

# Patient Preventive health questionnaires

## Is it worth it?

The RACGP Green Book "*Putting prevention into practice*" recommends the use of a patient prevention questionnaire to highlight patients' health concerns to the GP.

One practice in our Division implemented this questionnaire and reviewed the medical files from 22 of its patients to evaluate its effectiveness. The results are as follows:

### Significant family history

identified from the questionnaire was:

CVD – 10

Bowel cancer - 3

Diabetes –3

Prostate, ovarian and breast cancer – 1 each.

Many of these factors had not been previously noted and are now on the patient's health summary.

Lifestyle counselling occurred in 10 patients at this or a subsequent consultation within 2 months i.e. it occurred more frequently as a result of the questionnaire.

### Patient's health issues

Four patients indicated that they would like assistance with various health issues. These included:

stress – 3

smoking – 1

reproductive health –1

If lifestyle counselling couldn't take place at this consultation, it was noted in the medical file for discussion at a later date.

In this practice the doctor uses medical software, so he placed a note in the "Warning" field as a reminder for future consultations.

Seven patients were placed on a reminder system or a "Warning" was noted on the computer medical record:

Future referrals for colonoscopy – 3

Blood pressure – 1

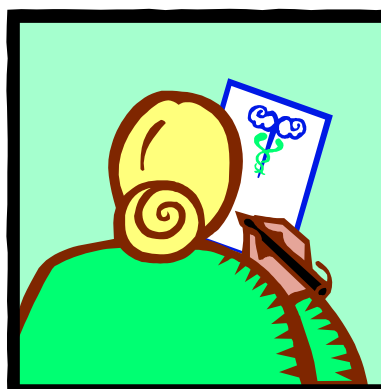
PSA – 1

ADT – 2

Lipids – 1

As the patients knew their height & weight it was quick to do a BMI.

Not surprisingly 5 patients indicated a daily alcohol intake above 2 glasses per day. This led to lifestyle counselling at this or subsequent consultations.



### Conclusions

Upon reflection, the doctor believed this was a useful activity to undertake. It allowed the completion of **health summaries** in a way that saved time as the patient completed the questionnaire. It also allowed the doctor to identify patients who would benefit from being enrolled in the reminder system, and it highlighted some significant medical issues for follow-up. Staff do not always remember to hand out the questionnaire but as with any change, this is being overcome through communication.

**A patient prevention questionnaire can save time!!!**