

# HEALTH ASSESSMENT QUALITY IMPROVEMENT (QI) ACTIVITY

A health assessment (health check) is a longer more comprehensive appointment with a GP and Nurse. This assesses the overall health and wellbeing of a patient and includes identifying any risk factors to help prevent or delay the onset of chronic diseases in years to come.

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## WE DISCOVERED



Need for ↑ focus on preventative health in the Gold Coast region.

**GCPHN Community Advisory Council (CAC) highlighted:**

**100%**

of CAC members DID NOT have a clear understanding of health assessments.



Need for ↑ patient awareness with consumer-friendly wording, such as “health check”.

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## SOMETHING HAD TO BE DONE



- ✓ Support an increased focus on preventative health activities in the Gold Coast.
- ✓ Implement a QI activity to improve the uptake of health assessments.

**Project Duration:**  
November 2022 and June 2023.

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## WHAT WE DID

Communication strategy implemented



awareness of health assessments

**Supported practices to:**

- ✓ Conduct an end-to-end data-driven QI activity including:
  - QI training including using Primary Sense.
  - Access to QI toolkit and action plan resources.
- ✓ Meet PIP QI and accreditation requirements.

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## WHO WE REACHED

**14** general practices received **facilitated support**.  
**9** general practices received **non-intensive support**.

**65%** of practices saw an ↑ in the rate of completed health assessments in the targeted patient groups:

- ✓ 75 years and older
- ✓ 45-49 years who are at risk of developing a chronic disease

Health Assessment participation of 45–49-year-old patients improved from:

**24.9 to 29.8%**

(Proportional change of almost 20%)

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## KEY BENEFITS



↑ number of health assessments completed.

Helped find more people with chronic diseases or at risk of them, sooner.

Over time people will see better health outcomes through lifestyle changes.

↑ in confidence from practice staff in:

- Accessing and using QI resources.
- Using data to inform QI activities.

