

MEN'S HEALTH



Males experience a greater share of the burden of disease compared to females ([AIHW 2019](#)). Nearly half (46%) of the total burden of disease in males is from cancers, cardiovascular diseases, and mental and substance use disorders.

The primary male-specific chronic disease is prostate cancer, but there is no reliable screening test to detect this early. The Murray PHN region has low rates of prostate cancer compared with the rest of the state, but this may reflect lower numbers of men seeking help for their symptoms.

Mental health issues can impact people of any age, but these are often a concern for older men. Men's Sheds, which are recognised as important and practical organisations, provide a range of information and resources on both physical and emotional health. There are now at least 66 Men's Sheds operating in our region.

Information taken from page 20 of [Murray Health Report: health in our region \(October 2021\)](#)

Change Idea templates	Change Idea templates help to identify focus areas for quality improvement activities using practice data. Your Quality Improvement Consultant can assist in identifying change ideas for your practice.	<ul style="list-style-type: none"> • Men's Health
PDSAs - Quality Improvement	Plan-Do-Study-Act (PDSA) cycles provide a framework to help develop, manage, and test quality improvement activities identified in change idea templates. Your Quality Improvement Consultant can assist in developing your PDSA templates.	<ul style="list-style-type: none"> • Male suicide • Men's Health
Murray HealthPathways	Murray HealthPathways aims to guide best-practice assessment and management of common medical conditions, including when and where to refer patients, with guidance on what information is needed.	<ul style="list-style-type: none"> • Mental Health • Prostate Cancer • LGBTIQ+ Health • Hyperlipidaemia • Hypertension • Painful Scrotum • Painless Scrotal Lumps • Weight Management in Obese Adults • Erectile Dysfunction • Urinary Incontinence • Screening and Detection of Diabetes and Pre-diabetes • Bowel Cancer Screening and Surveillance • Rural and Agricultural Health Assessment

<p>Online learning for health professionals</p>	<ul style="list-style-type: none"> • Healthy Male – Professional Education • Diabetes Online Learning for Health Professionals - NDSS • Online Learning - APNA • Continence Foundation of Australia – Online Learning <p>Webinars</p> <ul style="list-style-type: none"> • Mens Health in Primary Care: Break Down the Barriers • Managing Prostate Cancer in General Practice - RACGP 	
<p>Resources</p>	<ul style="list-style-type: none"> • Healthdirect – Men’s Health • Healthy Male • Hypertension Resources – Heart Foundation • Australian Mens Health Forum (AMHF) • Mens Line • Beyond Blue • Black Dog Institute Resources • LGBTIQ+ Health - Workforce Resources • Cancer Council – Screening - Men • Cancer Council – Health Professional Resources • Diabetes Australia Resources 	
<p>PHN Exchange Reports</p>	<p>PHN Exchange provides a visual analysis for general practice specific data analytics. These are benchmarked against all Murray PHN data sharing practices. See how your practice is tracking:</p> <p>Demographic breakdown</p> <ul style="list-style-type: none"> • Total Patients by Age and Sex • Active Patients by Age and Sex 	<ul style="list-style-type: none"> • PHN Exchange
<p>Pen CS – CAT4 Recipes</p>	<p>CAT4 recipes are designed to give new and experienced users a simple step-by-step guide to a particular problem or question.</p>	<ul style="list-style-type: none"> • CAT Recipes - PenCS Help
<p>APNA online course for primary health care nurses</p>	<p>Cardiovascular Disease Risk Assessment & Management</p>	<ul style="list-style-type: none"> • APNA – Cardiovascular Disease Risk Assessment & Management
<p>Health Promotion Events</p>	<ul style="list-style-type: none"> • International Men’s health Week – 12-18 June 	

For further information or support please contact your local [Quality Improvement Consultant](#), email: gpsupport@murrayphn.org.au or visit the general practice support page on our [website](#)