

# Getting People Active through General Practice

## A rural partnership approach

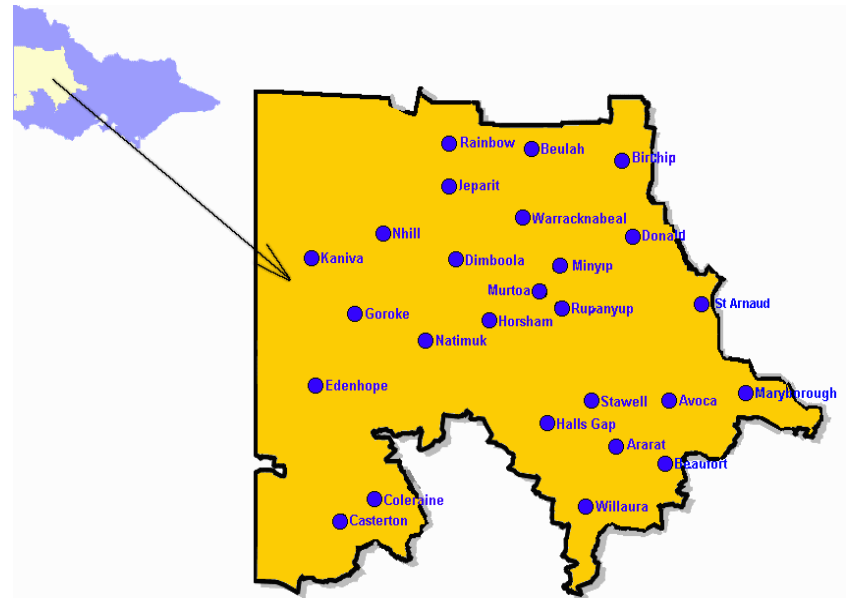


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**Executive Officer**

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OF GENERAL PRACTICE

# West Vic Division Demographics

- 62,500 km<sup>2</sup>
- Population ≈ 80,000
- 80 GPs
- 33 Practices
- Active Script since 2002
- ≈ 1000 referrals
- 9 Health Services – 7 currently active



# Why Active Script?

*Systematically link inactive people into appropriate physical activity options through general practice*

- Why:
  - High incidence of CVD, Diabetes & Cancer. Benefits of PA across the health and illness spectrum.
  - GPs know the benefits of exercise, but didn't feel confident navigating the options for their patients.
  - We asked GPs 'what would assist you in working with your patients?' .....Active Script system

# The Active Script System

Patient requires assistance to increase physical activity



GP referral to Health Service 'Enabler' on an Active Script



Enabler contacts patient  
*High Risk* – EP / Physio supervision. *Moderate Risk* – EP / Physio input  
*Low Risk* – Cert III or higher



Follow-up calls made to patients regularly over 6 months



GP receives feedback

# How have we done it?



## Achieved through:

- Strategic partnerships
- Common core business
- Simple, evidence-based system.
- Providing results for patients, health services and GPs

# Future of Active Script



Wimmera  
Primary Care  
Partnership

- Continue to grow and recruit Health Services
- Linkage with Lifestyle Management Programs (LMP) & Life!
- Expanding referrals from other Allied Health Professionals and discharge planning being trialled.

# Further Information

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