




# Prevention in general practice

## SNAP



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# Opportunities in General Practice

- 33% of adults overweight
- 65% not doing the recommended 150mins/week of moderate physical activity
- 19.2% were daily smokers, 5.6% who were occasional smokers and 27.0% who were previous smokers
- 32.9% drank “at risk” levels of alcohol

Source: BEACH 2001

# Evidence

- brief interventions during routine consultations can produce improvements in these risk factors, especially in patients with existing disease or at high risk
- tailoring interventions to individuals' needs and health problems appears to be more effective

# Evidence

## Smoking

- **Simple, single consultation advice giving from a physician results in a 1 or 2% of smokers quitting and not relapsing for one year.**

Ashenden R, Silagy C, Weller D. A systematic review of the effectiveness of promoting lifestyle change in general practice. *Fam Pract* 1997; 14: 160-176.

## Alcohol

- **Brief interventions to reduce alcohol consumption should be offered to all patients with potentially hazardous levels of drinking. Numerous studies in Australia and the UK have shown that GPs providing brief advice have resulted in a 25-30% reduction in alcohol consumption and a 45% reduction in the number of excessive drinkers.**

Guidelines Preventive Interventions in Primary Health Care - Cardiovascular Disease and Cancer, 6. Alcohol overuse. Canberra: National Health and Medical Research Council; 1996.

# Evidence

## Nutrition

- GPs can be effective in decreasing fat and increasing fibre consumption of patients  
Beresford, S.A.A; Curry, S.J.; Kristal, A.R.; Lazovich, D.; Feng, Z. and Wagnew, E.H. A dietary intervention in primary care practice: The eating patterns study *American Journal of Public Health* (1997) 84:4 610-616
- Brief behavioural intervention by practices nurse to Assess and advise 5 portions of vegetables and fruit per day. Steptoe A, Perkins-Porras L, McKay C, Rink E, Hilton S, Cappuccio FP. Behavioural counselling to increase consumption of fruit and vegetables in low income adults: randomised trial. *BMJ* 2003;326:855-7

## Obesity

- For most overweight patients individual education and simple behavioural interventions are appropriate. NHMRC. Draft clinical guidelines for weight control and obesity management in adults. Sept 2002.

## Physical activity

- Advise moderate physical activity on most, preferably all days of the week for an accumulation time of at least 30 min/day. This can be aided by the use of a physical activity prescription  
Active Australia. National Physical Activity Guidelines for Australians. Commonwealth Department of Health and Aged Care; 1999.

# However.....

- 5.5% of consultations conducted by Australian GPs contained some form of nutritional or weight counseling.
- 0.3% of consultations involved interventions for smoking.
- 2.1% of encounters involved advice regarding exercise.
- 0.4% of encounters involved advice regarding alcohol

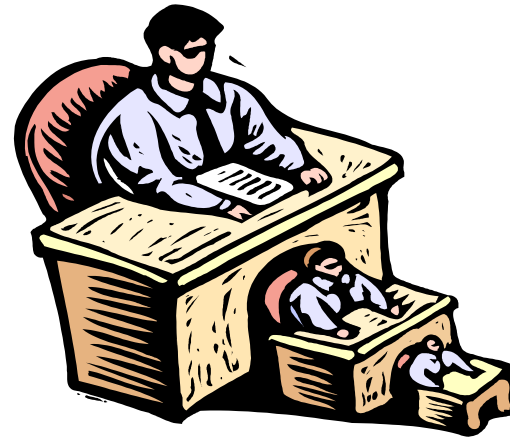
Britt, H.; Miller, G.C.; Knox, S.; Charles, J.; Valenti, L.; Henderson, J. et al. *General practice activity in Australia 2001-02* Australian Institute of Health and Welfare Cat No. GEP 10. Canberra: Australian Institute of Health and Welfare (General Practice Series No. 10).

# 5 A's

<b>Ask</b>	1. patients with diabetes, hypertension, hyperlipidaemia, obesity or existing vascular disease
<b>Assess</b>	2. Smoking status, BMI, waist circumference, portions of fruit and vegetables per day, alcohol consumption level of physical activity 3. Readiness to change/motivation
<b>Advise</b>	4. Provide written information 5. Motivational interviewing
<b>Assist</b>	6. Prescription – physical activity, NRT, acamprosate 7. Support for self monitoring of diet and physical activity
<b>Arrange</b>	8. Referral 9. Follow up with the GP

# To begin

- Negotiate priorities with patient: SNAP



# Smoking

<b>Ask</b>	1. patients with diabetes, hypertension, hyperlidaemia, obesity or existing vascular disease
<b>Assess</b>	2. Number of cigarettes or equivalent/day, Dependence 3. readiness to change/motivation
<b>Advise</b>	4. provide written information 5. motivational interviewing
<b>Assist</b>	6. NRT ? Bupropion (Zyban) 7. Support
<b>Arrange</b>	8. referral to QUIT 9. follow up with the GP

# Nutrition and Physical activity

<b>Ask</b>	<ol style="list-style-type: none"><li>1. patients with diabetes, hypertension, hyperlidaemia, obesity or existing vascular disease</li></ol>
<b>Assess</b>	<ol style="list-style-type: none"><li>2. BMI, waist circumference, portions of fruit and vegetables per day, level of physical activity</li><li>3. readiness to change/motivation</li></ol>
<b>Advise</b>	<ol style="list-style-type: none"><li>4. provide written information</li><li>5. motivational interviewing</li></ol>
<b>Assist</b>	<ol style="list-style-type: none"><li>6. Physical activity prescription</li><li>7. Support for self monitoring of diet (not weight)</li></ol>
<b>Arrange</b>	<ol style="list-style-type: none"><li>8. referral to dietician, physical activity programs</li><li>9. follow up with the GP</li></ol>

# Alcohol

<b>Ask</b>	1. patients with diabetes, hypertension, hyperlidaemia, obesity or existing vascular disease
<b>Assess</b>	2. Standard drinks per day, AUDIT 3. readiness to change/motivation
<b>Advise</b>	4. provide written information 5. motivational interviewing, goal setting
<b>Assist</b>	6. ?Detox 7. ?Acamprosate or Naltrexone for relapse prevention
<b>Arrange</b>	8. referral to drug and alcohol counsellor, self help group 9. follow up with the GP

# SNAP approach at practice

Plan	1. Identify priorities and business case
Teamwork	2. Identify roles of practice staff (GPs, nurses, managers, receptionists, allied health) 3. Train and support staff
Systems	4. Information systems – records, registers, assessment, tools, referral, patient education 5. Waiting room education materials – posters, leaflets, video, phone and web services 6. Recall and follow up
Links	7. Referral (SNAP services) 8. Support and shared care
Evaluation	9. Audit of performance and review 10. Collaboration with division and other practices

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