



## 8. Health Assessments

### 8.1 Older Persons (75+) Health Assessments

Four time-based MBS item numbers cover the health assessments listed in this section. Please refer to the tables on page 35-36.

Items 701, 703, 705 and 707 may be used to undertake a health assessment for people aged 75 years and older.

A health assessment for people aged 75 years and older is an assessment of a patient's health and physical, psychological and social function for the purpose of initiating preventive health care and/or medical interventions as appropriate.

This health assessment must include:

- measurement of the patient's blood pressure, pulse rate and rhythm
- an assessment of the patient's medication
- an assessment of the patient's continence
- an assessment of the patient's immunisation status for influenza, tetanus and pneumococcus
- an assessment of the patient's physical function, including the patient's activities of daily living, and whether or not the patient has had a fall in the last 3 months
- an assessment of the patient's psychological function, including the patient's cognition and mood and
- an assessment of the patient's social function, including the availability and adequacy of paid and unpaid help, and whether the patient is responsible for caring for another person.

A health assessment for people aged 75 years and older may be claimed **once every twelve months** by an eligible patient.

For more information on the Older Persons (75+) Health Assessment see MBS Online and search for this item number

<http://www.health.gov.au/internet/mbsonline/publishing.nsf/Content/Medicare-Benefits-Schedule-MBS-1>

## 8.2 Aboriginal and Torres Strait Islander Health Checks

This health assessment is available to all people of Aboriginal and Torres Strait Islander descent and should be used for health assessments for the following age categories:

- an Aboriginal or Torres Strait Islander child who is aged less than 15 years
- an Aboriginal or Torres Strait Islander person who is aged between 15 years and 54 years
- an Aboriginal or Torres Strait Islander older person who is aged 55 years and over.

A health assessment means the assessment of a patient's health and physical, psychological and social function and consideration of whether preventive health care and education should be offered to the patient, to improve their health and physical, psychological and social function.

MBS item 715 must include the following elements:

- information collection, including taking a patient history and undertaking examinations and investigations as required
- making an overall assessment of the patient
- recommending appropriate interventions
- providing advice and information to the patient
- keeping a record of the health assessment, and offering the patient, and/or patient's carer, a written report about the health assessment with recommendations about matters covered by the health assessment offering the patient's carer (if any, and if the medical practitioner considers it appropriate and the patient agrees) a copy of the report or extracts of the report relevant to the carer.

If, after receiving this health assessment, a patient who is aged fifteen years and over but under the age of 55 years, is identified as having a high risk of developing type 2 diabetes as determined by the Australian Type 2 Diabetes Risk Assessment Tool, the medical practitioner may refer that person to a subsidised lifestyle modification program, along with other possible strategies to improve the health status of the patient.

The Australian Type 2 Diabetes Risk Assessment Tool is available to download at <http://www.health.gov.au/preventionoftype2diabetes>

A health assessment may only be claimed by a medical practitioner (including a general practitioner but not including a specialist or consultant physician). A health assessment should generally be undertaken by the patient's 'usual doctor'. For the purpose of the health assessment, 'usual doctor' means the medical practitioner, or a medical practitioner working in the medical practice, who has provided the majority of primary health care to the patient over the previous twelve months and/or will be providing the majority of care to the patient over the next twelve months.

The Health Assessment for Aboriginal and Torres Strait Islander people is not available to hospital inpatients or care recipients in a residential aged care facility.

Practice nurses and registered Aboriginal health workers may assist medical practitioners in performing the health assessment, in accordance with accepted medical practice and under the supervision of the medical practitioner.

This may include activities associated with:

- information collection
- providing patients with information about recommended interventions at the direction of the medical practitioner.

All other components of the health assessment must include a personal attendance by a medical practitioner.

Medical practitioners should not conduct a separate consultation in conjunction with a health assessment unless it is clinically necessary (ie. the patient has an acute problem that needs to be managed separately from the assessment).

Item 10990 or 10991 (bulk billing incentives) can be claimed in conjunction with any health assessment provided to an Aboriginal and Torres Strait Islander person, provided the conditions of item 10990 and 10991 are satisfied. The Health Assessment for Aboriginal and Torres Strait Islander People may be provided once every nine months.

For more information about the Aboriginal and Torres Strait Islander Adult and Child Health Checks see MBS Online and search for these item numbers  
<http://www.health.gov.au/internet/mbsonline/publishing.nsf/Content/Medicare-Benefits-Schedule-MBS-1>

### 8.3 45 Year Old Health Check

Items 701, 703, 705 and 707 may be used to undertake a health assessment for people aged 45-49 years (inclusive) who are at risk of developing chronic disease.

For the purposes of this health assessment, a patient is at risk of developing a chronic disease if, in the clinical judgement of the attending medical practitioner, a specific risk factor for chronic disease is identified.

Risk factors that the medical practitioner can consider include, but are not limited to:

- lifestyle risk factors, such as smoking, physical inactivity, poor nutrition or alcohol use
- biomedical risk factors, such as high cholesterol, high blood pressure, impaired glucose metabolism or excess weight
- family history of a chronic disease.

A chronic disease or condition is one that has been or is likely to be present for at least six months, including but not limited to asthma, cancer, cardiovascular illness, diabetes mellitus, mental health conditions, arthritis and musculoskeletal conditions.

If, after receiving this health assessment, a patient is identified as having a high risk of type 2 diabetes as determined by the Australian Type 2 Diabetes Risk Assessment Tool, the medical practitioner may refer that person to a subsidised lifestyle modification program, along with other possible strategies to improve the health status of the patient.

For more information visit: <http://www.health.gov.au/preventionoftype2diabetes>

A health assessment for people aged 45-49 years who are at risk of developing chronic disease **may only be claimed once** by an eligible patient.

If a GP is unsure whether a patient has already received this service, they may call Medicare Australia, with the patient present, on **132 011**.

Familiarise yourself with the MBS requirements for Health Assessments by reading the explanatory notes in the MBS. If computerised, familiarise yourself with the assessment tool to be used on your medical software.

To obtain information about services available in the community, refer to the Coordinating Patient Services section in MBS Online. For more information on practice nurse item numbers see the MBS Online home page and search for PN item numbers.

For more information on the 45 - 49 Year Old Health Check see MBS Online and search for this item number

**<http://www.health.gov.au/internet/mbsonline/publishing.nsf/Content/Medicare-Benefits-Schedule-MBS-1>**

The Department of Veterans' Affairs website is also very useful.

Visit **<http://www.dva.gov.au/Pages/home.aspx>** or phone **13 32 54**.

## 8.4 Healthy Kids Check

Items 701, 703, 705 and 707 may be used to provide a Healthy Kids Check for children aged at least three years and less than five years of age, who have received or who are receiving their four year old immunisation.

The Healthy Kids Check is an assessment of a patient's physical health, general well-being and development, with the purpose of initiating medical interventions as appropriate.

The Healthy Kids Check must include the following basic physical examinations and assessments:

- height and weight (plot and interpret growth curve/calculate BMI)
- eyesight
- hearing
- oral health (teeth and gums)
- toileting
- allergies.

### Additional matters for consideration

The health check may include the following matters, at the discretion of the GP/practice nurse, or registered Aboriginal health worker and according to his or her clinical judgement:

General wellbeing:

- diet
- physical activity
- lifestyle risk factors.

Developmental:

- developmental milestones
- speech and language
- fine and gross motor skills
- behaviour and mood.

The medical practitioner must note:

- if a copy of the Department's publication *'Get Set 4 Life - habits for healthy kids'* has been provided to the patient's parent(s)/guardian.
- that the four year-old immunisation has been given (including evidence provided).

A practice nurse or a registered Aboriginal health worker may also undertake the Healthy Kids Check on behalf of a medical practitioner under MBS item 10986.

Items 10993 (immunisation by practice nurse) and 10988 (immunisation by registered Aboriginal health worker) can be claimed in conjunction with the Healthy Kids Check health assessment, provided the conditions of items 10993 and 10988 are satisfied.

A health assessment for a Healthy Kids Check may only be claimed once by an eligible patient and only if the patient has not already claimed item 10986 (the Healthy Kids Check provided by a practice nurse or registered Aboriginal health worker).

## 8.5 Allied Health and Dental Services

Patients with chronic conditions and complex care needs who are being managed by their usual GP under both a GP Management Plan and Team Care Arrangement are eligible for Medicare rebates for certain allied health and dental services.

The need for allied health care must be identified in the patient's management plan. The list of allied health professionals who may provide a service are:

- Aboriginal health worker
- credentialed diabetes educator
- audiologist
- dietitian
- mental health worker
- occupational therapist
- physiotherapist
- podiatrist or chiropractor
- osteopath
- psychologist
- speech pathologist
- exercise physiologist
- podiatrist.

For more information visit:

**<http://www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare-chronicdiseasemanagement>**

Patients with private health cover may also be eligible for rebates for allied health and dental services from their fund. The government does not control the amount of benefit that may be provided to patients by private health funds for allied health and dental services. In some circumstances the health fund will cover the cost of treatment for services and in other cases they will not and the patient will have out of pocket expenses. A patient's health fund will provide details of their arrangements.

Four new time-based MBS Item numbers were introduced on 1 May 2010 and cover the health assessments listed in the following table. The time taken to complete the assessment determines the item number selected.

Health Assessments		
Target Groups	Frequency of Service	Time based item number
Healthy Kids Check Children aged at least 3 years and less than 5 years of age, who have received or who are receiving their 4 year old immunisation	Once only to an eligible patient. (If service provided by a Practice Nurse or Aboriginal Health Worker claim Item 10986)	701 Brief Health Assessment Simple and straightforward. Takes less than 30 minutes to complete.
Type 2 Diabetes Risk Check People aged 40-49 years (inclusive) with a high risk of developing type 2 diabetes as determined by the Australian Type 2 Diabetes Risk Assessment Tool	Once every three years to an eligible patient	703 Standard Health Assessment for more complex consultations. Takes between 30 and 45 minutes to complete.
45-49yr Health Check People aged 45-49 years (inclusive) who are at risk of developing chronic disease	Once only to an eligible patient	705 Long Health Assessment for extensive consultations. Takes between 45 minutes and one hour to complete.
75+ Health Check People aged 75 years and older	Annually to an eligible patient	707 Prolonged Health Assessment for complex consultations. Takes more than 60 minutes to complete.
Comprehensive Medical Assessment (CMA). Permanent residents of Residential Aged Care Facilities	Annually to an eligible patient	707 Prolonged Health Assessment for complex consultations. Takes more than 60 minutes to complete.
Intellectual Disability Health Assessment. People with an intellectual disability	Annually to an eligible patient	707 Prolonged Health Assessment for complex consultations. Takes more than 60 minutes to complete.
Refugee Health Assessment Refugees and other humanitarian entrants	Once only to an eligible patient	
Healthy Kids Check As above; service provided by Practice Nurse or Aboriginal Health Worker	Once only	10986

## Health Assessments

### Aboriginal or Torres Strait Islander Health Assessments

Target Groups	Frequency of Service	Time based item number
People who self identify as Aboriginal or Torres Strait Islander more than 4months old. <b>gpns</b> health assessment templates available for; <ul style="list-style-type: none"> <li>• Children under 15yrs age</li> <li>• People between 15 and 54yrs old</li> <li>• People aged over 54yrs old</li> </ul>	Recommended annually to eligible patient (Not less than 9months)	715
Health Assessment follow up for Aboriginal or Torres Strait Islander patients that have received a Health Assessment (Item 715)	10 visits per calendar year for monitoring and support by a Practice Nurse or Aboriginal Health Worker	10987





