

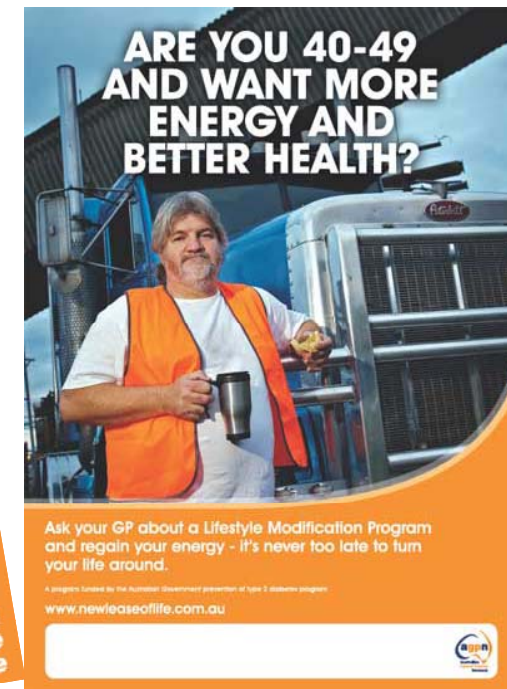
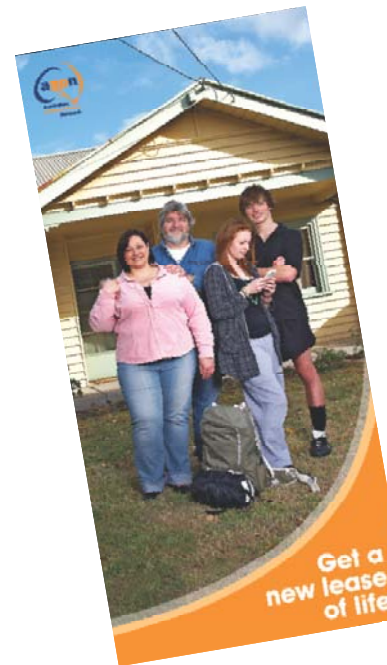
New Lease of Life Campaign

A program funded by the Australian Government
Prevention of Type 2 Diabetes Program



New Lease of Life campaign

- Developed by AGPN; run from June 2010
- ‘Re-packaged’ the govt *Prevention of Type 2 Diabetes Program* resources and developed resources for practices.



Purpose

- To inform you of the changes to the AUSDRISK tool, and MBS items.
- Provide you with information and resources to enable you to refer your patients to an Lifestyle Modification Program (LMP).



Diabetes in Australia

- An estimated 275 Australians develop diabetes every day.
- By 2031 it is estimated that 3.3 million Australians will have type 2 diabetes.
- Diabetes is a significant cause of death and disability in Australia.

Evidence for LMPs

- Clinical trials - strong evidence that lifestyle modification can prevent or delay the onset of type 2 diabetes.
- Registered clinical trials in the USA and Finland - reductions in incidence of type 2 diabetes of 58% over 3 years in people with impaired glucose tolerance.
- Government has provided funding for patients to attend subsidised accredited LMP.

Lifestyle Modification Program

- Is the patient 40-49 years of age?
- Do they score 12 or more on the AUSDRISK tool?
- Have they previously been diagnosed with diabetes?
- Has the GP discussed a Lifestyle Modification Program (LMP) with the patient?

THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

1. Your age group

- Under 35 years 0 points
 35 – 44 years 2 points
 45 – 54 years 4 points
 55 – 64 years 6 points
 65 years or over 8 points

2. Your gender

- Female 0 points
 Male 3 points

3. Your ethnicity/country of birth:

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No 0 points
 Yes 2 points

3b. Where were you born?

- Australia 0 points
 Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe 2 points
 Other 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No 0 points
 Yes 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- No 0 points
 Yes 6 points

6. Are you currently taking medication for high blood pressure?

- No 0 points
 Yes 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No 0 points
 Yes 2 points

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

8. How often do you eat vegetables or fruit?

- Everyday 0 points
 Not everyday 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes 0 points
 No 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

Waist measurements (cm)

For those of Asian or Aboriginal or Torres Strait Islander descent:

- | Men | Women | |
|------------------|-----------------|-----------------------------------|
| Less than 90 cm | Less than 80 cm | <input type="checkbox"/> 0 points |
| 90 – 100 cm | 80 – 90 cm | <input type="checkbox"/> 4 points |
| More than 100 cm | More than 90 cm | <input type="checkbox"/> 7 points |

For all others:

- | Men | Women | |
|------------------|------------------|-----------------------------------|
| Less than 102 cm | Less than 88 cm | <input type="checkbox"/> 0 points |
| 102 – 110 cm | 88 – 100 cm | <input type="checkbox"/> 4 points |
| More than 110 cm | More than 100 cm | <input type="checkbox"/> 7 points |

Add up your points

Your risk of developing type 2 diabetes within 5 years*

5 or less: Low risk

Approximately one person in every 100 will develop type 2 diabetes.

6 - 11: Intermediate risk

For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.

12 or more: High risk

For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

* The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes.

Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease.

See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

www.newleaseoflife.com

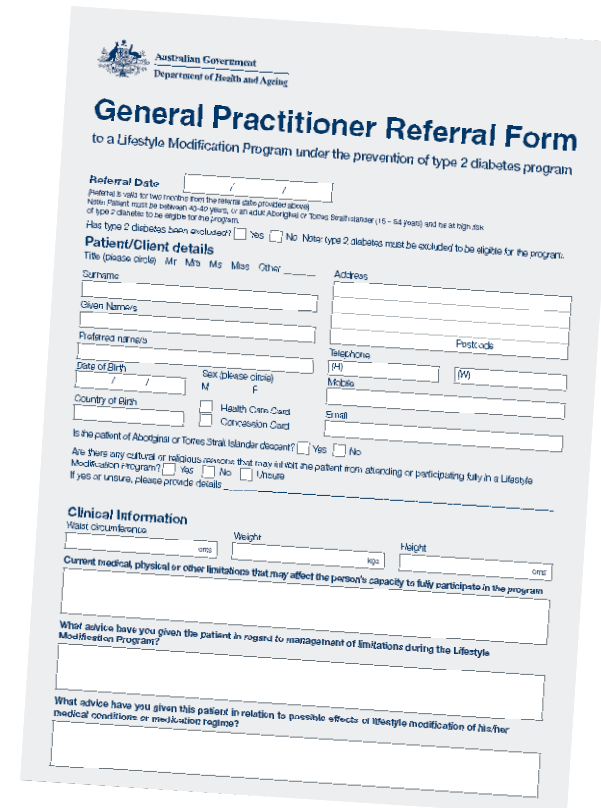
GP Risk Assessment & Referral

Components of Risk Assessment

- Evaluating a patient's risk score as determined by the AUSDRISK tool.
- Updating the patient's history.
- Undertaking physical examinations and clinical investigations.
- Making an overall assessment of the patient's risk factors and of the results of relevant examinations and investigations.

Components of Risk Assessment

- Initiating interventions.
- Referral to a LMP if appropriate.
- Providing the patient with advice and information.
- Excluding diabetes.



Australian Government
Department of Health and Ageing

General Practitioner Referral Form

to a Lifestyle Modification Program under the prevention of type 2 diabetes program

Referral Date / /

Referral is valid for two months from the date of referral (please advise)
Note: Patient must be between 40-69 years, of an adult Aboriginal or Torres Strait Islander (16 - 64 years) and be at high risk of type 2 diabetes to be eligible for the program.
Has type 2 diabetes been diagnosed? Yes No Note: type 2 diabetes must be excluded to be eligible for the program.

Patient/Client details

Title (please circle) Mr Mrs Ms Miss Other

Surname

Given Names

Preferred name

Date of Birth / /

Sex (please circle) M F

Country of Birth

Health Care Card Concession Card

Is the patient of Aboriginal or Torres Strait Islander descent? Yes No

Are there any cultural or religious reasons that may inhibit the patient from attending or participating fully in a Lifestyle Modification program? Yes No Unsure
If yes or unsure, please provide details

Clinical Information

Waist circumference cm

Weight kg

Height cm

Current medical, physical or other limitations that may affect the person's capacity to fully participate in the program

What advice have you given the patient in regard to management of limitations during the Lifestyle Modification Program?

What advice have you given this patient in relation to possible effects of lifestyle modification of his/her medical conditions or medication regime?

Referral to a Lifestyle Modification Program

MBS item claiming criteria

GPs can only refer patients to a subsidised accredited LMP once every 3 years and if the patient is identified at high risk (score of 12 or more) of developing type 2 diabetes as per the Australian Diabetes Risk Assessment Tool (AUSDRISK). Patients must be referred within 3 months of completing the AUSDRISK.

MBS Item	When to Claim/Refer	When Not to Claim/Refer
Time-based Health Assessment - Diabetes Risk Review	Can only claim once every 3 years for patients aged 40-49 years and identified as high risk (score of 12 or more) as per the AUSDRISK. Can claim for people aged 45-49 years (inclusive) who have had a 45-49yr health assessment (was item 717) if high risk of developing type 2 diabetes (AUSDRISK score 12 or more) and meet eligibility criteria.	Cannot claim if a previous diabetes risk review (was item 713) has been conducted in the last 3 years. Cannot claim in conjunction with another attendance item on the same day, except where it is clinically required.
Time-based Health Assessment - 45-49 Year Health Assessment	Can only claim once for patients aged 45-49 years. Can claim if previous diabetes risk review (was item 713) has been conducted as long as the health assessment is in relation to the risk of developing other chronic illnesses.	Cannot claim if a previous 45-49 year health assessment (was item 717) has been conducted. Cannot claim in conjunction with another consultation on the same day, except where it is clinically required (i.e. the patient has an acute problem that needs to be managed separately from the assessment).
Aboriginal and Torres Strait Islander Health Assessment – Adult	Can claim once every 9 months for Aboriginal and Torres Strait Islander patients aged 15-54 years.	Cannot claim if a previous Aboriginal and Torres Strait Islander Adult Health Assessment (was item 710) has been conducted in the last 9 months.
Level B (item 23) or C (item 36) Consultation	Can only refer to a subsidised accredited LMP through a Level B (item 23) or C (item 36) consultation: <ul style="list-style-type: none"> If patient has had previous 45-49 year health assessment (was item 717) in the past 3 years and progresses to high risk (AUSDRISK score 12 or more) of developing diabetes within the 3 years As part of a follow-up consultation from a diabetes risk review, 45-49 year health assessment or Aboriginal and Torres Strait Islander Adult Health Assessment 	Cannot refer to a subsidised accredited LMP directly from a Level B (item 23) or C (item 36) Consultation unless either of the criteria to the left is met.

This guide is a summary only and must be read in conjunction with the Medicare Benefits Schedule. Developed General Practice Queensland

Reset Your Life

- Accredited Lifestyle Modification Program.
- Overall aim is to educate and support people to reduce their risk of developing type 2 diabetes in the future.
- Patients are eligible if score 12 or more on AUSDRISK.
- Once referred, LMP provider has up to 2 months to start patient on the program.



Goals

- Reduction of at least 5% body weight over 12 months, and an increase in energy.
- Nutrition – reducing total fat intake and increasing total fibre intake by way of diet.
- Increase in physical activity.



Program

- Consists of 7 group sessions, 1 ½ - 2 hours each.
- Max 15 participants.
- Runs for 6-8 months; the first 2 months – 4 sessions on a fortnightly basis.
- Session 5 is 3 months after the start of the program.
- Session 6 is 4 months after the start of the program.
- Follow up session occurs 6 – 8 months after commencement.
- Patients outside 40-49 age group who are at high risk can access the program but would need to self-fund (\$280).



Topics

- Session 1 – Introduction and what is pre-diabetes
- Session 2 – Physical activity and healthy weight
- Session 3 – Introduction to healthy eating
- Session 4 – Preventing cardiovascular disease
- Session 5 – Staying motivated and positive thinking
- Session 6 – Stress management
- Session 7 – Follow up session



Providers

- 15 providers across our GPpartners area
- Details at www.gppartners.com.au/page/gp_support/chronic_disease/

GPpartners acknowledges the financial assistance and support provided by the Australian Government Department of Health and Ageing and the Australian General Practice Network in our delivery activities to support the Prevention of Type 2 Diabetes Program.