

## Lifescrpts Initiative Fact Sheet

**Lifescrpts Tools and Resources** have been developed to make it easier for GPs and their practices to manage any of the 5 lifestyle related risk factors. Lifescrpts also aims to improve the quality and consistency of patient education materials and provides a framework for general practice to bring lifestyle risk factors to the fore in the engagement with patients.

**The 5 risk factors are:**

**Smoking**      **Nutrition**      **Alcohol**      **Physical Activity**      **Weight Management**

### WHAT ARE THE LIFESCRPTS RESOURCES?

The **Practice Resources** are designed to get patients thinking about risk factors in the waiting room before they see their GP. They include:

**You will receive one PRACTICE KIT for the Practice. The Practice Kit contains:**

*Waiting room materials*

- brochures (includes general brochures and ATSI brochures)
- two posters (includes a general poster and an ATSI poster)
- two pads of checklists

*A plastic stand to house your brochures at the reception desk*

*Lifescrpts stationery*

*Lifescrpts Practice Manual: providing GPs and other practice staff with practical suggestions for using the lifescrpts material (including a Motivational Interviewing CD).*

**You will receive one RISK FACTOR KIT for each GP / PN in the practice. The Risk Factor Kits contain:**

*Laminated "Five A's" guidelines and summary of evidence for each of the five risk factors*

*Medical Record summary stickers*

*Prescription pads for each risk factor*

*Assessment tool pads for each risk factor (includes guidelines)*

### PRACTICAL TIPS FOR IMPLEMENTATION

Implementing Lifescrpts involves:

- ✚ Broaching the subject of lifestyle health issues with patients
- ✚ Setting lifestyle change goals
- ✚ Giving advice in the form of a written script
- ✚ Organising ongoing review of lifestyle risk factors and
- ✚ Referring patients to other providers and services to support healthy lifestyle choices

Lifescrpts resources will support general practice to identify and address lifestyle risk factors as a part of the 45 year old health check.

Lifescrpts uses the **5As model framework** for lifestyle intervention in general practice:

**ASK** about lifestyle

**ASSESS** risk level – use the risk factor assessment tool and motivational interviewing to assess interest and confidence to make change

**ADVISE** on healthier choices (brief advice, written information, lifestyle prescriptions, motivational interviewing techniques)

**ASSIST** patient to change (medication, support)

**ARRANGE** support (referral, community groups, follow-up)

## **Lifescrpts Risk Factors in summary:**

### **Smoking**

GP interventions are effective for quitting:

- # Brief advice to quit
- # Suggesting strategies to overcome individual barriers to quitting
- # Prescribing medical treatment to minimise nicotine withdrawal symptoms
- # Referral to Quitline

### **Nutrition**

- # Dietary advice given in the primary care setting is effective to reduce saturated fat intake, and increase vegetable and fruit intake
- # Elements of the dietary advice include tailoring the message for the patient, and reinforcing the message

### **Alcohol**

- # Brief advice from a GP is very effective in correcting risky drinking in people who are not yet physically or psychologically dependent
- # GPs can identify non-dependent risky drinkers and intervene early
- # GPs can provide treatment and referral for alcohol-dependent patients

### **Physical Activity**

GP interventions are effective in increasing patients' physical activity levels

- # Brief advice
- # Written materials given by a GP
- # Longer counselling sessions
- # Programs that involve follow-up visits

### **Weight Management**

GPs and practice nurses can give simple evidence-based advice on weight loss:

- # A combination of diet and exercise is the most effective way to lose weight
- # Try to lose weight slowly and gradually by reducing energy intake, particularly fat, and increasing physical activity – aiming for a total loss of 10% of current weight