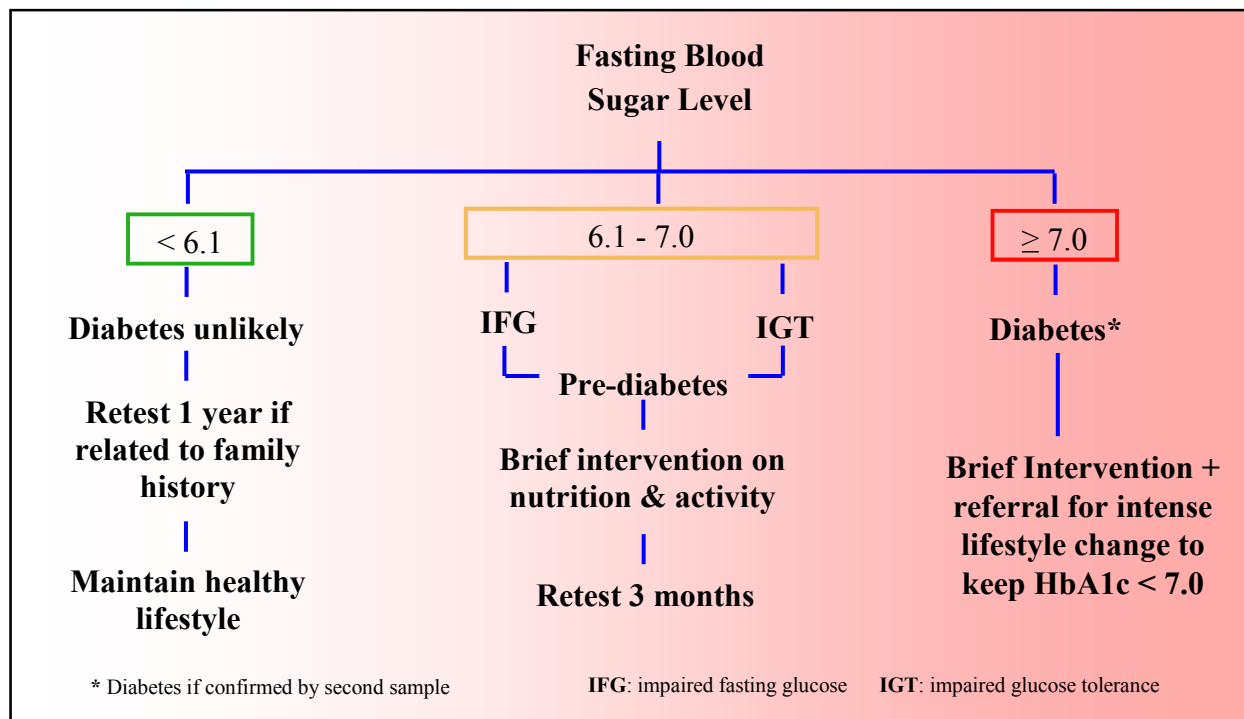


3 Step Guide to Managing Diabetes in General Practice

STEP ONE: SCREENING

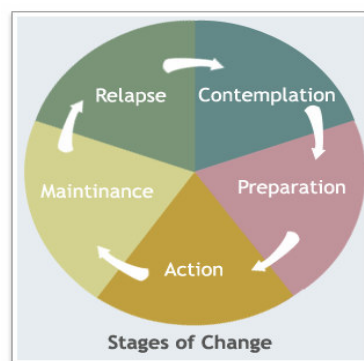
Criteria: 1. Family History 2. BMI > 25 3. Waist > 90 cm (women) or 100 cm (men)



STEP TWO: BRIEF INTERVENTION

In order to assist people to change it is important to show interest, listen and try to understand their point of view. The 5 A's of brief intervention are:

- Ask:** Identify if patient is ready to change
- Assess:** Record measurements and order investigations
- Advise:** Provide brief lifestyle intervention
- Assist:** Offer resources or individual prescription
- Arrange:** Referral and follow up to review progress



Brief intervention example:

Regular exercise and better food choices is a good way to lower your blood sugar level. You might like to try walking 30 minutes 3 to 4 days a week and adding more vegetables and fruit into your diet. To help you get a better understanding I would like to:

- ◆ Complete a short assessment and provide you with information on exercise and nutrition
- ◆ Refer you to a Diabetes Group program to learn more about your condition

STEP THREE: GP Management Plan (721) & Referral to Group Services (81110)

- A) Complete a GP Management Plan (Item 721) and Referral Form for Allied Health Group Services (Item 81110)
- B) Bill both Items to Medicare to ensure service eligibility
- C) Fax both forms to the St George Division of General Practice on 9585 2144

