



MEN'S HEALTH OUTREACH CLINIC – CYGNET FAMILY PRACTICE

OVERVIEW

Cygnnet Family Practice is located in the picturesque Huon Valley in Tasmania, just under one hour's drive south of Hobart. Supporting the health and well-being of people within the community is a key focus for this practice as they established two Men's Health Outreach Nurse Clinic models at Duggans Earthworks, Concrete and Quarry Supplies and at Cygnnet RSL.



// Find an idea or an area of nursing that you're passionate about because that passion will sustain you when you run into barriers. Also find other team members in different areas of your practice to support you and have a really good chat together on what your aims and objectives are and looking at how you would run it together. //

Kerrie Duggan, Nurse Practitioner and Owner, Cygnnet Family Practice.

MEN'S HEALTH OUTREACH CLINIC – CYGNET FAMILY PRACTICE

MODEL – DUGGANS OUTREACH CLINIC

The focus of Duggans Men's Health Outreach Project was to increase access to health care for men and identify risk factors for the development of chronic disease and cancer. The lead nurse liaised with personnel from Duggans; a local industry that employs a large percentage of men. All male employees were invited to attend Cygnet Family Practice for an annual health check, and a list of those who accepted the invitation was sent to the practice. During the consultation, a Health Check Questionnaire was completed, findings were discussed, and any risk factors and/or abnormal findings identified were managed at a follow up appointment with the appropriate health practitioner.

Duggans Pty Ltd is committed to the health and well-being of its employees and as part of their induction process, new staff will be encouraged to undertake regular health checks. Each year, employees receive a birthday card in the mail which includes a health message and suggestion to undertake an annual health check, and staff are also given a paid day off for their birthday. To normalise health conversations, the topic of Health Checks is now a standard item within the organisation at their weekly 'Toolbox' meetings.

FUNDING

During this pilot project, Duggans Pty Ltd funded the time for employees to undertake the health assessment at Cygnet Family Practice as part of its Employee Well-being Program. To maximise uptake, appointments were scheduled within the employee's usual working hours.

PATIENT FLOW CHART

Patient eligibility

- Male employees at Duggans Pty Ltd.
- During the project, the scope was increased to allow female employees to also participate in an annual health check

Initial Visit

- Employees of Duggans Pty Ltd. invited to attend Cygnet Family Practice for an annual health check
- Appointment scheduled to attend during usual work hours. Appointment titled 'Duggans Men's Health Check'
- Health Check Questionnaire completed with Nurse Practitioner, and health risks identified and discussed.

Follow up visits

- Abnormal findings identified and managed (either at Cygnet Family Practice or alternatively with the patient's usual healthcare provider)
- Duggans Pty Ltd send annual health check reminders to each employee on their birthday (included in a birthday card) and provide a paid day off for their birthday

Documentation

- Completion of health check questionnaire

MBS Items

- MBS item 82215 was billed by Cygnet Family Practice as a Nurse Practitioner completed the Health Check, which took at least 40 minutes.

OUTCOME

29%

29% were smokers – 28% of those who smoked have decreased the number of cigarettes smoked, the other is joining a smoking cessation group and is commencing Nicotine Replacement Therapy

85%

85% of employees, who agreed to have a health check, presented at their booked appointment.

8%

8% were binge drinking without being aware – drinking habits discussed and modified

29%

29% needed a referral to a GP for follow up

MEN'S HEALTH OUTREACH CLINIC – CYGNET FAMILY PRACTICE

MODEL – RSL OUTREACH CLINIC

The Cygnet RSL Club After Hours Clinic's model aimed to increase access to health services for returned veterans and their families, by providing health checks and health education by a Registered Nurse, in a supportive and trusting environment. The nurse clinic was held within the local RSL club on the usual monthly Friday night social gathering. Anyone is eligible to meet with the nurse regardless of which usual general practice they attend. People without a regular health practitioner were also encouraged to seek appropriate health support when required. A significant part of this initiative was to address the reluctance of men, especially returned veterans, to seek support for their health. A health questionnaire template was used to record blood pressure readings, height, weight, BMI, ask questions about diet, activity levels, use of alcohol, tobacco and other substances, and past mental health history. This enabled the identification of potential risk factors or health concerns, which could then be directed to the person's usual GP or health professional for appropriate follow up.

PATIENT FLOW CHART

Patient eligibility

- Returned Veterans, their family members and associates who attend monthly social gatherings at the local RSL facility were invited to participate in health discussions with the Registered Nurse

Initial Visit

- Opportunistic health conversations with Registered Nurse
- Health concerns identified and patient encouraged to follow up with appropriate health professional

Documentation

- Completion of basic health questionnaire (optional)

MBS Items

- No Medicare funding support available for this outreach model

OUTCOME

16

16 people aged between 30 – 80 years completed a health questionnaire

12

12 people had their blood pressure taken and recorded

5

5 people had their height, weight and BMI recorded

12

12 people had smoking status recorded. 4 people were current smokers and 8 people identified as non- or ex-smokers.