

Adult Health Checks PHC Remote Information Sheet

An Adult Health Check assists a health practitioner in identifying the client's health status, need for preventative health care, opportunities for health education and ongoing health management, and assists in the early detection of chronic conditions. The implementation of the Adult Health Check requires the agreement and active participation of the client to help promote health and wellbeing and identify risk factors.

Clinical staff should offer an Adult Health Check to all clients over 15 years (except those already on a chronic conditions care plan (PCIS/EACS). Adult Health Checks may be offered to the client opportunistically, as active recall or during planned screening programs. To provide a comprehensive service, clinical staff should be aware that the Adult Health Check (including the [Women's / Men's Health Check](#)), may need to be completed over several consultations.

This document is to be read in conjunction with the Atlas document - [Preventable Chronic Conditions Program](#).

1. Adult Health Check Care Plan

Electronic Health Record (EHR) Adult Health Check Care Plans align with the protocols outlined in the CARPA STM¹ approved Scheduled Substance Treatment Protocol (SSTP²). Once the appropriate information is entered, the EHR will prompt clinicians regarding components to be provided during an Adult Health Check. EHR documentation requirements are detailed in the EHR User Reference Guide (PCIS / EACS).

Engaging with the client during an Adult Health Check consultation also presents an opportunity for timely brief interventions / health care interventions against the SNAPE³ risk factors ([PCIS](#) / EACS).

2. Follow up Care

Interpreting the results of the Adult Health Check and planning ongoing management with the client is the next phase of the check.

[Recall](#) systems in PCIS / EACS provide a reminder system for ongoing care of clients. Recall of clients has proven to be an effective way of improving client engagement in their own care.

Documentation of interventions and follow up management must be made in the client's EHR. Also see [Health Records Documentation](#).

¹ **CARPA STM:** an acronym for Central Australian Rural Practitioners Association Standard Treatment Manual.

² **Scheduled Substance Treatment Protocol** is a protocol for possessing, supplying or administering a scheduled substance as approved by the Chief Health Officer under Section 254 of the [Northern Territory Medicines, Poisons and Therapeutic Goods Act](#).

³ **SNAPE:** an acronym for Smoking, Nutrition, Alcohol, Physical Activity and Emotional well-being and Other Drug Intake information.

3. Medicare Claims

The Adult Health Check can be claimed through Medicare (Item No: [715](#)) when completed by a Medical Practitioner. The Medicare claim can only be made for ATSI people and there must be a minimum of 9 months between claims.

4. References

[Client Recall Systems](#)

[Health Records Documentation](#)

[Preventable Chronic Conditions Program](#)

[Medicare - Overview](#)

Information Sheets: [Chronic Conditions Management Plans](#)
[Women's & Men's Health Checks](#)

[Preventable Chronic Conditions Careplans PHC Remote Flowchart](#)

[Remote Primary Health Care Manuals](#)

Central Australian Rural Practitioners Association (CARPA) Standard Treatment Manual

[Northern Territory Chronic Conditions Prevention and Management Strategy](#)

[Northern Territory Medicines, Poisons and Therapeutic Goods Act](#)

[Medicare Australia](#)

[Primary Care Information System \(PCIS\) website:](#)

[Basic Steps - Care Plans](#)

[Basic Steps - Diary Recall](#)

Tips: [Adult Health Check Care Plans](#)

[GP Annual Review](#)

User Reference Guides: [Repeat Diary Item Care Plan](#)

[Recall Reports](#)

[SNAPE Service Item](#)

[East Arnhem Communicare System \(EACS\) website:](#)

[User Reference Guides](#)