

Victorian General Practice Prevention Alliance

Uniting to build capacity for chronic disease prevention

Primary prevention activities in general practice

The VGPPA encourages systematic, team based, primary prevention activities in general practice, that is, initiatives that address the lifestyle risk factors of smoking, poor nutrition, alcohol misuse, physical inactivity and overweight and obesity (SNAPO). Some examples of activities that you could undertake in your practice are highlighted in the table below however there are many others that are not on this list that will be equally as worthy:

Smoking	<ul style="list-style-type: none"> • Run a QUIT course in your practice • Smoking cessation clinics and clinical audits
Nutrition	<ul style="list-style-type: none"> • Routinely discuss healthy eating in consultations with 45-49 year old patients (Medicare item 717) • Engage a dietitian to run healthy eating clinics at the practice
Alcohol	<ul style="list-style-type: none"> • Record alcohol consumption and utilise Lifescripts resources in all patients above 40 years of age
Physical Activity	<ul style="list-style-type: none"> • Systematically assess physical activity levels across the patient population • Initiate or identify local physical activity opportunities to link into • Develop a service directory of local/community programs that patients can be referred to • Start a practice walking group for both patients and staff
Overweight / Obesity	<ul style="list-style-type: none"> • Record weight, height and waist circumference of all patients • Refer suitable patients to health coaching
Chronic disease prevention	<ul style="list-style-type: none"> • Establish clear roles and responsibilities for the practice team in prevention activities • Use audit tools to identify patients (including patients of Aboriginal and/or Torres Strait Islander origin) who are at high risk of chronic diseases and then implement lifestyle risk factor modification strategies with these patients • Develop a system to identify moderate to high risk patients using the absolute CVD risk guidelines and calculator • Implement appropriate Lifescripts assessment and prescription for all patients undertaking a 45-49 health check • Run practice prevention models such as nurse led clinics • Raise awareness about blood pressure to help people reduce their risk of stroke by offering <i>Know your numbers</i> blood pressure awareness resources in your practice and follow up with lifestyle modification advice. • Practice nurse case finding of suitable clients for diabetes prevention lifestyle modification programs
Education and awareness raising	<ul style="list-style-type: none"> • Offer prevention resources (including indigenous resources) in your practice to educate patients on prevention and assist them to make lifestyle changes (use examples from The Green Book, Lifescripts kit, motivational interviewing CD ROM etc) • Up skill practice staff to promote prevention messages and self management techniques • Build prevention activities into staff job descriptions • Equip your practice with posters, newsletters, brochures and other patient information (and in various languages) to promote lifestyle changes. Consider online or electronic resources as a good way to ensure timely information goes to the patient