

Prevention in General Practice Awards 2009

recognising commitment to chronic disease prevention

General Practice Highly Commended Carnegie Medical Centre

The Carnegie Medical Centre initiated a 'Smoke Free Clinic' coordinated by the Practice Nurse with the support of the GPs. The model incorporated a team based patient centred approach to smoking cessation using a variety of support mechanisms including SMS messaging to the patient. The consultations were based on a cessation plan which incorporated discussion on patient motivation, triggers and obstacles to smoking cessation, advice on diet and exercise and the use of relevant tools and supports. These sessions are bulk billed to improve access for all eligible patients.

The practice utilised the Pen Computer Systems Clinical Audit Tool to identify smokers within the practice population and to monitor over time for evaluation purposes. The local Division has supported the practice in this work.

Many referrals come from the GPs and the practice nurse who promote the smoke free clinic in other lifestyle management and health assessments, but local promotional materials have been developed to encourage self referral.

Evaluation of the program continues, however early results have been positive and there have been some great success stories so far.

For further information about the VGPPA, including profiles of the winning entries, and examples and resources to integrate more prevention activities into everyday practice, please visit www.gpv.org.au/vgppa or contact the secretariat on (03) 9321 1530.

***The Carnegie
Medical Centre
practice team
accepting their
award***

