

# Medicare Health Assessment for people with an intellectual disability

## Proforma

*Use of a specific form to record the results of the health assessment is* ***not*** *mandatory but the health assessment should cover the matters listed below. The first two pages of this form can be used as a report of the health assessment.*

*This proforma must be read in conjunction with the explanatory notes for* ***MBS Items 701, 703, 705 and 707****.*

### Patient details

Name ………………………………………………………………………………..

Address ………………………………………………………………………………..

Phone ………………………………………………………………………………..

Date of birth …../…../….. Male / Female

### Carer details

Name ………………………………………………………………………………..

Address ………………………………………………………………………………..

Phone ………………………………………………………………………………..

### Consent

Explanation of health assessment given to patient and/or carer

Patient consent for health assessment given on …../…../…..

Patient consent for information to be collected by nurse ……………………

Other health professional …………………… Previous health check

Has the patient had a previous health assessment Yes / No

Date of last health assessment …../…../…..

Service provided by Dr …………………………………………….

### Patient’s overall health status

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### Health issues identified and discussed with patient and/or carer

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### Tests undertaken, results and what they mean (some results may not be available)

Note: The assessment should not include diagnostic or pathology services unless the health assessment detects issues that require clinically relevant diagnostic imaging or pathology services.

#### Test Available results

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#### Recommended intervention action

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#### Action to be taken by patient and/or carer

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Next appointment with doctor …../…../…..

Next health assessment …../…../…..

Name of GP ………………………………………………..

Signature ………………………………………………..

Date …../…../…..

### Patient history

Paediatrician .....................................……………………..

Government provided or funded disability service ………………………..……………………

Previous presentations

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Family relationships

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Care arrangements

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Current problems

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### Current risk factors

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### Allergies/drug intolerance

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### Health assessment as relevant to the patient:

#### Check dental health (including dentition)

Identified issues

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Action

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#### Conduct aural examination (arrange formal audiometry every 5 years)

Identified issues

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Action

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#### Assess ocular health (arrange ophthalmologist/optometrist review every 5 years)

Identified issues

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Action

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#### Assess nutritional status and review growth and development

Weight ………………………………………. Height …………………………………………

Identified issues

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Action

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#### Assess bowel and bladder function (particularly for incontinence and chronic constipation)

Identified issues

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Action

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#### Assess medications (including ‘non-prescription’ medicines taken by the patient, prescriptions from other doctors, medications prescribed but not taken, interactions, side effects and review of indications)

Identified issues

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Action

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#### Check immunisation status (refer to the current Australian Standard Vaccination Schedule (NHMRC) for appropriate vaccination schedules)

Influenza Measles

Tetanus Mumps

Hepatitis A Rubella (MMR)

Hepatitis B Pneumococcal

Identified issues

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Action

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#### Check exercise opportunities (aim for at least 30 minutes of moderate exercise per day)

Identified issues

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Action

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#### Check and review support provided for activities of daily living

Identified issues

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Action

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#### Consider the need for breast examination, mammography, Papanicolaou smears, testicular examination, lipid measurement and prostate assessment

Identified issues

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Action

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#### Check for dysphagia and gastro-oesophageal disease, especially for patients with cerebral palsy, and arrange investigation/treatment as required

Identified issues

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Action

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#### Assess risk factors for osteoporosis and arrange investigation/treatment as required

Identified issues

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Action

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#### For patients diagnosed with epilepsy, review seizure control (including anticonvulsant drugs) and refer to neurologist as appropriate

Identified issues

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Action

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#### Screen for thyroid disease at least every two years (or yearly for patients with Down syndrome)

Identified issues

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Action

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#### For patients without a definitive aetiological diagnosis, consider referral to a genetic clinic every 5 years

Identified issues

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Action

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#### Assess or review treatment for comorbid mental health issues

Identified issues

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Action

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#### Consider timing of puberty and management of sexual development, sexual activity and reproductive health

Identified issues

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Action

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#### Consider any signs of physical, psychological or sexual abuse

Identified issues

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Action

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### Health assessment as relevant to the patient

The balance between the patient’s health and physical, psychological and social function domains is a matter for professional judgement in relation to each patient. Practitioners should also consider the following:

#### Medical

* Consider follow-up consultations where medical treatment is required (e.g. high blood pressure, likelihood or other health problems)
* Assess pathology if continence problems are evident

Action

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#### Physical function

* Consider the health impact of the patient’s general skills levels and daily activities
* Consider the need for a referral for a formal review of activities of daily living

Action

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#### Psychological function

* Consider and investigate medical/psychiatric causes where problems with cognition and skill decline are clinically suspected
* Consider depression where there is change in weight, sleep habit and escalation of behavioural problems
* Ensure there are systems in place to keep track of the patient’s current behavioural status
* Consider psychiatric disorders when changes in behaviour are evident

Action

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#### Social function

* Assess suitability of the patient’s accommodation setting to provide the best physical and psychological outcomes
* Consider issues that relate to the care provided by the patient’s carer to meet the health related needs of the patient

Action

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#### Other examinations as considered necessary by the GP

Examination

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Identified issues

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Action

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#### Involving the patient’s carer or appropriate disability professionals

* Consider the need for referrals such as accommodation, daily assistance assessment, disability support services and psychologists

Action

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