

## SCREENING

### AT RISK

Fracture risk calculators are available from Osteoporosis Australia website:

[www.osteoporosis.org.au](http://www.osteoporosis.org.au)

## MBS ITEMS

### General consultation item

#### Health Assessment Items

701—Brief <30min  
703—Standard 30-45min  
705—Long 45-60 min  
707—Prolonged >60min

#### Indigenous Health Check Item 715

## GP REFERRAL/MANAGEMENT

### Lifescrpts

Tools to assist GPs to undertake assessment and provide advice to patients on Smoking, Nutrition, Alcohol, Physical Activity, Weight and referral to support services. Contact GP partners Adelaide (GPPA) for further information. **Ph: 8112 1100**

### Do It For Life Program

1:1 PROGRAM, **FREE of charge**. Eligible patients are aged 18+ years, with an AUSDRISK score of 12 or higher and at least one SNAPS risk factor. Send referral form to:  
**Ph: 1300 040 715 Fax: 8263 7144**

### HELP Health Eating & Lifestyle Program

See information under Self Management

## ARTHRITIS OR OSTEOPOROSIS

### General consultation item

Item 721 GPMP  
732 Review GPMP

Item 723 TCA  
732 Review TCA

Item 10997  
Chronic Disease service provided by PN/AHW on behalf of the GP

Item 900  
Home Medicine Review

Item 903  
Residential Medication Management Review

### Individual Allied Health Services under Medicare

Patients with a GPMP and TCA can receive a **Medicare rebate** for 1:1 services provided by eligible, private allied health professionals. For further information or to locate allied health professionals see Resources

### Home Medicines Review

GP assesses medication management needs, refers to community pharmacy for HMR, discusses results with reviewing pharmacist and develops written medication management plan following discussion with the patient. MBS item 900. Contact GPPA for further information. **Ph: 8112 1100**

### CNAHS Falls Assessment Clinics

Specialised multidisciplinary assessments by a geriatrician, occupational therapist, physiotherapist and nurse. Falls risk factors are identified and recommendations are made. **Service is FREE of charge**. Referral form can be downloaded from GP partners Adelaide website or contact CNAHS Falls Prevention Team.  
**Ph: 1300 0 FALLS (1300 032 557) Fax: 1300 467 567**

### CNAHS Day Therapy Centres

Commonwealth-funded facilities providing services such as Falls Prevention, physiotherapy, occupational therapy, speech therapy, social work and podiatry to aged people 60 years and over who are living in the community. CNAHS Day Therapy Centre Referral Form that includes a list of local providers can be downloaded from GP partners Adelaide website under Resources at [www.gppadelaide.org.au/Resources/tabid/311/Default.aspx](http://www.gppadelaide.org.au/Resources/tabid/311/Default.aspx)

### Falls Prevention Service Directory for CNAHS

This resource is available from the **Falls Prevention in SA** website. Also available from the site is a Referral Guide for Falls Prevention Services, a Professional Service Directory for Falls Prevention in the SA Metropolitan Region and patient education brochures. [www.fallssa.com.au](http://www.fallssa.com.au)

## SELF REFERRAL/MANAGEMENT

### AT RISK

#### HELP Health Eating and Lifestyle Program

6 WEEK GROUP PROGRAM, **FREE**. Conducted by Dietitians at Parks Community Centre at Angle Park and GP Plus Super Clinic Modbury. All people aged 18+ who would benefit. No GP referral required. **Ph: 7425 8700**

#### Strength for Life

COTA SA, GROUP FITNESS >50yrs, various locations. Medical clearance required. **Ph: 8232 0422**

#### Heart Foundation Walking

**FREE WALKING GROUPS**, various locations. **Ph: 1300 362 787**

#### Council health & fitness programs

Contact your local council for details of local activities, clubs and events.

### DIAGNOSED

Options above and the following:

#### Arthritis SA and Osteoporosis SA—

[www.arthritissa.org.au](http://www.arthritissa.org.au)  
Arthritis SA **Ph: 8379 5711**  
Osteoporosis SA **Ph: 8379 5345**  
Services include:

#### Moving Towards Wellness

**Chronic Disease Self-Management Course (Stanford Model)**. 6 WEEK, GROUP PROGRAM, various locations. Call **Arthritis SA** for details.

#### Support Groups

Information, education and support for people with a range of musculoskeletal conditions.

#### Tai Chi for Arthritis

Call **Arthritis SA** for details. Cost involved.

#### Bones on the Move Exercise Classes

Call **Osteoporosis SA** for details. Cost involved.

#### Telephone Advisory Service

Support and information on arthritis conditions.  
**Ph: 8379 5711** Available 9.30am—3.30pm, Mon to Fri

#### Osteoporosis SA Helpline

Trained advisors respond to community enquiries about osteoporosis. **Ph: 8379 5345**

#### Disability SA—Independent Living Centre

Information and advice on equipment and techniques to assist with everyday tasks. **Services are free of charge**.  
**Ph: 1300 885 886** [www.disability.sa.gov.au](http://www.disability.sa.gov.au)

## RESOURCES

### PREVENTION

**Guidelines for preventive activities in general practice 7<sup>th</sup> edn (Red Book)**

[www.racgp.org.au/guidelines/redbook](http://www.racgp.org.au/guidelines/redbook)

**Measure Up**— campaign website with healthy lifestyle advice  
[www.measureup.gov.au](http://www.measureup.gov.au)

### ARTHRITIS AND OSTEOPOROSIS

**Arthritis SA and Osteoporosis SA**

[www.arthritissa.org.au](http://www.arthritissa.org.au)

**Arthritis Australia**

Website includes patient information sheets and booklets that can be downloaded or ordered.  
[www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

**Osteoporosis Australia** [www.osteoporosis.org.au](http://www.osteoporosis.org.au)

Guides for GPs are available from the Osteoporosis Australia website including:

- Calcium, Vitamin D and Osteoporosis New Guide for GPs (2008)
- Preventing the next fracture GP guide (2008)
- Exercise and fracture prevention GP guide

**National Prescribing Service (NPS)** [www.nps.org.au](http://www.nps.org.au)

Consumers Medicines Line **Ph: 1300 888 763**

**Health Insite**—Health information site for consumers and health professionals [www.healthinsite.gov.au](http://www.healthinsite.gov.au)

### MEDICARE

**Medicare Benefits Schedule Online**

[www.health.gov.au/mbsonline](http://www.health.gov.au/mbsonline)

**Department of Health and Ageing—MBS Primary Care Items**

[www.health.gov.au/mbsprimarycareitems](http://www.health.gov.au/mbsprimarycareitems)

### ALLIED HEALTH

**Find an Exercise Physiologist** [www.aeess.com.au](http://www.aeess.com.au)

**Find a Physiotherapist** [www.physiotherapy.asn.au](http://www.physiotherapy.asn.au)

**Find an Occupational Therapist** [www.otsa.org.au](http://www.otsa.org.au)

**Find an Osteopath** [www.osteopathic.com.au](http://www.osteopathic.com.au)

**Find a Chiropractor** [www.chiropractors.asn.au](http://www.chiropractors.asn.au)

**Find an Accredited Practising Dietitian** [www.daa.asn.au](http://www.daa.asn.au)

**Human Services Finder** [www.hsfinder.sa.gov.au](http://www.hsfinder.sa.gov.au)

**Health Provider Registry** [www.healthproviders.com.au](http://www.healthproviders.com.au)