



Issue: Adult Health Check (AHC)

Raised by: Various - PCD program staff, Remote Health practitioners, RHB Management

Background: Early detection of chronic disease in remote communities is a significant component of the NT Preventable Chronic Disease Strategy. There is benefit in increasing the number of people having an annual AHC in the NT. PCD program plans to focus on increasing this number in 2006.

While AHC forms have been used for some time, there have been requests from a range of health professionals, and a direction from management of the Remote Health Branch, to standardise forms across the NT.

New MBS items have been introduced for the provision of AHCs.

Discussion: A review of the evidence base for AHC's and a range of AHC documents currently in use has been undertaken and the resulting form encompasses current best practice.

The standardisation of AHC's across the NT will facilitate ease of use and consistent standards across the NT.

Inclusion of the new MBS items will facilitate the generation of additional revenue for Remote Health.

The inclusion of the women's / men's health screening form is included in the design of the form, and will be produced as a tear-off page if needed for use with a Chronic Disease Management Plan (Careplan) rather than the AHC.

Consultation: Reference Group including representatives from HD&OH program, AHW's, RAN's, PPN's, WHE's, DMO's, GP's, Remote Nursing Management and MSHR (Menzies).

- References:*
- Minymaku Kutju Tjukurpa (Women's Business Manual)
 - CARPA STM Reference Book / CARPA STM 4th Edition
 - Helping You Stay Healthy (Information on the ATSI Adult Health Check, Department of Health and Aging, www.health.gov.au/epc.atsiinfo.htm)
 - QLD Chronic Disease Strategy, Guidelines for Conduction of Adult Health Checks (Queensland Government, May 2003)
 - National Guide to a Preventive Health Assessment in Aboriginal and Torres Strait Islander Peoples (National Aboriginal Community Controlled Health Organisation, Chronic Disease Alliance of Non-Government Organisations (ATSI), Royal Australian College of General Practitioners, June 2004 and June 2005)
 - Medicare Benefits Schedule Book (Nov 2004)
 - Adult Health Check Form Development – Project Report (Sept – Dec 2005)

Outcome: **The new Adult Health Check form is to be used throughout DHCS Remote Health Centres** (replacing all previous versions).

Implementation will coincide with the rollout of the new Chronic Disease Careplan. Education will be provided as part of the implementation.

Review of the form will occur after 12 months, with a feedback form available.