

TIPS FOR TARGETING PATIENTS FOR LIFESTYLE MODIFICATION PROGRAMS (LMPs)

Display LMP information Posters and Brochures in the practice.

Receptionists to give AUSDRISK to all 40-49 year old patients in waiting room.

Discuss LMP referrals at staff meetings to create awareness among all staff.

Use data extraction tool to create a register of 40-49 year olds who may be at risk of diabetes, eg. smokers, high BMI, high blood pressure, high cholesterol, impaired glucose tolerance, family history, Aboriginal and Torres Strait Islander patients.

- Do a mail out to these patients with a letter, AUSDRISK tool and LMP brochure.
- Flag these patient's files so that if they come in for other medical reasons (eg. pap smear, immunisations) the receptionist or nurse can ask them to complete AUSDRISK.

Set up health assessment clinics.

Keep database clean and current. Ensure patient details are updated, especially smoking status.