



Guidelines for selecting a health professional to undertake the Reset your Life Lifestyle Modification Program Provider Training

1. Background

The Council of Australian Governments (COAG) has announced a Type 2 Diabetes Prevention Program. The Commonwealth's contribution to this agenda includes **Medicare Benefits Schedule (MBS) item – health assessments** to enable referral for people aged 40 – 49 years who are at risk of developing type 2 diabetes, to a program of subsidised lifestyle modification programs.

Eligible patients can be referred to a subsidised accredited **Lifestyle Modification Program (LMP)** to prevent or delay the onset of type 2 diabetes. Patients can also be referred through the 45 – 49 year old health check or the Aboriginal and Torres Strait Islander Health Check

2. Guidelines for Selecting Health Professionals to undertake the online LMP training

LMP providers must be able to illustrate core competencies outlined in the nationally agreed standards for LMPs. Health professionals nominated by divisions to undertake the Reset your life LMP training must demonstrate these same core competencies:

Essential:

- Health professionals eligible to be facilitators of LMPs will have demonstrated current capacity to deliver the content of an LMP (or specific LMP components) in a way that increases the capacity of participants to make and sustain positive lifestyle changes. LMPs may be provided by more than one health professional or facilitator as part of a multidisciplinary team.
- The health professional completing the Reset your life facilitator training, or a person identified as a co-facilitator, must have a current first aid certificate or be capable of administering first aid to first aid certificate level. This person must be present at every session.
- The health professional must demonstrate a clinical understanding of Type 2 diabetes, including the lifestyle risk factors for Type 2 diabetes. This includes knowledge of the relationship between physical activity, nutrition and weight, in the onset of Type 2 diabetes.
- The health professional must carry professional indemnity insurance

- The health professional must commit to delivering the LMP at the local level, for at least 6 months following completion of the training.
- Can identify, and has ongoing access to, an appropriate venue for providing the LMP which is suitable for group participation (maximum group size is 15 participants).

Desirable:

- The health professional should have knowledge and experience in strategies for motivating behaviour change, including self-management, goal setting and review etc
- The health professional should have an ABN and experience in small business management including administration, invoicing, data entry and record keeping.

The following are examples of professional qualifications that may illustrate a facilitator's ability to meet provider core competencies:

- Aboriginal Health Worker (employed with an AMS)
- Accredited Practising Dietitians as recognised by the Dietitians Association of Australia (DAA).
- Accredited Exercise Physiologist as accredited by the Australian Association for Exercise and Sports Science (AAESS).
- Credentialed Diabetes Educators (CDE) (as credentialed by the Australian Diabetes Educators Association (ADEA))
- Practice nurses with experience in lifestyle risk factor management
- General Practitioners
- Psychologists accredited by the Australian Psychological Society
- Physiotherapists accredited with the Australian Physiotherapists Association
- These are examples only and other professionals will be considered if they meet the core competencies.

3. Process

The following steps should be followed to enable a potential facilitator to access the online RESET Your Life training module.

1. Prospective facilitator must complete the application form and submit to the SBO or local general practice network LMP coordinator for endorsement. The application form and details on the training will be held on the AGPN website.
2. The SBO/local coordinator will be responsible for confirming the contents of the application. This should then be signed and returned to AGPN (Imp@agpn.com.au)
3. The applicant will then be sent a username, password and instructions on how to access the online training
4. The applicant has up to two weeks to complete the training.

5. The modules include assessment tests which determine whether the applicant has passed.
6. Applicants who pass will receive a certificate to confirm this. The nominating SBO/local network will also be advised.
7. The applicant's details will be uploaded to the AGPN facilitator directory and MDS.
8. After two weeks the applicant's access to the system will be switched off.

For the duration of the seed grant projects access to this training will be free.