



CHECKUP

Social Prescribing: Better Access to Lifestyle Modification Programs

Background & Context

Why this project came about:

- ▶ 50% of Queensland population live outside of Brisbane
- ▶ On average, Australians living in rural and remote areas have shorter lives, higher levels of disease and injury and poorer access to and use of health services, compared with people living in metropolitan areas (AIHW, 2016)
- ▶ Both patients and health practitioners are often unaware of services that exist within their local communities

Barriers: Community consultation & literature review



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System-based barriers to referral

Lack of time and prioritization within appointments.

Lack of patient feedback on programs being referred to

Lack of knowledge & specific training available for health professionals for physical activity counselling.

Priority of physical activity promotion by HPs

HPs perceive that patient behaviour change is a lengthy and difficult process, when compared to other health promotion initiatives.

Medico-legal responsibilities are unclear when referring to LMPs.

HPs perceived role in promoting physical activity and behaviour change

No clear eligibility criteria.

Referral differed between and within clinics.

Most patients for referral are selected at random.

Identification methods of clients to refer, and services to refer to

No clear eligibility criteria.

Referral differed between & within clinics.

Most patients for referral seem to be selected at random.

Enablers:

- ▶ Physical activity levels improve when exercise is prescribed by a GP (Swinburn, Walter, Arrol, Tilyard, & Russel, 1997).
- ▶ Research demonstrated that a GRx and brief advice (provided by health professionals) is the most cost-effective method of improving nutrition and exercise levels for patients (University of Leicester, 2017)
- ▶ The availability of concise, readily accessible and evidence-based information for GPs and PNs (Macovay, 2000).
- ▶ Having a current list of local resources in a single online database (CheckUP, Survey 2020).
- ▶ Significant others, including HPs, exercise specialists, social contacts and even pets, contribute to the effectiveness of initiating and maintaining physical activity (Elley, Dean and Kerse, 2007).

Recommendations from community consultations

- ▶ Improve the knowledge of current physical activity recommendations and population trends among front-line primary care staff.
- ▶ Consider the development of tools to support personalised assessment, advice and referral.
- ▶ Ensure appropriate delivery and individual tailoring of messages, a patient contract for adherence, addressing of barriers, and continued external support in order to promote physical activity for long term adherence.

Better Access to Lifestyle Modification Programs

Aim:

- ▶ This project aims to reduce rural and remote health disparity by increasing participation in lifestyle modification programs.

Objectives:

In rural and remote communities (RA 2-5):

1. Increase health professional referral/self-referral
2. Improve lifestyle modification program enrollments

Strategies:

1. Health professional upskilling – Resources, knowledge/skill, social prescribing
2. Community development - Health education
3. Integration - Formalised referral pathways

Resources & Partnerships

- ▶ GoShare Partnership – online platform as a ‘link worker’


What is on GoShare?


- ▶ Evidence-based information sheets
- ▶ Animated videos
- ▶ Patient & carer experiences
- ▶ Links to credible, evidence based websites, apps & tools
- ▶ Lifestyle modification programs available in local areas.


GoShare Tile (Healthily.com)



Kidney Health	Labour and birth	Living Well with Osteoarthritis	Lung Cancer
Medication Compliance	Migraine	Lifestyle Activities - NQPHN	Multiple Sclerosis
My Aged Care	My Health Record	Obsessive Compulsive Disorder	Oesophagogastric Cancer
Opioid Management	Osteoarthritis	Osteoporosis	Ovarian Cancer

 **CHECKUP Cairns – Allied Health**
This info sheet provides a list of Allied Health professionals in the local area.
For more information, [click here](#).

 **CHECKUP Cairns – Gyms**
This info sheet provides a list of Gyms in the local area.
For more information, [click here](#).


 **CHECKUP Cairns – Lifestyle Programs**
This info sheet provides a list of Lifestyle Programs in the local area.
For more information, [click here](#).

Green Prescription

EXERCISE PRESCRIPTION - CHILDREN & YOUTH

PATIENT'S NAME: _____

DOB: _____


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I RECOMMEND THE FOLLOWING ACTIVITIES:

WALKING RUNNING

SWIMMING MEDITATION

YOGA OTHER _____

COMMENTS: _____

AMOUNT PER DAY TIMES PER DAY INTENSITY

10-15 MINS TWICE/DAY LIGHT

15-30 MINS ONCE/DAY MODERATE

OTHER _____ OTHER _____ VIGOROUS

DOCTOR'S SIGNATURE: _____

Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to at least 60 minutes of moderate to vigorous physical activity each day. If you have an injury or pre-existing issue you may be referred to seek some additional advice from a health professional, such as a physiotherapist or exercise physiologist to help you get started.

- ▶ The GRx is a health professional's written advice to a patient to be physically active, as part of the patient's health management.
- ▶ Used by health practitioners as prescriptions encourage patients to manage their own conditions by increasing physical activity and improving nutrition
- ▶ TheGRx is physically given to patients. These patients are followed up at regular intervals throughout the year



Question and Answer



Will participating in a recreational exercise program improve a patient's health outcomes?

- Participation in any type of exercise is associated with a reduced risk of premature mortality and various chronic diseases (Warbuton, Nicol, & Bredin, 2006). E.g. cardiovascular disease, diabetes, hypertension, osteoporosis and several types of cancers (Warbuton, Nicol, & Bredin, 2006).
- Exercise can reduce anxiety, depression, and a negative mood (Sharma, Madaan, & Petty, 2006).

Why is it my responsibility to refer exercise as a method of care?

- Patients are more likely to participate in physical activity, when advice is provided by a credible source. e.g. a health professional (HP) (Dean, Elley, & Kerse, 2007).

Is it safe to recommend these exercises and/or programs?

- The decision tree is based on the National exercise guidelines (DoH, 2019).
- By using it as a guide, you can feel confident in recommending evidence-based guidelines, or, referring to other health professional who can.

How do I assess a patient's state of change and how do I motivate a patient?

Stage	Goal	Example
Precontemplation	Engage patients in the change process	If you did more exercise, how might life be better?
Contemplation	Help patients overcome ambivalence.	What are your biggest reasons for not participating in PA?
Preparation	Assist patients in creating an action plan	When is your first class/walk?
Action	Help patients stay physically active	What benefits have you experienced so far?
Maintenance	Help the patient stay active for good	How have you planned to continue staying physically active?

References:

AAFP. (2016). Study Identified Five Strategies to Spark Patient Motivation. Retrieved from <https://www.aafp.org/news/practice-professional-issues/20160329motivationstudy.html>

Dean, S., Elley, C. R., & Kerse, N. (2007). Physical activity promotion in general practice: patient attitudes [online]. *Australian Family Physician*, 36 (12), 1061-1064. Retrieved from <https://search.informit.com.au/documentSummary;dn=355765988036967;res=ELIAC>

DoH. (2019). Australia's Physical Activity and Sedentary Behaviour Guidelines and the Australian 24-Hour Movement Guidelines. Retrieved from <https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>

Sharma, A., Madaan, V., & Petty, F. D. (2006). Exercise for Mental Health. *Clinical Psychiatry*, 8(2), 106. doi: 10.4088/pcc.v08n0208a

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Warbuton, D. E., Nicol, C. W., & Bredin, S. S. (2006). Health Benefits of Physical Activity: The Evidence. *CMAJ*, 174(6), 801-809. Retrieved from [ncbi.nlm.nih.gov/pubmed/16534088](https://pubmed.ncbi.nlm.nih.gov/pubmed/16534088)

Physical Activity Recommendations
Adults: 75 - 150 minutes of moderately intense physical activities each week.
Children & Youth: At least 60 minutes of moderate to vigorous physical activity each day.



Should I use a Green Prescription (GRx)?

