



## Fact Sheet

MBS items 713

**This Fact Sheet must be read in conjunction with the item descriptor and explanatory notes for Item 713 (as set out in the Medicare Benefits Schedule).**

The aim of the Type 2 Diabetes Risk Evaluation is to support general practitioners (GPs) to address the health needs of patients 40 to 49 years of age who are at high risk of developing type 2 diabetes. This item enables GPs to review patients' risk factors and instigate early interventions such as lifestyle modification programs to assist with the prevention of type 2 diabetes.

The Type 2 Diabetes Risk Evaluation is a review of the factors underlying the 'high risk' score identified by the Australian type 2 diabetes risk assessment tool.

Patients with a 'high' score result are eligible to attend a Type 2 Diabetes Risk Evaluation by their GP, and subsequent referral to a subsidised lifestyle modification program if appropriate.

## The Type 2 Diabetes Risk Evaluation

The Type 2 Diabetes Risk Evaluation may be claimed for services provided on or after 1 July 2008.

The purpose of the Type 2 Diabetes Risk Evaluation is to support general practitioners (GPs) to address the health needs of patients 40 to 49 years of age who are at 'high risk' of developing type 2 diabetes.

### Patient Eligibility

Eligible patients must be aged 40 to 49 years (inclusive) and at high risk of developing type 2 diabetes as determined by the Australian type 2 diabetes risk assessment tool. Patients with newly diagnosed or existing diabetes are not eligible for this item.

### The Australian Type 2 Diabetes Risk Assessment Tool

The completion of the Australian type 2 diabetes risk assessment tool is mandatory for patient access to the Type 2 Diabetes Risk Evaluation item. The tool can be completed either by the patient or with the assistance of a health professional or practice staff. Patients with 'high' score results are eligible to attend a Type 2 Diabetes Risk Evaluation by their GP and, if appropriate, subsequent referral to a subsidised lifestyle modification program.

The Australian type 2 diabetes risk assessment tool can be obtained from [www.health.gov.au/epc](http://www.health.gov.au/epc).

# Type 2 Diabetes Risk Evaluation

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### Subsidised Lifestyle Modification Programs

Eligible patients who have attended a Type 2 Diabetes Risk Evaluation with their GP, under this item, may be referred to a subsidised lifestyle modification program as one of a number of possible intervention strategies.

The intention of a lifestyle modification program is to help people modify their risk factors to delay or prevent the onset of type 2 diabetes. A typical program will be a series of group motivational and educational sessions supporting lifestyle changes and adoption of healthy lifestyle choices.

The Divisions of General Practice Network will purchase or provide subsidised lifestyle modification programs.

The patient's GP will complete a lifestyle modification program GP referral form for the patient to present to the provider of the program for registration. The GP referral form can be obtained from [www.health.gov.au/epc](http://www.health.gov.au/epc).

Relevant resources on lifestyle modification, including information for patients who may not wish to attend or are unable to participate in a formal subsidised lifestyle modification program are available at [www.healthinsite.gov.au](http://www.healthinsite.gov.au).

### Components of the Type 2 Diabetes Risk Evaluation

The Type 2 Diabetes Risk Evaluation must include:

- Evaluation of a 'high risk' score determined by the Australian type 2 diabetes risk assessment tool, which has been completed by the patient within a period of 3 months prior to undertaking the Type 2 Diabetes Risk Evaluation service;
- Updating a patient history and undertaking examinations and investigations in accordance with relevant guidelines (see Guidelines below);
- Making an overall assessment of the patient's risk factors, relevant examinations and the results of any investigations;
- Initiating interventions where appropriate, including referrals and follow-up relating to the management of any risk factors identified; and
- Providing advice and information (such as Lifescripts resources) to the patient including strategies to achieve lifestyle and behaviour changes where appropriate.

### The Role of the GP

The GP is responsible for the conduct of the Type 2 Diabetes Risk Evaluation provided to the patient.

The GP is expected to take a primary role in the following activities:

- Reviewing and analysing the information collected;
- Making an overall assessment of the risk factors that contributed to the 'high' risk score of the patient and their readiness to make lifestyle changes to address the identified factors;
- Undertaking and arranging relevant investigations;
- Making relevant referrals and identifying appropriate follow-up; and
- Providing information and advice to the patient, for example, to undertake lifestyle modifications, and/or the use of Lifescript resources.

## The Role of Other Health Professionals

Practice nurses, Aboriginal Health Workers and other health professionals may assist GPs in performing the Type 2 Diabetes Risk Evaluation, in accordance with accepted medical practice and under the supervision of the GP.

This may include activities which:

- Identify eligible patients through examination of patient records, patient information systems, and risk assessment tools used within the practice;
- Collect information such as measuring height and weight (body mass index), waist circumference and blood pressure; and
- Provide patients with information about recommended interventions, and actions the patient could take (at the direction of the GP) to encourage good health.

## Guidelines and Resources

In considering and addressing risk factors, GPs are encouraged to utilise relevant guidelines and resources, such as:

- The Department of Health and Ageing website  
[www.health.gov.au/epc](http://www.health.gov.au/epc)
- 'SNAP' – a population health guide to behavioural risk factors in general practice.  
[www.racgp.org.au/guidelines/snap](http://www.racgp.org.au/guidelines/snap)
- 'Guidelines for Preventive Activities in General Practice'.  
[www.racgp.org.au/redbook](http://www.racgp.org.au/redbook)
- 'Putting Prevention into Practice'. Guidelines for the implementation of prevention in the general practice setting.  
[www.racgp.org.au/guidelines/greenbook](http://www.racgp.org.au/guidelines/greenbook)
- 'The Department of Health and Ageing's Lifescripts guidelines and evidence cards, assessment tools and prescription pads'  
[www.health.gov.au/lifescrpts](http://www.health.gov.au/lifescrpts) or [www.agpn.com.au/site/index.cfm?display=5267](http://www.agpn.com.au/site/index.cfm?display=5267)
- Medicare Australia enquiry line 132 011

