



LIFESTYLE MODIFICATION PROGRAM REFERRAL PATHWAY

Medicare Item Claiming Referral Options

Timed Health Assessment items: 701 (<30 min); 703 (30-45 min); 705 (45-60 min); 707 (>60 min) for:

1. 40-49 year old with high risk of developing Type 2 Diabetes; OR
2. 45-49 year old with high risk of developing chronic disease;

(Patient must be assessed as high risk (score 12+ on AUSDRISK and no diabetes detected); OR
Item 715: Health Assessment for Aboriginal and Torres Strait Islander people (15-55 years)

Utilise Australian Type 2 Diabetes Risk Assessment Tool – AUSDRISK

<http://www.newleaseoflife.com.au>

Low/Moderate risk of Diabetes or does not fit eligibility criteria

Consider referral to non-subsidised LMP (patient will be required to cover the cost to participate)

High Risk of Diabetes (score 12+ on AUSDRISK) and....

- ✓ Has not attended a subsidised LMP previously
- ✓ Has had existing diabetes excluded
- ✓ Other chronic diseases ok
- ✓ Has provided consent

Referral to subsidised Lifestyle Modification Program

1. Complete LMP GP Referral Form or template (available from GPNW)
2. Fax GP Referral Form to GPNW on 6425 0800
Or FreeFax: 1800 671 359
3. Patient will be contacted by GPNW regarding start date for program.

Diabetes detected

Usual Diabetes cycle of care

Consider referral to GPNW Diabetes Service

	Further information about subsidised Lifestyle Modification Program
Cost to the patient	<ul style="list-style-type: none"> ▪ Health Care Card and Concession Card Holders: FREE ▪ Non-concession card holders: \$50 co-payment
Program content (as per National standards)	<ul style="list-style-type: none"> ▪ Risks of diabetes and their relationship to lifestyle risk factors ▪ Importance of regular diabetes screening ▪ Nutrition advice and education ▪ Physical Activity advice ▪ Behavioural strategies to support the adoption and maintenance of lifestyle change ▪ Smoking cessation and alcohol reduction advice if required ▪ Information about community resources relevant to sustaining lifestyle change
Program Mode of Delivery	<ul style="list-style-type: none"> ▪ Face to face delivery ▪ Group sessions with no more than 15 participants ▪ Minimum of 8 hours contact time ▪ Initial intensive phase of at least 4 months duration ▪ End program follow up session at least 6 months after commencing program
Contact Information	<ul style="list-style-type: none"> ▪ General Practice North West on 6425 0800 or staylor@gpnw.com.au

PROCESS FOR REFERRAL
LIFESTYLE MODIFICATION PROGRAM (LMP)
PROVIDER FOR PATIENTS 40-49 YEARS OF AGE &
AB&TSI PATIENTS 15-55 YEARS OF AGE

1. Patient completes AUSDRISK and is found to be at high risk of developing diabetes (score 12+).
2. GP has excluded the presence of diabetes.
3. Under the appropriate MBS Health Assessment items: 701, 703, 705 or 707 (or 715 for AB&STI) the GP undertakes assessment of the factors underlying the high risk score as identified by the AUSDRISK tool.
4. Discuss the LMP option with patient (if appropriate).
5. Complete the GP Referral Form and ensure patient consent is obtained.
6. GP fax referral form to GPNW – fax no: 6425 0888.
7. GP claims appropriate MBS timed Health Assessment item number..
8. The LMP provider will contact the patient once a referral is received and will make an appointment time.
9. Registration process commences for patient with LMP provider.
10. Patient commences LMP and makes co-payment (\$50) where applicable.
11. Following completion of the intensive phase (sessions 1 – 4 in a “Reset your Life” program) the LMP provider sends feedback form to GP (see over page for example of “Reset your Life” LMP).
12. LMP provider sends written report to GP at end of program (6 months later).

OUTLINE OF “RESET YOUR LIFE” LIFESTYLE MODIFICATION PROGRAM:

Session	Content	Duration	Frequency
Session 1	Pre -diabetes Introduction about diabetes, measuring weight, height, waist, goal setting self-management	2 hours	Fortnightly sessions
Session 2	Physical Activity and Healthy Weight – Healthy weight, physical activity, use of a diary, goal setting	2 hours	Fortnightly sessions
Session 3	Healthy Eating Recommendations for a healthy diet, relationship of carbohydrates, sugar and Glycaemic Index, fibre, food diary and goals	2 hours	Fortnightly sessions
Session 4	Preventing Cardio-Vascular Disease Fats in food, food and physical activity diaries, goal setting	2 hours	Fortnightly sessions
End of Intensive Phase – Feedback Form Sent to GP			
Session 5	Staying Motivated Lapses, relapses, keeping motivated, stopping smoking, food and physical diaries, goal-setting	1 hour	This session held 3 months from program commencement
Session 6	Stress Management Stress Management, review of weight, height and waist measurements, diaries and goal setting	1 hour	This session is held 4 months from program commencement
Session 7	Follow-Up Goal setting, diaries, measurements, where to from here?	1 hour	This session occurs at either 6 months from program commencement
End of Program LMP provider completes written report and sends to GP Patient completes feedback form -copy sent to GP Tas GP reviews and continues to monitor patient as required – may refer on to other community resources			

