A service of value—GPcare Health Assessments

Gina Higlet

1Adelaide Hills Division of General Practice, SA

Introduction: GPcare Health Assessments commenced in 2010 and provides a valuable service for general practitioners and their patients in the region of the Adelaide Hills Division of General Practice. Comprehensive health assessments are provided to patients 75 years and above living in their own home, to ensure better health outcomes and provide a preventative approach to primary health care.

Aims: To develop and implement an innovative and collaborative strategy that will assist general practitioners and their staff to engage their community in health and ageing opportunities and discussions regarding chronic disease management.

Methods: GPcare Health Assessments is a subsidiary of the Adelaide Hills Division of General Practice Inc, providing a fee-for-service health assessment program. A health assessment of an older person is an in-depth assessment of a patient aged 75 years and over.

The purpose of this health assessment is to help identify any risk factors exhibited by an elderly patient that may require further health management. In addition to assessing a person’s health status, a health assessment is used to identify a broad range of factors that influence a person’s physical, psychological and social functioning.

Results: Approximately 460 health assessments have been completed by a GPcare Health Assessment nurse and referrals made for home support and allied health services to assist the aged population in remaining in their own home.

Benefits resulting from the work of the Division program are:

- engagement of the general practice community in the positive ageing and chronic disease management message
- providing evidence-based information to the GPs, community and health providers that increases the understanding of positive ageing and chronic disease management
• community service providers have an improved knowledge of where to access support services and resources for their communities

• data and feedback collected from the community can assist in population health planning.

**Conclusion:** Our health care model and service supports both the patient and the general practitioner and is in response to a demand for experienced nursing care that will both assess and promote quality of life for the elderly person in the community or aged care setting. Assessing these patients in their own homes or residential aged care facilities can result in better health outcomes for them and for the general practice.