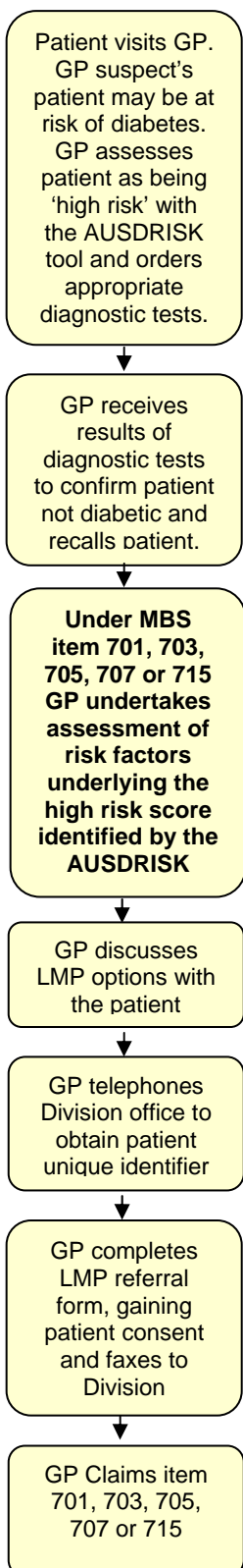


Lifestyle Modification Program (LMP)



Eligibility Criteria

Patients aged between 40 and 49 years, at high risk of developing type 2 diabetes, who have had diagnostic tests to confirm that they are not diabetic, are eligible to be referred to a LMP. In addition Indigenous patients between the ages of 15 and 54 that are identified as being at risk of developing type 2 diabetes are eligible to be referred to an LMP under item 715. The patient's level of risk must be determined by the application of the AUSDRISK. To be eligible patients must also provide consent for de-identified patient information to be passed on to the Division by the LMP provider for program monitoring and evaluation.

Use of the AUSDRISK Tool

The [AUSDRISK](#) tool is a nationally agreed risk assessment tool to assess a person's risk of developing Type 2 diabetes within the next five years. The AUSDRISK tool assesses risk factors, such as age, gender, country of birth, family history of diabetes, history of high blood pressure, smoking status, fruit and vegetable intake, physical activity levels and waist circumference. The AUSDRISK tool has been designed for patient self-assessment. For patients who score 'high' risk, they are eligible for a Type 2 Diabetes Risk Review from their usual GP. The AUSDRISK tool can be downloaded from the Department of Health and Ageing website: www.health.gov.au/epc. Hard copies are also available by contacting your Practice Support Officer at the Division on 9663 5958.

Clinical Content

Diagnostic tests to confirm patient is not diabetic
AUSDRISK tool used to assess patients risk factors
Initiating interventions, referral to LMP if determined to be high risk

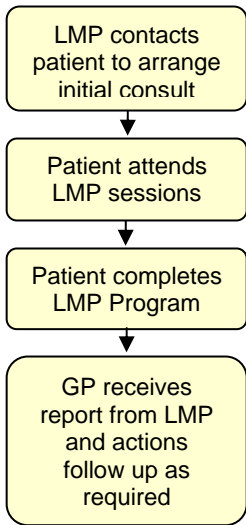
Essential Documentation Requirements

Patient's informed consent
Unique Identifier obtained from Division
LMP referral from completed and faxed to Division
Keep copy in patient file

Claiming

All elements of the service must be completed to claim.
Health Assessments cannot be claimed in conjunction with another GP attendance item on the same day, except where this is clinically relevant. (i.e. for a health issue unrelated to diabetes risk assessment).

Lifestyle Modification Program (LMP)



Active referrals

Referrals are only active for 2 months (60 days) from the date of referral was made. If a referral has not progressed to submission of client enrolment within this time frame the referral will become inactive and will need to be re written by the referring GP at another routine consultation

Patients not eligible for referral to LMP

For patients with existing diabetes, the Diabetes Annual Cycle of Care and Chronic Disease Management (CDM) items (712 -731) provide a suite of items for the management and review of diabetes. A GP management plan and Team Care Arrangement can allow the patient to visit an exercise physiologist for 5 sessions. For patients with intermediate to low risk of developing diabetes, GPs may utilise the suite of Lifescripts resources and or the RACGP S.N.A.P guidelines to support patients to address the risk factors contributing to their level of risk. These patients may also be referred to a LMP program however they will be required to cover the full cost to attend the LMP.

In summary the process of LMP referral

The patient is an Australian resident 40 – 49 years old or an Indigenous person between the ages of 15 and 54

Diagnostic tests confirm the patient is not diabetic.

The AUSDRISK used to determine patient eligibility and the patient records a high risk.

Consent to use patient information gained.

Unique identifier obtained from the Division and referral from completed.

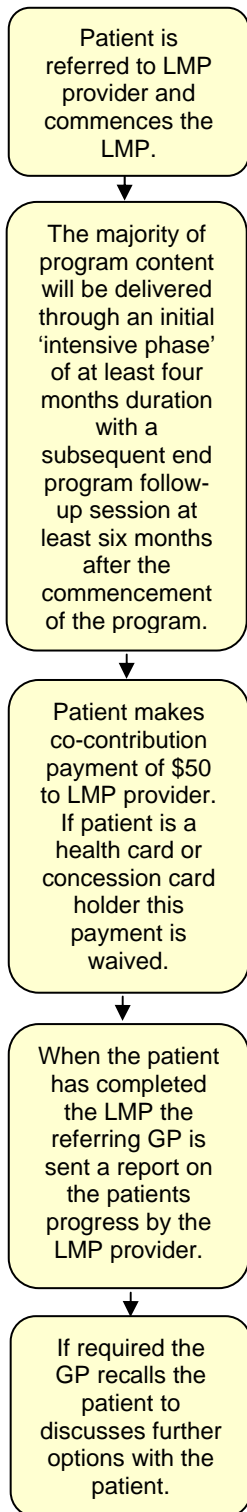
Referral form sent to SESDGP.

Patient attends the LMP.

GP receives report from LMP upon patient completion of program.

Name	Frequency	MBS item	Rebate
45 Year old health check	Once only	701, 703, 705 or 707	\$55.00, \$127.80, \$176.30 or \$249.10
Type 2 Diabetes Risk Assessment	Once every 3 years, or more than 3 years since item 717 has been claimed.	701, 703, 705 or 707	\$55.00, \$127.80, \$176.30 or \$249.10
Aboriginal and Torres Strait Islander Health Check	Every 2 years	715	\$196.65

Lifestyle Modification Program (LMP)



LMP program content

Reset your life is an evidence-based healthy lifestyle program to prevent type 2 diabetes and has been developed by the Australian General Practice Network and the Baker Heart and Diabetes Institute. The program is run as small group sessions with a maximum of 15 participants per group consisting of 7 sessions, running over at least a six month period. The program includes the following content based on national LMP standards:

- Risks of diabetes and their relationship to lifestyle factors;
- Importance of regular diabetes screening;
- Nutrition advice and education;
- Physical activity advice;
- Behavioural strategies to support the adoption and maintenance of lifestyle changes;
- Smoking cessation and alcohol reduction advice or referral, if required;
- information about community resources relevant to sustaining lifestyle change.

The majority of program content will be delivered through an initial 'intensive phase' of at least four months duration with a subsequent end program follow-up session up to six months after the commencement of the program.

Patient co contribution

The LMP provider will charge a patient co-contribution of \$50 incl. GST.
For patients with a health care or concession card, this co-contribution is waived.

SESDGP Accredited Lifestyle Modification Program Providers:

UNSW Lifestyle Clinic

38 Botany St (Corner Botany & High Streets) RANDWICK

T (02) 9385 3352

F (02) 9385 3195

E lifestyleclinic@unsw.edu.au

W www.lifestyleclinic.net.au.au

Diabetes Australia NSW

26 Arundel Street, GLEBE

T (02) 9552 9965

F (02) 9552 9828

E info@diabetesnsw.com.au

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