

General Practice Diabetes and Obesity CQI Intervention

Northern Queensland Primary Health Network (NQPHN) general practices are invited to participate in a Diabetes and Obesity Continuous Quality Improvement (CQI) intervention. This intervention is part of NQPHN's commitment to improving both obesity and diabetes management, and health outcomes in the Mackay community. Local data has identified obesity and diabetes as significant issues for general practice patients in the Mackay region. Rates across the region for diabetes are higher than the national average and data also highlights coding and recording of suggested risk factors and indicators are not meeting recommended levels. The objective of the General Practice Diabetes and Obesity CQI Program is to work collectively with general practices across the Mackay, Whitsunday, and Isaac regions to improve health screening, health promotion, and early intervention activities in general practice to enhance chronic disease screening and management.



As part of the general practice Diabetes and Obesity CQI Intervention, participating practices will be:

- provided with and supported to use the PenCat Clinical Audit Tool to collect baseline practice data for analysis
- supported by your dedicated NQPHN practice support officer to provide guidance and expert advice on data quality and quality improvement activities
- given monthly data reports
- given resources to assist with intervention
- provided with education opportunities.

CQI program measures for improvement will include:

- increase in the number of diabetic patients with the correct coded diagnosis in your clinical software
- increase the number of HbA1c recorded for diabetic patients in clinical software
- increase the number of patients with suggested risk factors recorded in clinical software
- identifying and interventions for patients at risk of developing a chronic condition.

Available patient management programs:

- My health for life
- DESMOND program
- SMART program.

Win an iPad!

Participating practices who show improvement in the recording of patient's physical activity status, or other risk factors and indicators, will go in a draw to win an iPad.

For further information and to register your interest, contact:

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Sources | 1 Yearbook 2017, Progress in Australian Regions 2 Australian and New Zealand Journal of Public Health 3 World Health Organisation



Northern Queensland Primary Health Network acknowledges the Traditional Custodians of the lands and seas on which we live and work, and pay our respects to Elders past and present.



83.4%

of the Mackay adult population is overweight or obese.¹

85-90%



of patients with type 2 diabetes are either overweight or obese.¹

NQPHN aggregated de-identified regional data highlights that

over 90%



of patients do not have a physical activity status recorded in clinical software.

Previous research has shown that

18% of Australian patients

are given a physical activity recommendation from their GP.²

23%



adults

81%



school-going adolescents

are not active enough around the globe.³



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