



CLINICAL AUDIT TOOL

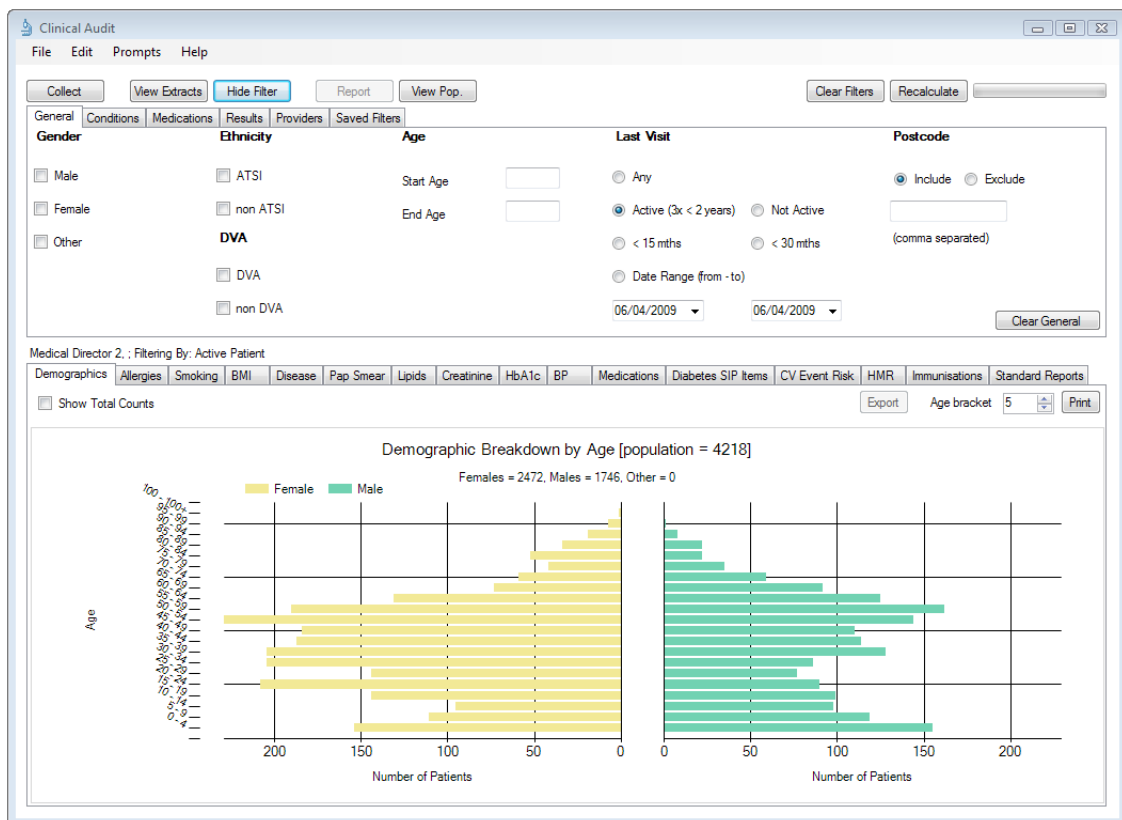
Recipe Name: Identifying patients with lifestyle risk factors eligible for a 45 - 49 health check

Rationale: This item will support GPs to provide a health check to patients who are between 45 and 49 years of age and at risk of developing a chronic disease.

This is a time of life when individuals may begin to feel the impact of ageing and notice signs of the onset of chronic disease. A health check at this stage of life can assist patients to make the necessary lifestyle changes to prevent or delay the onset of chronic disease.

Target: To effectively identify and manage 45-49 year old patients with one or more risk factors for chronic disease.

- CAT Starting Point:**
1. CAT Open
 2. Population Extract Loaded and Extract Pane "Hidden"
 3. Filter Pane Open and, under the General Tab
 4. **OPTIONAL:** Active (3 visits < 2 years)



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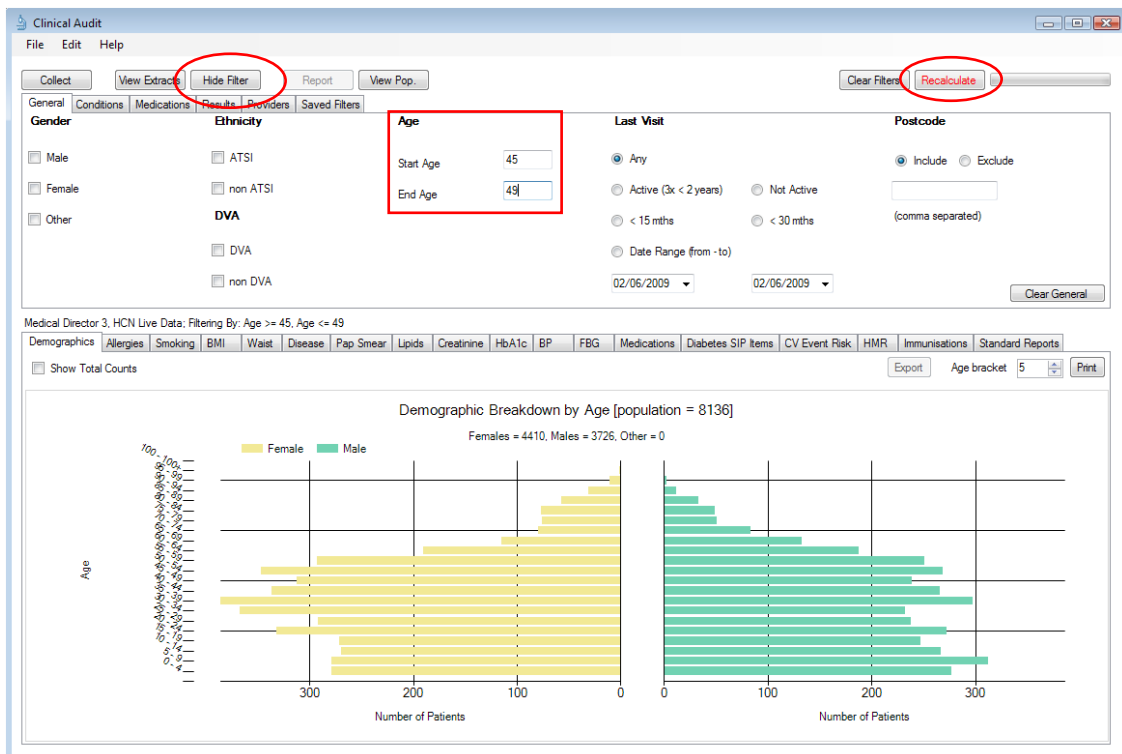


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RECIPE

Identify Patients:

1. In “General” Tab, under Age type **45 in the Start Age** field and **49 in the End Age** field.
2. Click “Recalculate”
3. Click “Hide Filters”



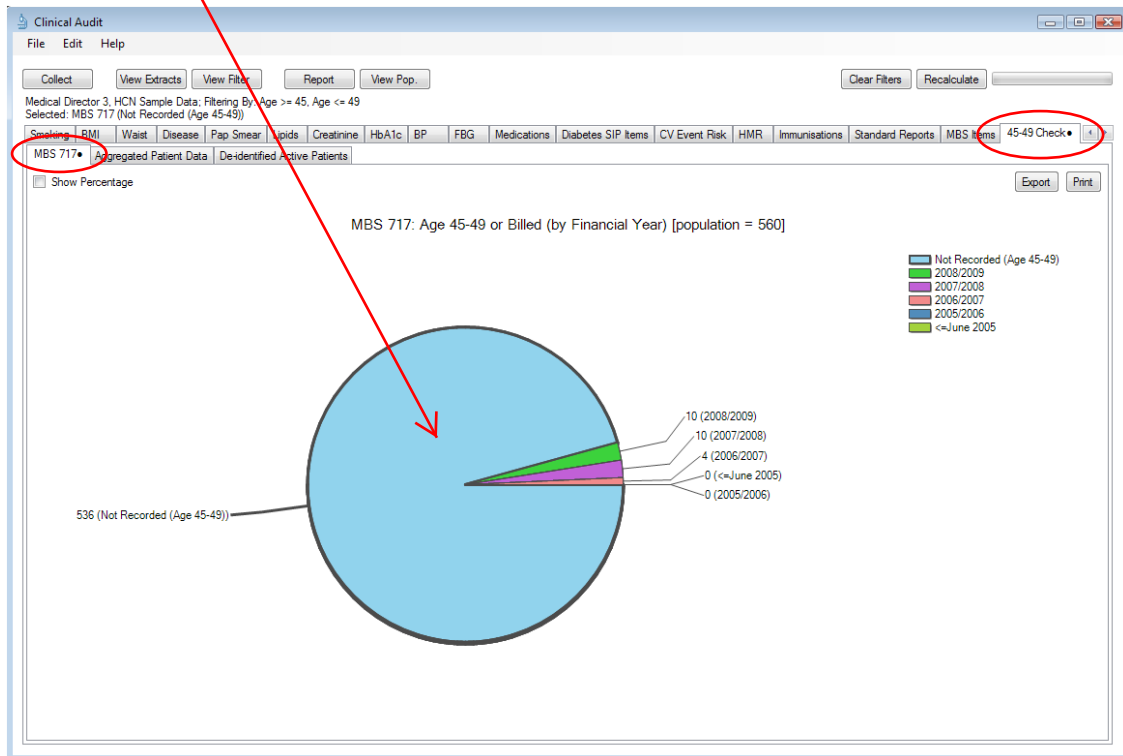
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In the Report Pane:

1. Select **45-49 Check** Tab (this step is only applicable to practices using MD2 or MD3 and Pracsoft 3 as the Management software. For practices on different clinical systems, exclude this step and start on step 2)
 - a. Click once on the blue slice of the Pie or Bar Graph **"Not Recorded"** (the section is selected and a dot is placed next to the tab)

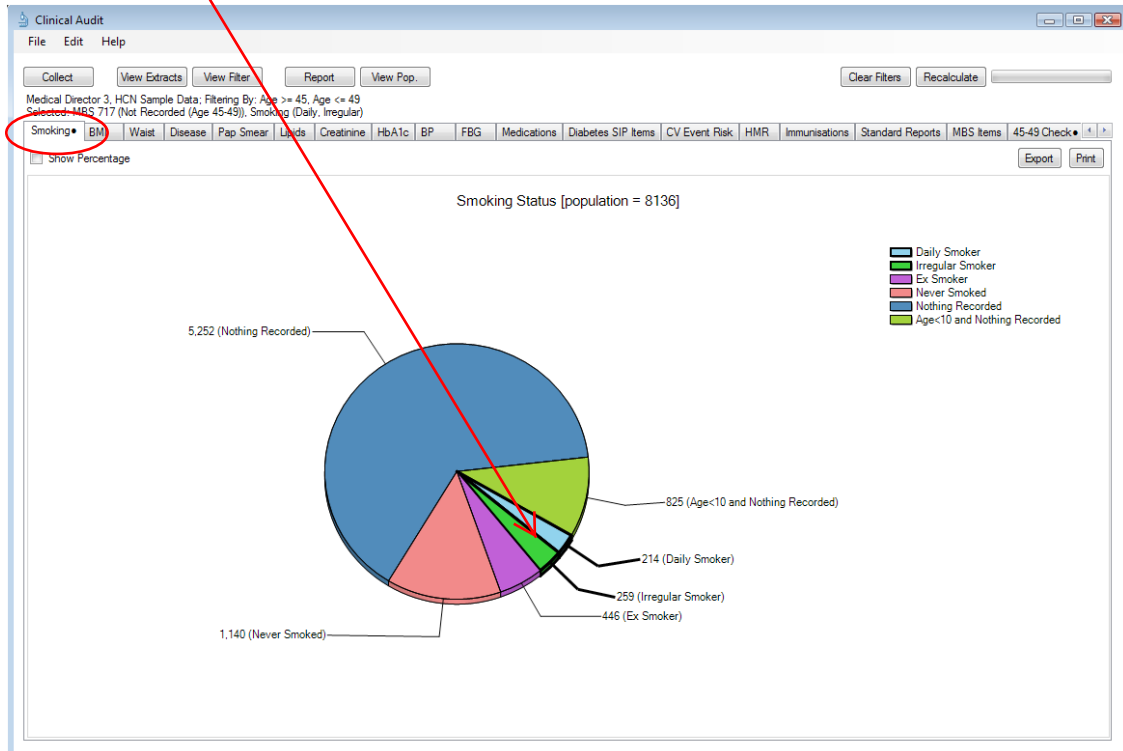




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2. Select Smoking Tab

a. Select patients who smoke by clicking once on the **Daily Smoker** and **Irregular Smoker** sections of the graph (both slices are selected and a dot is placed next to the tab)

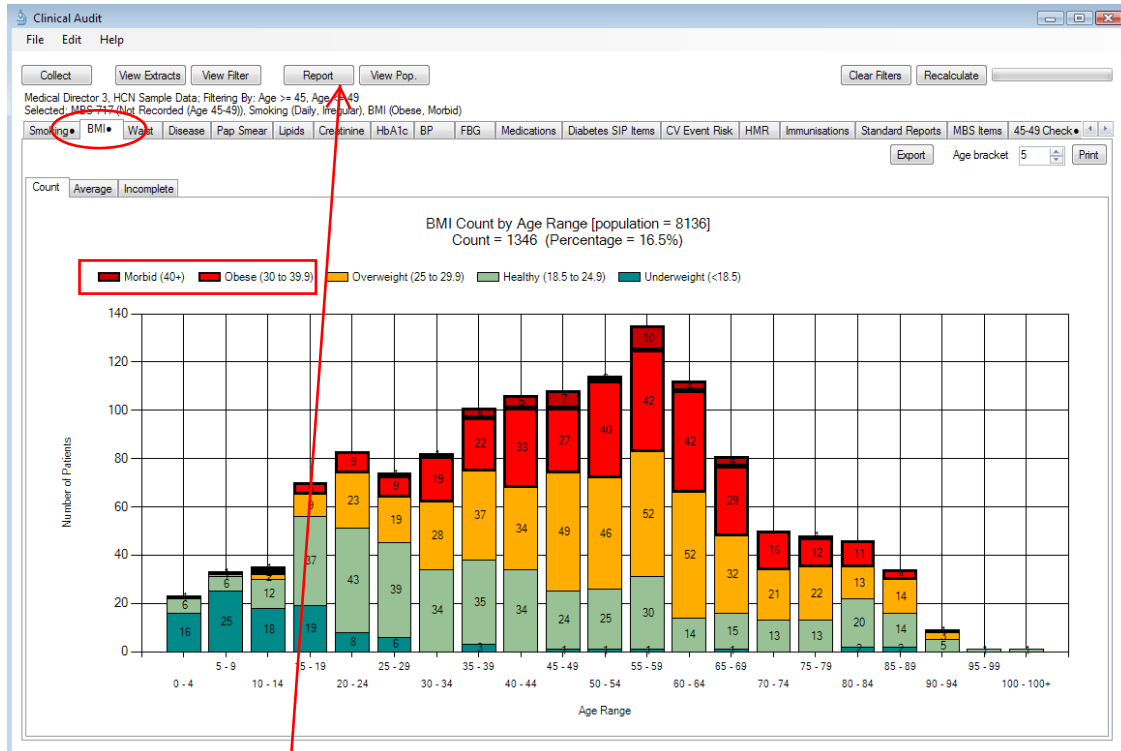




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3. Select **BMI Tab**

a. Select **Morbid** and **Obese** sections of the graph – the sections can also be highlighted by selecting the legend.(both slices are selected and a dot is placed next to the tab)



4. Click the "Report" button.



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This provides the practices with a list of all those patients who are between 45 – 49, have not had a health check and have two lifestyle risk factors (smoking and high BMI).

Surname	First Name	Known As	Sex	D.O.B	Address	City	Postcode	Phone (H)	Phone (V)
Surname	Firstname	Known As	M	01/01/1960	1 Address St	Sydney	2099	5555 1234	
Surname	Firstname	Known As	F	01/01/1960	1 Address St	Sydney	2759		

Extract Details:
Practice Name: DEMO
Medical Director, version 3
Extract Date: 2/06/2009
Patient Count: 8136
Printed: 26/08/2009 4:03 PM
Clinical Audit - 2.5.3.4(2.5.3.4) - Pen Computer Systems Pty Ltd

To Export Patient List to Microsoft Excel:

1. Click on the “**Export Icon**” at the top of the Patient Re-identification window.
2. Click on “**Excel**”
3. Choose a file name (eg, 45-49_Two_Risk_Factors.xls) and a location to save to (eg. Create a folder C:/ClinicalAudit/CAT Patient FollowUp)
4. Click “**Save**”

Save As

Desktop\Cat Export List

File name: 45-49_Two_Risk_Factors

Save as type: Excel (*.xls)

Save



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The practice now has a list of patients with contact details in MS Excel which can then be used to:

1. Go back through the individual patient records in the GP Clinical Desktop System (CDS) and update known records
2. Phone or prepare Mail Merge to recall patients for follow up

This CAT Recipe was submitted by:

Melbourne East GP Network
www.megpn.com.au



Case Study

Our practices have used this feature to identify those patients between 45 – 49 who could benefit from a health check. Patients with more than two risk factors were notified first and then separate searches were conducted for patients with only one risk factor.

“The decision that a patient is at risk of developing a chronic disease is a clinical judgement made by the GP. However, at least one risk factor must be identified. Factors that the GP may consider include, but are not limited to:

- Lifestyle risk factors such as smoking, physical inactivity, poor nutrition or alcohol misuse;
- Biomedical risk factors such as high cholesterol, high blood pressure, impaired glucose metabolism or excess weight; and
- Family history of a chronic disease.”

(Department of Health and Ageing 45-49 Health Check Factsheet)

Disclaimer:

All CAT Recipes are suggestions only and may act as a guide. The ultimate decision to apply this CAT Recipe; or part thereof; and the relevance of this CAT Recipe; or part thereof; to a provider, clinician and / or practice representative rests with the provider, clinician and / or practice representative.

Further information

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