of the Australian Diabetes, Obesity and Lifestyle Study (AusDiab) were presented to the Federal Minister for Health and Ageing, Mr Tony Abbott and provide the first definitive, clear picture of the rising tide of diabetes, obesity, hypertension (increased blood pressure) and chronic kidney disease.

Media Release - Australian Diabetes, Obesity and Lifestyle Study:

http://www.aushealthcare.com.au/news/news_details.asp?nid=7224

National Aboriginal and Torres Strait Islander Health Survey 2004-05

The 2004-05 National Aboriginal and Torres Strait Islander Health Survey (NATSIHS) is the largest health survey of Indigenous Australians conducted by the Australian Bureau of Statistics (ABS). The sample size was 10,439 persons (or about one in 45 of the total Indigenous population), considerably larger than the supplementary Indigenous samples in the 1995 and 2001 National Health Surveys. This survey, which was conducted in remote and non-remote areas throughout

Australia, was designed to collect a range of information from Indigenous Australians about health related issues, including health status, risk factors and actions, and socioeconomic circumstances.

Further details are available from the Australian Bureau of Statistics at:

www.abs.gov.au

Smoking Campaign Confronts the Truth

A new and deliberately shocking national anti-smoking campaign will help make Australians understand the real dangers of smoking, the Parliamentary Secretary to the Minister for Health and Ageing, Christopher Pyne, said. The campaign focuses on the risk that smoking will lead to peripheral vascular disease which can lead to limb gangrene and, in turn, amputation. It is a collaboration of Quit SA, NT Health, Queensland Health, the Cancer Institute NSW, the National Heart Foundation of Australia, The Cancer Council Victoria, Quit Tasmania and Quit Victoria. Mr Pyne said it would reinforce the Government's message that "every cigarette is doing you damage".

To view the full media release, click on the link below:

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2006-cp-pyn024.htm>

Prevention Building on routine clinical practice

Moira G Sim, Eric Khong; Australian Family Physician, Vol 35 No 1/2, January/February 2006, 12 – 15.

The role of general practice in preventing disease and promoting health is strongly supported by research and health policies. This article provides advice on incorporating prevention into general practice including through use of the Lifescrpts resources.

Full text of article available at <http://www.racgp.org.au/folder.asp?id=1302>

Mediterranean Diet Lowered Alzheimer's Risk

The Mediterranean diet may be brain food, according to a community-based study. A group of participants who stuck to elements of the Mediterranean diet - high in fruits, vegetables, cereals, but low in meat and dairy products - had a reduced risk for Alzheimer's disease. None was demented at the outset.

Full text of article available at

<http://www.medpagetoday.com/Psychiatry/AlzheimersDisease/tb/3108>

Prescribing exercise as preventive therapy

Abstract: Energy expenditure of about 1000 kcal (4200 kJ) per week (equivalent to walking 1 hour 5 days a week) is associated with significant health benefits. Health benefits can be achieved through structured or nonstructured physical activity, accumulated throughout the day (even through short 10-minute bouts) on most days of the week. In this article we outline the means of evaluating cardiovascular and musculoskeletal fitness, the methods of evaluating physical activity levels, the current recommendations for exercise (including intensity, type, time and frequency) and the resources available for patients and physicians interested in learning more about the evaluation of physical activity and fitness levels and the prescription of exercise.

Warburton et al. 2006; 174 (7): 961 - 74 Canadian Medical Association Journal.

Full text of article is available at: <http://www.cmaj.ca/cgi/reprint/174/7/961>

Media

New Medicare items for Indigenous health, refugees and palliative care

Medicare funded health checks for Aboriginal and Torres Strait Islander children and for refugee and other humanitarian entrants to Australia have been listed on the Medicare Benefits Schedule (MBS) from May 1 2006. A new item recognising the role of specialists in pain and palliative medicine, and items covering immunisation and wound-management by registered Aboriginal Health Workers in the Northern Territory on behalf of a GP will also be listed.

To view the full media release, click on the link below:

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2006-ta-abb050.htm>

New Nutritional Values for Australia and New Zealand

Increase your intake of some key nutrients but cut back on salt and saturated fats to reduce the risk of nutritional deficiency and chronic illness—this is just some of the latest dietary advice from the National Health and Medical Research Council (NHMRC).

The NHMRC's *Nutrient reference values for Australia and New Zealand* is a technical report to help nutritionists and other health professionals accurately assess the dietary needs of individuals and groups.

The document and a set of Frequently Asked Questions and Answers are available at: <http://www.nhmrc.gov.au/publications/synopses/n35syn.htm>

Media release at:

[http://www.health.gov.au/internet/ministers/publishing.nsf/Content/AD37D0B37F95AD03CA2571630015CBF2/\\$File/pyn023.pdf](http://www.health.gov.au/internet/ministers/publishing.nsf/Content/AD37D0B37F95AD03CA2571630015CBF2/$File/pyn023.pdf)

Useful resources

Continuing Professional Development - planning tool

ADGP has developed a document that can be used by Divisions planning CPD events which incorporate Lifescrpts. The document is based on the CPD applications from several Divisions that have already run such events. The document is based on a structure that has been common for these workshops in which Lifescrpts is introduced, community based and NGO programs are presented and the Chronic Disease Management Medicare items are discussed. The CPD planning document is available in the Lifescrpts Resource Library on ADGPs website.

Sample Division Annual Plans

The Lifescrpts Consortium has provided sample annual plans for Divisions that demonstrate some options for including Lifescrpts in Divisional programs. The sample plans are available in the Lifescrpts Resource Library and have been circulated to the Network.



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Lifescrpts templates – smaller versions

In response to feedback from the Network ADGP has rewritten the Lifescrpts templates to reduce the file size of these documents. The latest versions of the templates are available to download from ADGP's Lifescrpts Resource Library

ADGP's Lifescrpts Resource Library:

<http://www.adgp.com.au/site/index.cfm?module=DOCUMENTS&leca=226>

Diary dates

May 2006

28 – June 30 Kidney Awareness Month
31 World No Tobacco Day

June 2006

18 – 24 Drug Action Week

July 2006

1 – 7 Asthma Week
9 – 15 National Diabetes Week

August 2006

25 Daffodil Day

Contact the editor

To subscribe or unsubscribe to the Lifescrpts Newsletter or to submit an article please contact Megan Hansford at mhansford@adgp.com.au or by telephone on: (02) 6228 0829.

Information in this newsletter is for the use and benefit of all members of SBOs and Divisions, so please pass it on, and recycle the whole, or parts, of this publication to your members with due acknowledgement to ADGP.



Lifescrpts

Advice for Healthy Living