Victorian General Practice Prevention Alliance

Uniting to build capacity for chronic disease prevention

Prevention in General Practice Awards 2009

recognising commitment to chronic disease prevention

General Practice Winner

InterHealth Medical Clinic & Cheltenham Medical Centre

Targeting patients at risk of type 2 diabetes – InterHealth Medical Clinic & Cheltenham Medical Centre successfully demonstrated a proactive and 'whole of practice' approach to primary prevention.

The implementation of a "Great Health; Great Life" community program at the practice was of particular note. This comprehensive program includes local walking groups catering for a variety of ages and fitness levels and education sessions promoting health and well being, by addressing the risk factors of smoking, poor nutrition, alcohol misuse, physical inactivity, overweight and obesity (SNAPO).

The entry highlighted a good use of assessment tools and practice systems to identify patients who would benefit from the program and to implement the prevention initiatives. A wide variety of resources and methods were used to encourage patient participation as well as linking and involving local allied health, pharmacy, community health services, Division of general practice, local press and support networks. Results include increased patient motivation and improved patient outcomes.

The sustainability of the program is maintained by regular practice meetings to keep practice staff up to date, the wide variety of patient engagement techniques and the integration of practice systems to ensure eligible patients are constantly identified.

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.

Staff fromInterHealth Medical Clinic accepting the winner's trophy on behalf of the practice team

Cancer Council Victoria · Heart Foundation · strokefoundation · GPV General Practice Victoria · diabetes australia vic