REFERRAL FORM Bond University Allied Health (BUnyAH)

☐ Has Commonwealth pension / health care

☐ Cognitively and physically able to provide

activities

informed consent and participate in group





Interprofessional Healthy Lifestyle Program

For further information please contact reception on 07 55953500
Forward completed Referral via Medical Objects: **UB4226001CD**Alternatively, these can be posted to: **Professor Susan Brandis, Occupational Therapy, Level 4, Bond**Institute of Health and Sport, 2 Promethean Way, ROBINA QLD 5226

DATE:				
PATIENT DETAILS				
Patient Name:		DOB:	Gender: M / F	
Address:		Email:		
Daytime contact number: Home:		Mobile:		
PATIENT PRESENTATION				
Clinical History:				
PAST HISTORY				
Has the patient previously attended a falls p If yes, specify where and when:			YES/NO	
The patient has met ALL the following	REFERRING GP/OF	RGANISATIO	N DETAILS	
criteria to be eligible for the program	Please stamp/insert de	etails:		
(please tick): □Age - 65 plus or 55 plus (Aboriginal & Torres Strait Islander)				
□ Gold Coast resident living at home within the Community (NOT RACH, NOT Palliative)	GP: GP email:			
 □ Score ≥1 in the FRAIL scale risk assessment □ At risk of frailty – presents with one or more of the following: social isolation, 	Signature			
poor self-care, recent hospitalisation, polypharmacy, multimorbidity, falls, poor nutritional intake, low socio-economic, mood changes. Unable to access mainstream services (available privately, through private insurance and/or the medical benefit scheme)	Alternatively, REFERRING ALLIED HEALTH PROFESSIONAL DETAILS (if this applies) *Please note that a GP Sign-off is mandatory for this referral to be accepted* Please stamp/insert details:			

AHP

Date:

Signature:

☐ A good understanding of English is essentia	al
without the assistance of an interpreter.	

The BUnyAH interprofessional Healthy Lifestyles Program is supported by funding from Gold Coast Primary Health Network through the Australian Government's PHN Program. GCPHN is collecting your personal information for the purpose of assisting its activities and functions in the primary health care sector. Your contact details may be used to forward information and notifications from GCPHN. In some circumstances we may provide your information to our funding agency (Dept of Health) or to service providers that enter into legal contracts with us which are bound by confidentiality. There is no legal requirement for you to provide your personal information, however if you chose not to disclose your personal information this may exclude you from our services and programs. We do not routinely disclose information overseas. For further information on how we manage your personal information see our website https://gcphn.org.au/privacy-policy/

	Questions	Scoring	Results
Fatigue	Please ask the patient: How much of the time during the past 4 weeks did you feel tired? A = All or most of the time B = Some, a little or none of the time	A = 1 B = 0	
Resistance	Please ask the patient: In the last 4 weeks, by yourself and not using any aids, did you have any difficulty walking up 10 steps without resting?	Yes = 1 No = 0	
Ambulation	Please ask the patient: In the last 4 weeks, by yourself and not using any aids, did you have any difficulty walking 300 metres OR one block?	Yes = 1 No = 0	
Illness	Does the patient have the following conditions? Hypertension Diabetes Cancer (not a minor skin cancer) Chronic lung disease Heart attack Congestive heart failure Angina Asthma Arthritis Kidney disease	0-4 answers = 0 5-11 answers = 1 (Please count the number of answers that apply prior to scoring)	
Loss of weight	Please ask the patient: Have you lost more than 5kg or 5% of body weight in the past year?	Yes = 1 No = 0	
TOTAL SCORE			
Scoring: Robus	et = 0, Pre-frail = 1-2, Frail = >3		

FRAIL SCALE RISK ASSESSMENT

Patients must meet Pre-Frail criteria to be eligible for the BUnyAH program. Additionally, those with a score greater than 3, may be considered eligible if they are deemed suitable for the program based on your clinical judgement.

Eligible clients referred will undergo an initial and discharge assessment by allied health professionals in occupational therapy, physiotherapy, exercise, psychology and dietetics. All students are directly supervised by a suitably registered clinician. BUnyAH provides a unique interprofessional and intergenerational approach to reducing frailty in the community, accompanied by a longer-term research strategy led by Bond University in partnership with Avanti Health Centres and the Gold Coast PHN.

Each group program has a maximum of 20 participants. Programs will be provided from two sites: Site 1: AVANTI Health Centre, Gold Coast Surgery Centre, Level 1, 103-113 Nerang Street, Southport. Site 2: Bond Institute of Health and Sport, 2 Promethean Way, Robina. Individual follow-up may be provided for both groups from Bond Institute of Health and Sport.