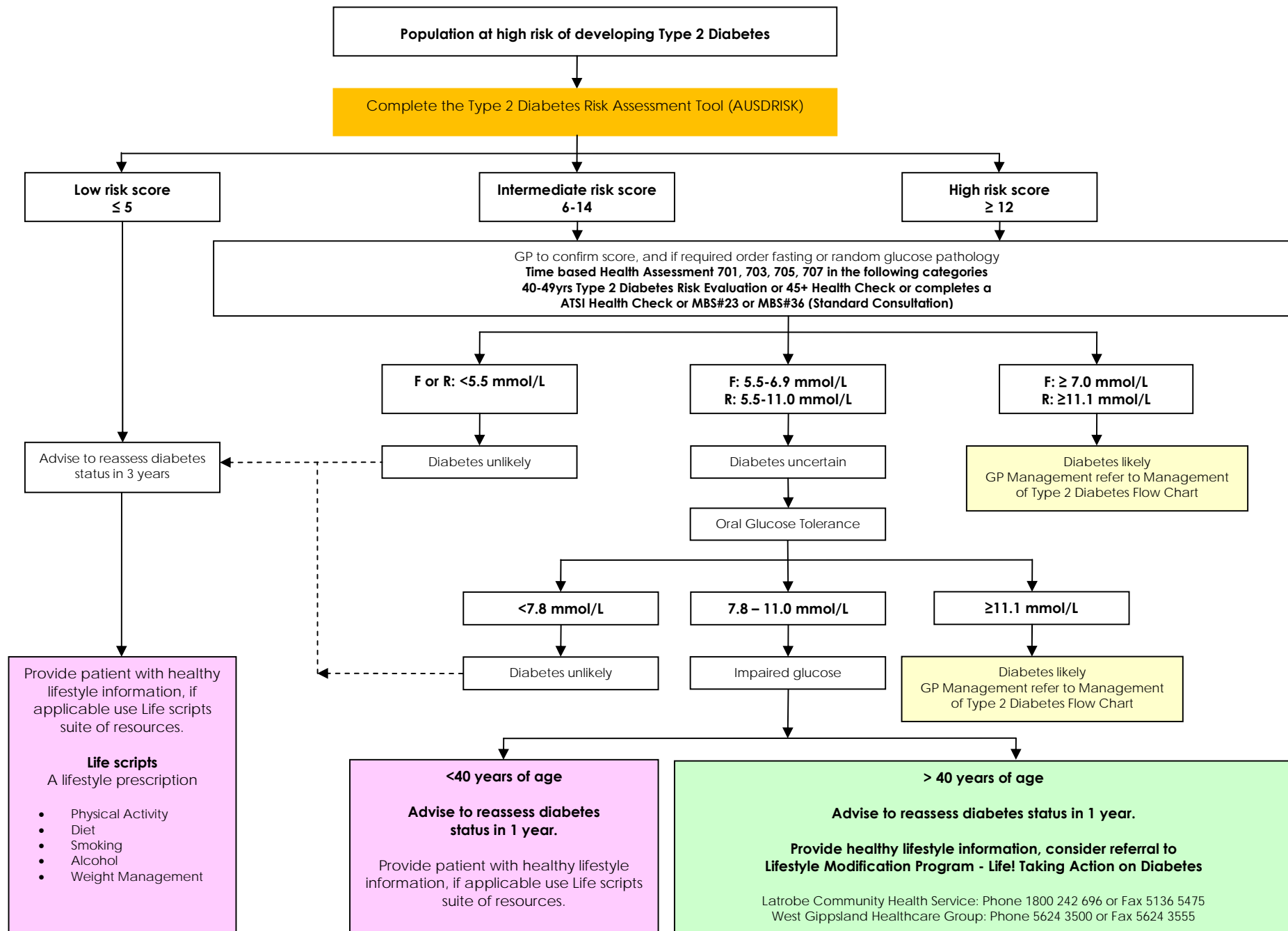


Central West Gippsland Prevention and Diagnosis of Type 2 Diabetes Flow Chart



Provide patient with healthy lifestyle information, if applicable use Life scripts suite of resources.

Life scripts
A lifestyle prescription

- Physical Activity
- Diet
- Smoking
- Alcohol
- Weight Management

<40 years of age

Advise to reassess diabetes status in 1 year.

Provide patient with healthy lifestyle information, if applicable use Life scripts suite of resources.

> 40 years of age

Advise to reassess diabetes status in 1 year.

Provide healthy lifestyle information, consider referral to Lifestyle Modification Program - Life! Taking Action on Diabetes

Latrobe Community Health Service: Phone 1800 242 696 or Fax 5136 5475
West Gippsland Healthcare Group: Phone 5624 3500 or Fax 5624 3555

Lifestyle Modification Program – Life! Taking Action on Diabetes

The Life! Taking Action on Diabetes Program has been accredited as a Lifestyle Modification Program. Patients aged 40 and above, who are identified at high risk of type 2 diabetes using the AUSDRISK tool, and who don't already have diabetes can be referred to a Life! course.

What is a Lifestyle Modification Program?

Life! is a short courses that assists people at high risk of type 2 diabetes to delay or prevent the onset of the disease.

Courses contain up to 15 participants and covers:

- Setting small, achievable goals to improve one's lifestyle
- Problem solving skills
- Type 2 diabetes and its complications
- The importance of nutrition and physical activity

Each course runs for six sessions (90 minutes each session). The first five sessions are fortnightly, the sixth session is a follow up and takes place eight months after the first session.

What is the benefit to my patient?

Participants are encouraged to set their own personal goals to improve their lifestyle, and set out the steps to achieve success. Research demonstrates that participation in the Life! course reduces the risk of type 2 diabetes by 58%.

Lifescrpts

Lifescrpts is a national initiative that is intended to make it easier for GPs and their practices to encourage patients to make healthier lifestyle choices. The Lifescrpts resources provides general practice with tools and skills to help patients address the main lifestyle risk factors for chronic disease:

- Smoking
- Poor nutrition
- Alcohol misuse
- Physical inactivity
- Unhealthy weight

The initiative assists with the provision of tailored advice to patients on modifying their lifestyle. Advice can be provided in the form of a written script and associated patient education; and if required, referral to other providers to support healthy lifestyle.
