

LIFESTYLE MODIFICATION PROGRAMS (LMPS) for patients aged 40-49 years at risk of developing Type 2 Diabetes

Why is diabetes prevention important for this patient group?

Diabetes is one of the largest contributors to the disease burden in Australia, and type 2 diabetes accounts for 92% of diabetes cases in Australia. The incidence of type 2 diabetes has more than doubled in the last 15 years.

Diabetes is associated with a number of complications, including an increased risk of developing cardiovascular, eye and kidney disease.

The onset of type 2 diabetes is largely associated with lifestyle risk factors, particularly overweight and obesity, physical inactivity and poor diet.

Type 2 diabetes can be prevented through lifestyle modification. International evidence has shown that intensive lifestyle interventions in high risk patients can reduce the incidence of type 2 diabetes by up to 58%.

Who is eligible for referral to a subsidised LMP?

People aged 40 - 49 and Aboriginal and/or Torres Strait Islanders aged 15-54, at high risk of type 2 diabetes using the AUSDRISK tool (score ≥ 12).
Patients with newly diagnosed or existing diabetes are not eligible.

Which MBS items can be used for assessment and referral to an LMP?

*The time based health assessment items can be used for conducting a **Diabetes Risk Evaluation for 40-49 year olds** or a **45-49 year old Health Assessment**:

Health Assessment Item	Duration	Schedule Fee
701 (Brief)	less than 30 minutes	\$56.00
703 (Standard)	more than 30 minutes but less than 45 minutes	\$130.10
705 (Long)	more than 45 minutes but less than 60 minutes	\$179.45
707 (Prolonged)	more than 60 minutes	\$253.60

MBS item 715, the health assessment for Aboriginal and Torres Strait Islander people, may also be used for eligible patients (schedule fee \$200.20).

Patients who have had a health assessment in the past 12 months may be referred under a general attendance item.

This material is a summary only and must be read in conjunction with the Medicare Benefits Schedule. Full details of the requirements for these health assessments can be found at www.mbsonline.gov.au

What is an LMP?

An LMP is a subsidised group program for people aged 40-49 years (15-54 for Aboriginal and/or Torres Strait Islanders) who are at high risk of developing type 2 diabetes, as identified using the AUSDRISK tool.

The aim of the program is to enable participants to develop strategies to change their lifestyle to delay or prevent the onset of type 2 diabetes.

LMPS will typically be a series of group education and motivation sessions supporting lifestyle change.

LMPS are accredited programs that meet the standards for people at risk of type 2 diabetes.

LMPS provide participants with information on:

- the risks of diabetes and their relationship to lifestyle risk factors
- the importance of regular diabetes screening
- nutrition advice and education
- physical activity advice
- behavioural strategies to support the adoption and maintenance of healthy lifestyle changes
- smoking cessation and alcohol reduction advice if required
- community resources to provide support in maintaining lifestyle change.

Measuring a patient's risk using the Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

- A patient's risk of diabetes must be determined using the AUSDRISK screening tool within a 3 month period prior to the health assessment.
- The AUSDRISK assesses a patient's risk of developing diabetes in the next 5 years.
- The AUSDRISK can be completed by the patient or with the assistance of practice staff.

What does a Diabetes Risk Evaluation involve?

For patients aged 40-49 years:

- Evaluation of the 'high' risk score on the AUSDRISK, including assessment of the risk factors contributing to the score.
- Updating the patient's history and undertaking physical examinations and investigations in accordance with relevant guidelines.
- Making an overall assessment of the patient's risk factors and results of relevant examinations and investigations.
- Making relevant referrals and identifying appropriate follow-up.
- Providing information and advice, such as referral to an accredited, subsidised LMP.

Practice Nurses and Aboriginal Health Workers may assist GPs in performing a Diabetes Risk Evaluation.

Other resources

- Visit www.newleaseoflife.com.au for more information and to complete the AUSDRISK online.
- **SEA-GP (Brisbane)** can direct you to resources in your area and provide you with details of **accredited Lifestyle Modification Programs**.
- Copies of the AUSDRISK tool and LMP Referral Form can be downloaded from the SEA-GP (Brisbane) website www.seagp.org.au
- The Lifescripts Resource Kit can help identify lifestyle risk factors and implement early intervention strategies to modify behaviour. Visit www.health.gov.au/lifescrpts
- Diabetes Australia provides a range of resources, including national evidence-based guidelines for the prevention of type 2 diabetes. Visit www.diabetesaustralia.com.au
- The Royal Australian College of General Practitioners (RACGP) SNAP Guide – *Smoking, Nutrition, Alcohol and Physical Activity (SNAP): a population health guide to behavioural risk factors in General Practice*. Visit www.racgp.org.au

Contact SEA-GP (Brisbane) for information on the relevant MBS items and referral to LMPs in your area.



Phone: 3390 2466

www.seagp.org.au

* The 45-49 year old Health Assessment is claimable once only for a patient who is at risk of developing a chronic disease.

* The Diabetes Risk Evaluation rebate can only be claimed once every three years.

* Patients who have previously had a 45-49 year old Health Assessment may also receive a Diabetes Risk Evaluation if they are at high risk of developing type 2 diabetes and meet the relevant eligibility criteria.

* Health Assessment rebates are not payable in conjunction with another consultation on the same day, except where it is clinically required.

The information included in this resource has been obtained from a variety of external sources and, while every effort has been made to ensure its accuracy, the South East Alliance of General Practice (Brisbane) assumes no responsibility for its use.