

SUTHERLAND DIVISION OF GENERAL PRACTICE
Referral Pathway Lifestyle Modification Program

Medicare Item Claiming Referral Options

- Item 715:** 15-54 yrs. Aboriginal and/or Torres Strait Islander Adult Health Assessment; **OR**
Item 701: Brief - Attendance by a medical practitioner a short health assessment, **lasting < 30 mins; OR**
Item 703: Standard - Attendance by a medical practitioner to undertake a medium health assessment, **lasting more than 30 mins but less than 45 mins; OR**
Item 705: Long - Attendance by a medical practitioner to undertake a long health assessment, **lasting at least 45 mins but less than 60 mins; OR**
Item 707: Prolonged - Attendance by a medical practitioner to undertake an extended health assessment, **lasting at least 60 mins.**

Utilise Australian Type 2 Diabetes Risk Assessment Tool – AUSDRISK

www.shiregps.org.au
 A score of **12 or more** using the AUSDRISK tool indicates high risk of developing Type 2 Diabetes

High Risk of Diabetes (score 12 or more 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 www.shiregps.org.au)
2. Fax GP Referral Form to Sutherland Division of General Practice (Shire GPs) **Fax: 9545 3522**
3. Patient will be contacted by Division regarding start date for program.

Further information about the subsidised Lifestyle Modification Program	
Cost to patient	<ul style="list-style-type: none"> ▪ \$50 co-payment ▪ Health Care Card and Concession Card Holders are FREE
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 – GP Exercise Referral Scheme at Sutherland & Engadine Leisure Centre. Other options and recommendations for physical activity maintenance and future goals relating to physical activity. ▪ 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.
Contact Information	<ul style="list-style-type: none"> ▪ Shona Dutton at Shire GPs on Ph: 9545 3533 ▪ Email sdutton@shiregps.org.au