

Core Standard 4



- CS 4.1 – Health Promotion and Preventive Care

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ACT

An Australian Government Initiative

**Capital
Health
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Partnering for better health



Core Standard 4 – Health Promotion and Preventive Activities

Our practice provides health promotion and preventive services that are based on patient need and best available evidence.

Core Standard 4 pertains to practices taking a holistic approach to health care by providing health promotion and preventive health education to their patients. Health promotion activities in the practice could include providing written materials and in clinic education to help people self-manage their chronic diseases. Preventive services should consist of measures taken to prevent diseases, as opposed to treating them, as well as measures to detect illness in the early and asymptomatic stages.

A holistic approach to care encourages practices and practitioners to consider and respond to each patients' individual circumstances when providing health promotion, preventive care, early detection, and intervention. Holistic care considerations could include:

- Heritage (e.g. does the patient identify as being of Aboriginal and/or Torres Strait Islander origin?)
- Medical or social conditions (e.g. was the patient a refugee? Has the patient experienced trauma?)
- Financial circumstances (e.g. will the patient be able to afford the recommended treatment?)
- Sexual and/or gender identity (e.g. is the patient struggling with their identity, adjusting to their identity, or having interpersonal complications due to perceptions of their identity?)

Health promotion and preventive care objectives may also be undertaken in coordination with other health professionals, agencies or organisations.

C4.1 – Health Promotion and Preventive Care

C4.1A – Our patients receive appropriately tailored information about health promotion, illness prevention, and preventive care.

Meeting this criterion

According to the RACGP's Standard for Practice, in order to meet this indicator practices must employ a systematic approach to preventive care and providing preventive health information and health promotion materials. These can include strategies such as:

- Reviewing and understanding the practice's patient population demographics and health needs
- Establishing a reminder system for preventive health measures such as screening and regular checks
- Maintaining a directory of local services that can assist patients to modify their lifestyle
- Providing information documents such as brochures and pamphlets, which must include culturally appropriate material (e.g. for Aboriginal and Torres Strait Islander patients).
- Providing or encouraging patients to attend preventive health activities (i.e. diabetic education groups, quit smoking support services, etc.)

Suggested tools and solutions

Digital Health Solutions

- National Cancer Screening Register to assist in preventive screening of eligible patients. (visit www.ncsr.gov.au for more information.)
- Electronic Requesting to assist in ordering pathology for patients. (see pages 22-24 of the Digital Health Toolkit <https://www.chnact.org.au/wp-content/uploads/2021/04/chn-digital-health-toolkit-qps.pdf> or speak to your pathology provider.)
- Secure Messaging to assist in sending patient referrals to other health services. (see pages 15-17 of the Digital Health Toolkit <https://www.chnact.org.au/wp-content/uploads/2021/04/chn-digital-health-toolkit-qps.pdf> or visit <https://au.healthlink.net/products/smart-forms/>)
- My Health Record to review patient medical history, discharge summaries etc. from previous health care interactions (see pages 8-10 of the Digital Health Toolkit <https://www.chnact.org.au/wp-content/uploads/2021/04/chn-digital-health-toolkit-qps.pdf> or visit www.myhealthrecord.gov.au)

- Canberra Community Directory provides up-to-date information of community organisations providing services in the Canberra area. Information includes health, crisis and emergency, welfare assistance, aboriginal, aging, disability services and more.
(https://www.mycommunitydirectory.com.au/Australian_Capital_Territory/Canberra)
- ACT Health's Find a Health Service is an online directory that provides a central location for all health services and practitioner information in Canberra. It is a localised and customised filtered information from the National Health Services Directory.
(<https://health.act.gov.au/services-and-programs/find-health-service>)

Indigenous Health Solutions

- Health Promotion materials targeted for Aboriginal and Torres Strait Islander consumers
([Aboriginal and Torres Strait Islander health resources | Australian Government Department of Health and Aged Care](#))
- RACGP resources to support health checks for Aboriginal and Torres Strait Islander patients
([RACGP - Resources to support health checks for Aboriginal and Torres Strait Islander people](#))
- Services Australia - information on Indigenous health assessments and follow-up services for Aboriginal and Torres Strait Islander patients
([Aboriginal and Torres Strait Islander health assessments and follow-up services - Health professionals - Services Australia](#))
- Services Australia – eLearning, Infographics and Simulations for Indigenous Health Services
[Indigenous Health Services \(IHS\) - Health Professional Education Resources](#)
(servicesaustralia.gov.au)

HealthPathways Solutions

- Train all clinical staff to utilise Health Pathways site as a directory for outgoing referrals – HealthPathways provides information on [How to use HealthPathways](#), a list of all pathways on the site [ACT and NSW Pathways](#) and [eReferrals](#).
- ACT & NSW HealthPathways provides information on [Lifestyle and Preventive Care](#) including chronic disease management and care coordination services, healthy lifestyle programs, disaster planning and management, nutrition and dietetics, obesity management and smoking cessation advice.
- ACT & NSW HealthPathways provides information on [Diabetes](#) and [Diabetes Referrals](#).
- ACT & NSW HealthPathways provides information on health assessments - [Older Adults' Health Assessment](#) and [Aboriginal and Torres Strait Islander Health Assessment \(MBS Item 715\)](#).
- ACT & NSW HealthPathways provides information on [Bowel Cancer Screening](#) and [Breast Screening](#) and [Cervical Screening](#) and [Sexual Health Screening](#) and [Prostate Cancer - Screening](#).
- ACT & NSW HealthPathways provides information on [Immunisation](#).
- ACT & NSW HealthPathways provides information on [Specific Populations](#) and [Aboriginal and Torres Strait Islander Health](#).

Mental Health Solutions

- EveryMind has some resources for prevention and health promotion for mental health:
[Prevention and promotion approaches | Everymind](#)

- The Prevention Hub is an initiative by Black Dog Institute and EveryMind that provides research and information about prevention of depression and anxiety for health care settings, workplaces and schools: [Homepage - The Prevention Hub \(preventhub.org.au\)](https://www.preventhub.org.au)