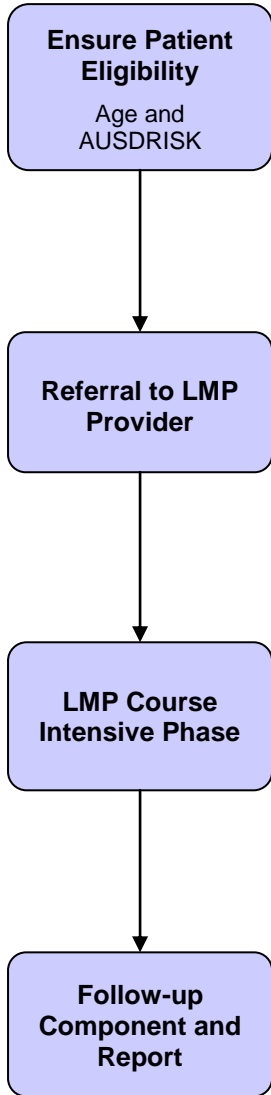


## Subsidised Lifestyle Modification Program to reduce the risk of Type 2 Diabetes



### Eligibility Criteria

Patients with newly diagnosed or existing diabetes are **not** eligible

Non-ATSI patients aged 40 to 49 years inclusive - item 701 / 703 / 705 / 707

ATSI patients of any age - item 715

Patients must score  $\geq 12$  points on Australian Type 2 Diabetes Risk Assessment Tool (AUSTRISK)

Patient should be able to tolerate moderate physical activity

### Referral

Gain patient consent and fax completed Lifestyle Modification Program (LMP) GP Referral Form to LMP Provider

LMP Facilitator will contact the patient to advise of next available course

Patient makes co-payment of \$50 (waived for health care and concession card holders)

### Patient Participates in LMP

Course provided by accredited allied health professionals (e.g. Diabetes Educator, Exercise Physiologist, Physiotherapist, Dietician) over 6 months

LMP course covers: education regarding the risks of diabetes, nutrition and exercise, goal setting and staying motivated; and includes an individualised exercise plan

### Follow-up and Reporting

Two months after completion of intensive phase, a follow-up session is conducted

LMP Facilitator will report patient outcome data to GPs on completion of the LMP

<b>MBS item</b>	<b>Name</b>	<b>Age Range</b>	<b>Recommended Frequency</b>
715	ATSI Health Assessment	Any age	Min. 9 monthly
701 / 703 / 705 / 707	Health Assessment – Type 2 Diabetes Risk Evaluation or 45-49 Year Old	40-49 yrs 45-49 yrs	Once every 3 years Once only
23 36 44	Standard consult may be used if Type 2 Diabetes Risk Evaluation has been claimed in last three years or 45-49 Year Old Health Assessment has previously been claimed	40-49 yrs 45-49 yrs	

MBS item 10990 (Bulk Billing Incentive) may also be claimed for eligible patients

### **What is the Lifestyle Modification Program (LMP)?**

The LMP is a nationally accredited, subsidised lifestyle modification course available to eligible patients who are at risk of developing Type 2 diabetes, determined by age and AUSDRISK score.

Participants will improve their diabetes awareness and learn about weight reduction, healthy eating, exercising and sustaining lifestyle changes. An individual fitness assessment and 8 week exercise program are included.

Facilitated by accredited health professionals and run over six months, there is a session every month for 4 months and a follow-up session 2 months later. The course caters for small groups of no more than 15 people.

### **How much will it cost for a patient to participate in the subsidised LMP?**

There is a \$50 patient co-payment; however this can be waived for health care and concession card holders.

### **What other intervention strategies are available for patients with a high risk of developing Type 2 diabetes?**

GPs may wish to discuss other suitable intervention strategies for patients who may not wish to attend or are ineligible to participate in a formal, subsidised LMP.

- Contact your Practice Support Officer on 9477 8700 for information regarding:
- Northern Sydney Central Coast Area Health Service Weight for Health, Impaired Glucose Tolerance and Pre-diabetes programs and Healthy Lifestyle courses
- GPNN Local Physical Activity Services Directory and Strengthening Exercises patient information sheet
- Heartmoves low to moderate impact exercise program, and Heart Foundation walking groups
- Lifescripts Assessments and Prescriptions for smoking, nutrition, alcohol, physical activity and weight management
- Private referral to Dietitians and Exercise Physiologists
- Relevant patient resources on lifestyle modification are available at:  
[www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)    [www.diabetesnsw.com.au](http://www.diabetesnsw.com.au)  
[www.healthinsite.gov.au/topics/Diabetes](http://www.healthinsite.gov.au/topics/Diabetes)
- RACGP SNAP (Smoking, Nutrition, Alcohol, Physical activity) Guidelines are available at:  
[www.racgp.org.au/guidelines/snap](http://www.racgp.org.au/guidelines/snap)
- RACGP 'Red Book' - Guidelines for Preventive Activities in General Practice are available at:  
[www.racgp.org.au/guidelines/redbook](http://www.racgp.org.au/guidelines/redbook)
- RACGP 'Green Book' - Putting Prevention into Practice Guidelines are available at:  
[www.racgp.org.au/guidelines/greenbook](http://www.racgp.org.au/guidelines/greenbook)
- NHMRC National Evidence Based Guidelines for the Management of Type 2 Diabetes Mellitus - Primary Prevention of Type 2 Diabetes are available at:  
[www.nhmrc.gov.au/publications/index.htm](http://www.nhmrc.gov.au/publications/index.htm)