

Prevention in General Practice Awards 2009

recognising commitment to chronic disease prevention

The Victorian General Practice Prevention Alliance (VGPPA) was very impressed with the quality standard of entries to the Prevention in General Practice Awards 2009. Activities that were put forward for nomination covered a wide range of topics and addressed many issues in the area of primary prevention of chronic disease.

Some notable entries included the efficient implementation and use of software systems, assessment tools and practice systems to identify patients who would benefit from primary prevention initiatives. Admirable work is also being done to provide multidisciplinary care to target groups including those at risk of developing type 2 diabetes, as well as in aged care and patients with mental illness and/or substance abuse.

Many entries highlighted that they are being proactive in patient care by adopting systems and processes that can prevent the onset of chronic disease. This includes use of relevant MBS items numbers, systematically recording weight, height and waist circumference for all patients, developing a wide variety of resources and methods to encourage patient participation and promoting a team approach.

Some entries that really targeted the idea of primary prevention of chronic disease were initiatives that provided their whole community with lifestyle risk factor education and were establishing support groups. Our judging panel were very impressed by the level of commitment to these ideas by both practice staff and patients – excellent examples of how to engage people and work towards disease prevention.

Divisions of general practice are also assisting practices to implement primary prevention initiatives. This includes encouraging practices to work collaboratively with other health and community agencies e.g. Primary Care Partnerships and community health services; collating local health information on prevention activities e.g. walking clubs; and the development of local allied health professional directories to strengthen referral pathways for patients at risk of developing chronic conditions.

All division entries highlighted the significant role they have in encouraging practices to utilise information technology, including data extraction tools to identify at risk patient populations within a practice.

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.



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About the Victorian General Practice Prevention Alliance (VGPPA)

The VGPPA is comprised of five non-government organisations committed to supporting general practice in chronic disease prevention. The VGPPA works to increase the capacity of general practice in Victoria to undertake evidence-based prevention activities through the implementation of sustainable systems and processes. This is achieved by working with divisions of general practice.

The members of the Victorian General Practice Prevention Alliance are:

Cancer Council Victoria's General Practice Program works to improve health outcomes by enhancing the delivery of *evidence-based cancer control initiatives* through Victorian general practice.

Diabetes Australia – Vic's (DA–Vic) purpose is to *minimise the impact of diabetes* in the community, to *help all people affected* by diabetes, and to contribute to the *search for a cure*. The DA–Vic General Practice Program aims to optimise the delivery of *evidence-based diabetes initiatives* throughout Victorian general practice.

General Practice Victoria (GPV) represents *29 Divisions of General Practice in Victoria*. GPV supports Divisions in their endeavours to *ensure a skilled, viable and effective general practice workforce*, to *improve the health and well-being* of the people of Victoria. In its work with Victorian Divisions, GPV has a focus on *prevention and early intervention* and encouraging better *management of chronic disease*.

The **Heart Foundation** saves lives and improves health through funding world-class *cardiovascular research*, guidelines for health professionals, informing the public and assisting people with cardiovascular disease.

The **National Stroke Foundation** is a not-for-profit organisation that works with the public, Government, health professionals, patients, carers and stroke survivors to *reduce the impact of stroke* on the Australian community. Its challenge is to save 110,000 Australians from death and disability due to stroke over 10 years.

