

OLDER PERSON'S HEALTH



On average, Australians living in rural and remote areas have shorter lives, higher levels of disease and injury, and poorer access to and use of health services, compared with people living in metropolitan areas. Australia's older generation - those aged 65 years and older or 50 years for First Nations Peoples (to reflect the life expectancy gap between Aboriginal and Torres Strait Islander people and non-Indigenous Australians) - continues to grow and is projected to more than double by 2057. The ageing of the population creates both pressures and opportunities for Australia's health and welfare sectors. - Murray Health Report: healthy ageing in our region (May 2022)

<p>Change Idea templates</p>	<p>Change idea templates identify focus areas for quality improvement activities through the use of practice data. Please contact your Quality Improvement Consultant to assist in identifying change ideas for your practice</p>	<ul style="list-style-type: none"> • <u>75+ Health Assessment – Change Idea template</u>
<p>PDSAs – Quality improvement</p>	<p>Plan-Do-Study-Act cycles provide a framework to help develop, manage, and test quality improvement activities. Please contact your Quality Improvement Consultant for assistance with identifying change ideas for your practice.</p>	
<p>Murray HealthPathways</p>	<p>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</p>	<ul style="list-style-type: none"> • <u>Older Persons' Health - Murray HealthPathways</u> • <u>Health Assessment for people aged 75 years and older – Murray HealthPathways</u>
<p>Resource</p>	<ul style="list-style-type: none"> • <u>MBS Attendance Items in Residential Aged Care Facilities General Practitioner or Other Medical Practitioner</u> 	
<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"> • <u>Identify Patients Eligible for Shingles Vaccination - CAT Recipes - PenCS Help</u> • <u>Identify patients eligible for an annual 75+ Health Assessment - CAT Recipes - PenCS Help</u> • <u>Dementia Patients - CAT Recipes - PenCS Help</u>

PHN Exchange Reports	<p>PHN Exchange provides a visual analysis for general practice specific data analytics.</p> <p>These are benchmarked against all Murray PHN data sharing practices. See how your practice is tracking:</p> <p>Practice Snapshot - Advanced</p> <ul style="list-style-type: none"> • Active patients aged 75 years and over • Active patients aged 75 years and over with Health Assessments • Active patients 65+ with no visit recorded in last 6 months <p>Health Assessments Trend</p> <p>Active patients aged 75 years and over with Health Assessment, last result in 12 months</p> <p>Demographic Breakdown</p> <p>Total/Active patients by Age and Sex</p>	<ul style="list-style-type: none"> • PHN Exchange
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Palliative care

Pen CS – CAT4 Recipes	Identify patients in your community that could benefit from Advance Care Directive conversations	<ul style="list-style-type: none"> • Find all active patients currently on a GP Management Plan (GPMP) with complex needs and may benefit from screening for potential palliative care needs • Find all patients aged 75 and older, with existing chronic conditions which are associated with a higher risk of death • Find all patients currently residing in a RACF who are likely to benefit from a palliative care approach • Find all patients with cancers who are more likely to have their life limited by their illness
PDSA and QI Toolkits	<ul style="list-style-type: none"> • Brisbane South PHN QI Toolkit: Last days of life/palliative care 	
MBS billing options	For GPs in general practices or residential aged care facilities, nurse practitioners and allied health professionals.	<p>Optimising MBS billing for palliative care and advance care directive conversations with patients:</p> <ul style="list-style-type: none"> • Remuneration and MBS Billing

Palliative Care Advice Services	The palliative care helpline specialist services are available to support clinicians with: <ul style="list-style-type: none"> • Symptom management • Prescribing • Medication management (dosage – oral to injectable, syringe drivers' infusions, etc) • Referrals 	Free call 1800 360 000 *available for VIC providers
HealthPathways		<ul style="list-style-type: none"> • Palliative Care Overview • Cognitive Impairment and Dementia • Pain Medication in Palliative Care • Palliative Care Referrals • Advance Care Planning
Training and practice facilitation opportunities	Online training available for general practice staff (CPD points available – RACGP and APNA)	<ul style="list-style-type: none"> • The Advance Project
More resources	CareSearch is the Australian palliative care platform centralising relevant health information, care navigation, medication management and scientific evidence in the sector.	<ul style="list-style-type: none"> • Access the health professionals page
Murray PHN Palliative Care Project - The Caring Circle	The project aims to improve the health and end-of-life care journey of people in rural and remote Victoria living with a life-limiting illness (non-cancer), through embedding early advance care planning discussions and integrated patient-centred strategies.	<ul style="list-style-type: none"> • Access project page, resources and training here

Voluntary assisted dying (VAD)

Voluntary Assisted Dying has been available in Victoria since July 2019 and NSW since November 2023. It allows a person in the late stages of advanced disease who meets strict criteria to take medication prescribed by a doctor that will bring about their death at a time they choose. Health professionals may be asked about VAD in the course of their work.

State information for practitioners	<ul style="list-style-type: none"> • Victoria – Department of Health • NSW – Ministry of Health 	
Navigator services	A service that answers VAD questions from patients, families, health practitioners and providers. Can also help to find VAD practitioners and resources.	VIC: <ul style="list-style-type: none"> • Call 03 8559 5823 Mon-Fri business hours • Email: vadcarenavigator@petermac.org

		NSW: <ul style="list-style-type: none"> • Call 1300 802 133 Mon-Fri 8.30am-4.30pm Email: NSLHD-VADCareNavigator@health.nsw.gov.au
Voluntary Assisted Dying (VAD) Training	The VIC Statewide VAD Navigator Service is a team of senior clinicians (nurses, social workers, psychologist) who support individuals, families, healthcare providers and health services in accessing or providing voluntary assisted dying	<ul style="list-style-type: none"> • Victorian Voluntary Assisted Dying Learning Hub
HealthPathways	<ul style="list-style-type: none"> • Voluntary Assisted Dying (VAD) - HealthPathways 	

Dementia

Pen CS – CAT4 Recipes	<ul style="list-style-type: none"> • Dementia Patients and Health Assessments • Dementia Patients and Cardiovascular Risk • Dementia Patients and Carers • Dementia Patients and DMMR • Dementia Patients and My Health Record • Identify Patients at High Risk for Dementia
PDSA and QI Toolkits	<ul style="list-style-type: none"> • Sydney North PHN: Dementia (PDSA example included)
HealthPathways	<ul style="list-style-type: none"> • Cognitive Impairment and Dementia – HealthPathway
Dementia Support Australia Services	<p>FREE 24/7 advice services:</p> <ul style="list-style-type: none"> • 1800 699 799 - available nationally Refer your patients here. • GP tailored clinical dementia advice services (Geriatricians and Psych geriatricians provide clinical support to GPs managing the behaviour and psychological symptoms of Dementia). <p>Other services:</p> <ul style="list-style-type: none"> • Dementia Behaviour Management Advisory Service: available to support all clinicians and carers with Dementia behaviour management. • Severe Behaviour response team with mobile clinicians is available to visit and support patients and carers within 48hrs, depending on location. Can also support clinicians with referrals to specialist services.
Training and practice facilitation opportunities	<p>Online training available for general practice staff (CPD points available – RACGP and APNA)</p> <ul style="list-style-type: none"> • The Advance Project
Other resources	<ul style="list-style-type: none"> • Murray PHN webpage for community, including local directory

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](#).