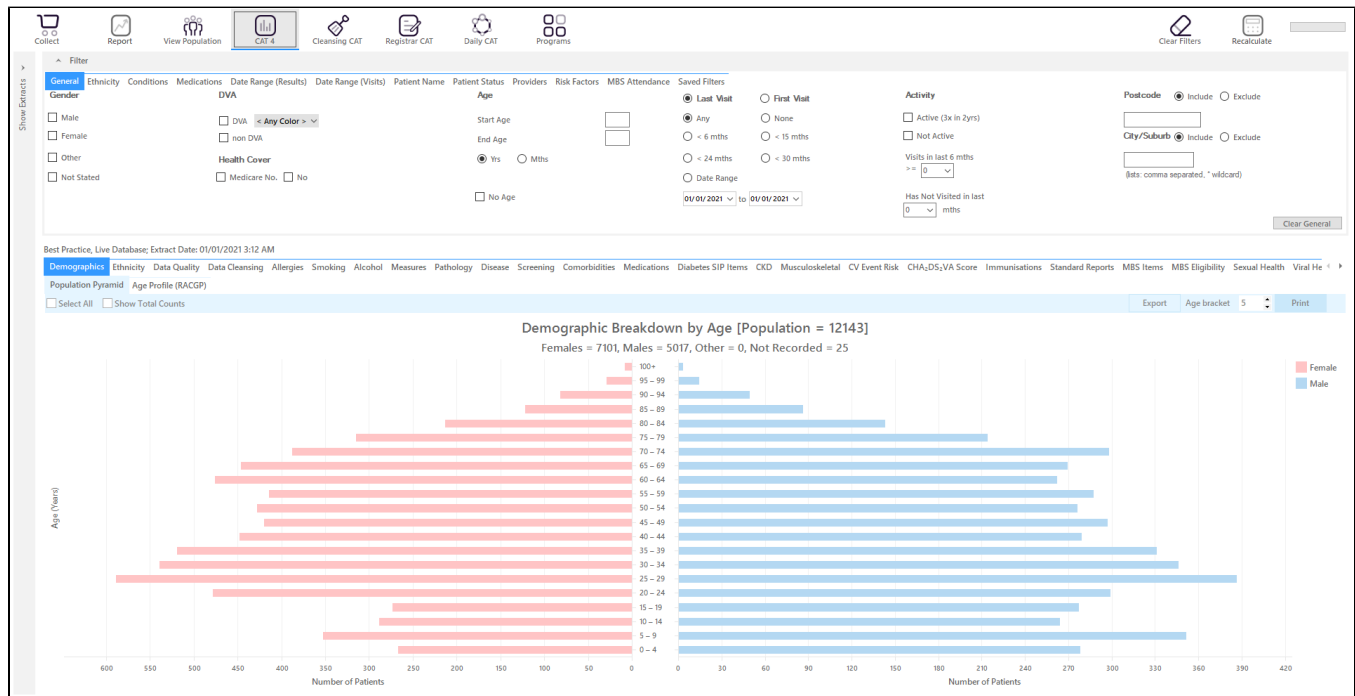


# Find high risk patients eligible for My Health For Life

<b>Recipe Name:</b>	Find high risk patients eligible for 'My Health For Life'
<b>Rationale:</b>	<p>My health for life will help people at high risk of developing chronic conditions such as heart disease, stroke and type 2 diabetes make healthy lifestyle changes.</p> <p>The steps in this recipe show how to identify patients meeting all or most of the eligibility criteria. Further information and resources are available here: <a href="https://www.myhealthforlife.com.au/">https://www.myhealthforlife.com.au/</a></p>
<b>Target:</b>	To identify all patients with no current diagnosis of diabetes, Heart Failure, CVD or chronic kidney disease who are eligible to be referred to the 'My Health For Life' program.
<b>CAT Starting Point:</b>	<ol style="list-style-type: none"> <li>CAT Open - CAT4 view (all reports) loaded</li> <li>Population Extract Loaded and Extract Pane "Hidden" <ol style="list-style-type: none"> <li>Filter Pane open and under the 'General' tab 'Active Patients' (3x &lt;2 years) selected (this step can be omitted if you want to search for all patients).</li> </ol> </li> </ol>

As the eligibility criteria for this recipe are quite comprehensive this recipe will show how to find those patients meeting all or most of the criteria. We provide other recipes showing how to find patients based on a single eligibility criteria on our My Health For Life recipe page here: [My Health For Life Recipes](#)

## CAT Start screen



## RECIPE Steps Filters:

- In the Start Age box type 18 to only show patients older than 18.
- In the "General" filter tab click on 'Active (3x in 2yrs)' - OPTIONAL as this will only show those patients with at least 3 visits in the last 2 years

**General** Ethnicity Conditions Medications Date Range (Results) Date Range (Visits) Patient Name Patient Status Providers Risk Factors MBS Attendance Saved Filters

**Gender**

☐ Male ☐ Female ☐ Other ☐ Not Stated

**DVA**

☐ DVA ☐ non DVA

**Health Cover**

☐ Medicare No. ☐ No

**Age**

Start Age  End Age

☒ Yrs ☐ Mths ☐ No Age

**Activity**

☐ Last Visit ☐ First Visit ☒ Any

☐ < 6 mths ☐ < 15 mths ☐ < 24 mths ☐ < 30 mths ☐ Date Range

☐ None

**MBS Attendance**

☒ Any ☐ Active (3x in 2 yrs) ☐ Not Active

Visits in last 6 mths  Has Not Visited in last  mths

Postcode  ☒ Include ☐ Exclude

City/Suburb  ☒ Include ☐ Exclude

(lists: comma separated, \* wildcard)

[Clear General](#)

- Click on "Conditions" tab under Diabetes select "No"
- Select "No" for Heart Failure
- Select "No" for all conditions listed under the CVD group
- Select "No" for "Chronic Renal Failure"

**General** Ethnicity **Conditions** Medications Date Range (Results) Date Range (Visits) Patient Name Patient Status Providers Risk Factors MBS Attendance Saved Filters

**Diabetes**

☒ Yes ☒ No

**Respiratory**

☐ Yes ☐ No ☐ Asthma ☐ COPD

**Cardiovascular**

☐ Yes ☐ No ☐ Hypertension ☐ No

**Heart Failure**

☐ Yes ☒ No

**CVD**

☐ Yes ☒ No ☐ Stroke ☒ No

**MI**

☐ Yes ☒ No

**Renal Impairment**

☐ Yes ☒ No ☐ Chronic Renal Failure ☒ No

☐ Acute Renal Failure ☐ No ☐ Dialysis ☐ No

☐ Kidney Transplant ☐ No

[Clear Conditions](#)

- Click on the 'Date Range (Results)' filter to only show results that have been recorded in a specified date range, in this case in the last 24 months. This will move all patients with results older than 24 months to the 'not recorded' part of the reports and avoids listing patients with old results.

**General** Ethnicity Conditions Medications **Date Range (Results)** Date Range (Visits) Patient Name Patient Status Providers Risk Factors MBS Attendance Saved Filters

**Date Range (Results)**

The date range selected will filter out results or events that are not within the selected period and treat them as not recorded. This filter is not applicable to graphs that display time periods.

☐ All ☐ <= 6 mths ☐ <= 12 mths ☒ <= 24 mths ☐ <= 15 mths

**Date Range (Visits)**

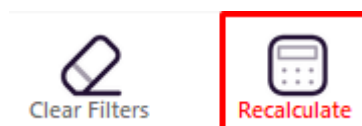
☐ Date Range (from - to)  to

[Clear Results](#)

Use for:

- Measurements
- Pathology
- MBS Items
- Maternal Health (birth date/weight)
- Visit Types
- Digital Health (DHS/ES uploads)
- Smoking/Alcohol
- Influenza
- Cervical Screenings
- FOBT

We have now created a filter to find patients older than 18, with no diagnosis of diabetes, Heart Failure, CVD or chronic renal disease. All of these patients may be eligible for the My Health For Life program. To see a list of all patients, click "Recalculate"



This will most likely produce a large list of patients, in this case more than 3000 patients. Further filters can be applied to reduce the number of patients found, for example only active patients (3 visits in 2 years) or only patients who have been to the clinic in the last 6 months can be selected by adding to the filter criteria.

As this recipe is targeting patients meeting all or most of the eligibility criteria, we will now add additional reports/filters to only show those patients most at risk.

My Health for Life eligibility also includes patients with the following conditions or pathology results. They need to be older than 18 years old and meet at least one of the conditions or pathology results listed below:

- Previously diagnosed gestational diabetes\*
- Familial hypercholesterolaemia
- High cholesterol (on cholesterol lowering medication)
- High blood pressure (generally 3 separate readings 140/90 by a GP)

Limitations:

- \*Gestational diabetes is only reported in CAT4 if it is listed as an 'active' condition in the clinical system. Often this diagnosis is made 'inactive' after the pregnancy and will thus not be able to be filtered for in CAT4 or show very low numbers
- Due to the way data is extracted by CAT4 we can only see one result, so we can't report on patients with 3 separate BP readings. Records for patients with one high reading need to be reviewed in the clinical system to see the older BP readings.

## Adding Filters

## Familial Hypercholesterolemia

- without clearing your filters, click on the Conditions/Other tab and then on "Yes" under familial hypercholesterolaemia

General		Ethnicity	Conditions	Medications	Date Range (Results)	Date Range (Visits)	Patient Name	Patient Status	Providers	Risk Factors	MBS Attendance	Saved Filters			
Chronic	Mental Health	Cancer	Other												
Atrial Fibrillation				Hyperlipidaemia				Pregnancy		Drug Abuse		Hepatitis and Liver		STI	
<input type="checkbox"/> Yes				<input type="checkbox"/> Yes				<input type="checkbox"/> Yes		<input type="checkbox"/> Yes		<input type="checkbox"/> Hepatitis A		<input type="checkbox"/> Yes	
<input type="checkbox"/> No				<input type="checkbox"/> No				<input type="checkbox"/> No		<input type="checkbox"/> No		<input type="checkbox"/> No		<input type="checkbox"/> No	
<input checked="" type="checkbox"/> Fetal Hypercholesterolemia												<input type="checkbox"/> Hepatitis B		<input type="checkbox"/> Chlamydia	
<input type="checkbox"/> Yes												<input type="checkbox"/> No		<input type="checkbox"/> No	
<input type="checkbox"/> No												<input type="checkbox"/> Gonorrhoea		<input type="checkbox"/> No	
COVID-19												<input type="checkbox"/> Hepatitis C		<input type="checkbox"/> Trichomoniasis	
<input type="checkbox"/> Yes												<input type="checkbox"/> No		<input type="checkbox"/> No	
<input type="checkbox"/> No												<input type="checkbox"/> Liver Disease		<input type="checkbox"/> Syphilis	
												<input type="checkbox"/> No		<input type="checkbox"/> No	
														<input type="checkbox"/> HIV	
														<input type="checkbox"/> No	
														Clear Condition	

Taking lipid modifying medication

This will only show patients who are currently taking Statins or other lipid modifying medications, for details check the mapping guides for your clinical system (example MD3 medication mapping: [Medications Data Category Mappings MD3](#))

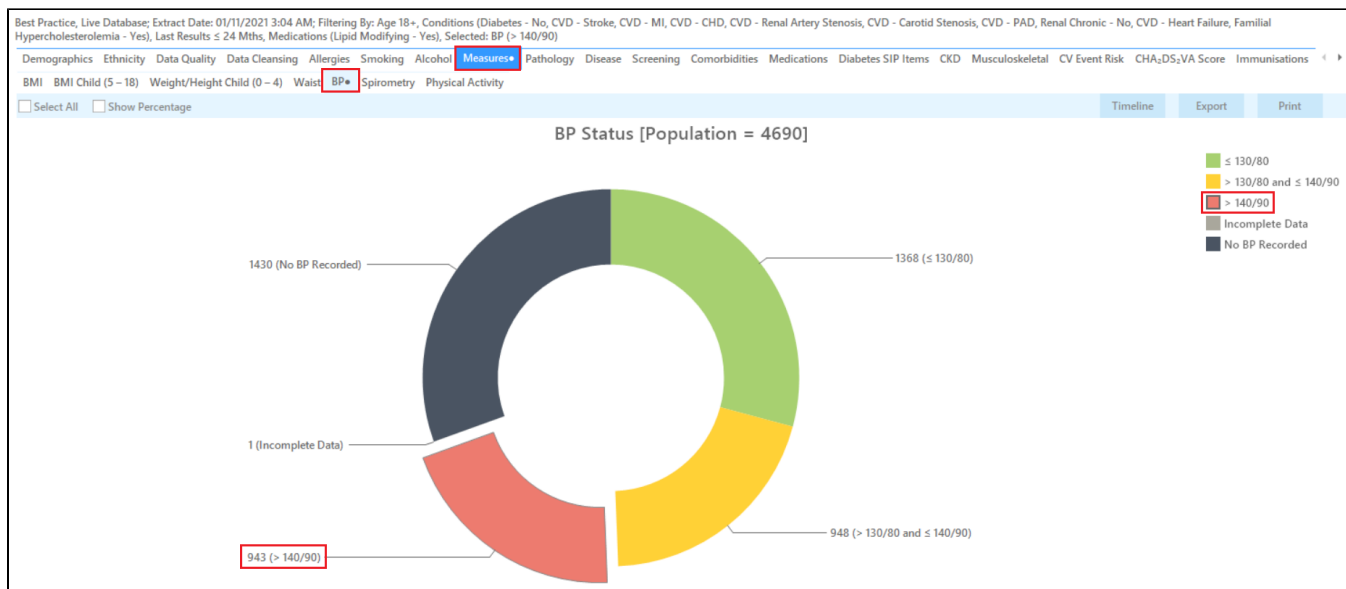
- on the Medication tab, click on 'Medications/Heart' and then tick the 'Yes' under Lipid M/fying

General	Ethnicity	Conditions	Medications	Date Range (Results)	Date Range (Visits)	Patient Name	Patient Status	Providers	Risk Factors	MBS Attendance	Saved Filters
<div> <div>Medications - Heart</div> <div>Medications - Respiratory</div> <div>Medication - Antidiabetics</div> <div>Medications - Other</div> </div>											
<div> <div> <div>ACE or ARB</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>ACE</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>ARB</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> </div>											
<div> <div> <div>Antithrombotics</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>Aspirin</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>Clopidogrel</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>Dabigatran</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>Warfarin</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> </div>											
<div> <div> <div>Beta Blockers</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>Antihypertensives</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>Chronic Heart Failure</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>Myocardial infarction</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> </div>											
<div> <div> <div>Calcium</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> <div> <div>Diuretics</div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> </div>											
<div> <div> <div>Lipid M/yr/mg</div> <div> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No </div> </div> </div>											

### Adding Measures/Pathology

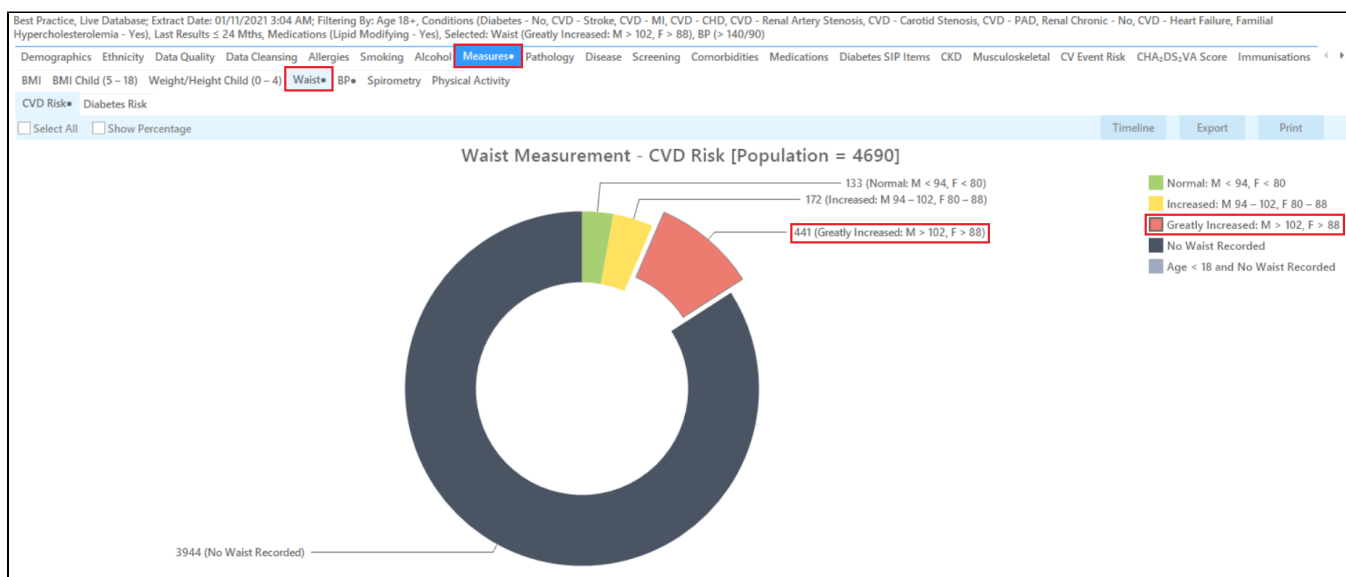
**High BP**

- click on the "Measures/BP" tab and then on the '>140/90' part of the graph to select it



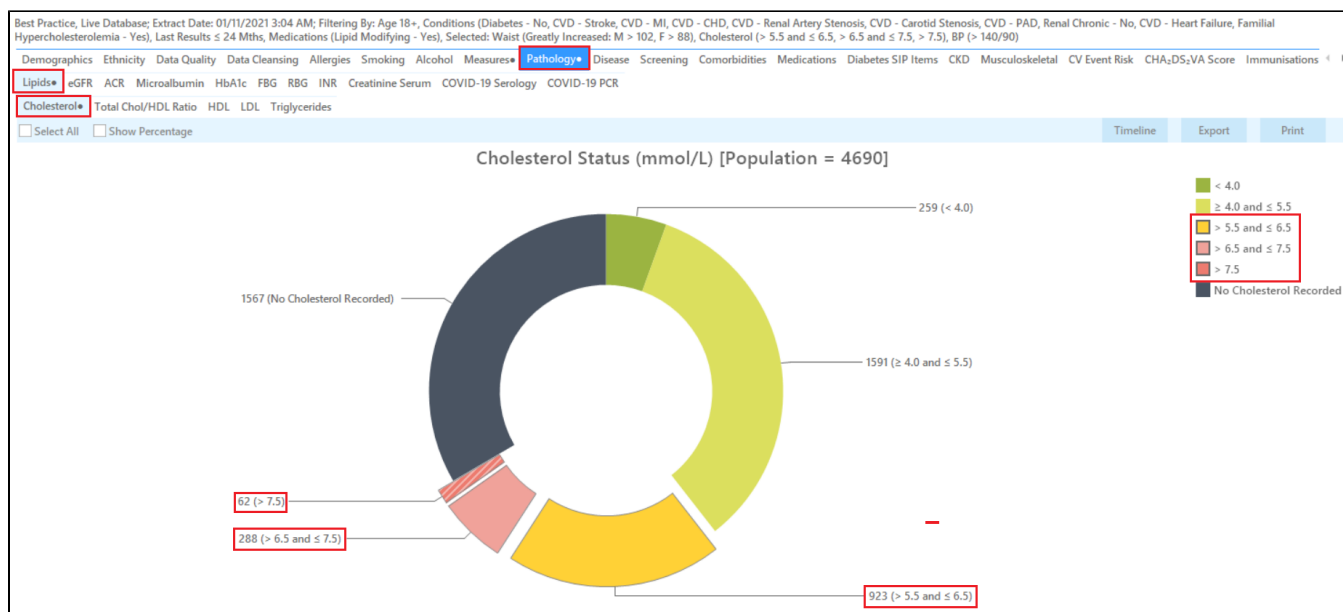
## Increased Waist Circumference

- Click on the "Measures/Waist/CVD Risk" tab and select the parts of the graph "Greatly Increased" that is M > 102cm, F > 88



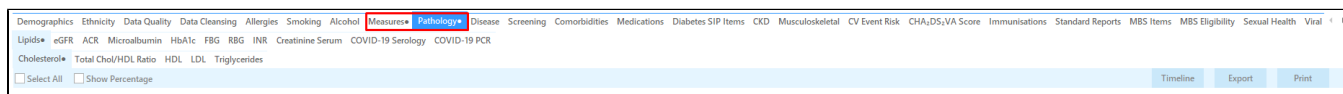
## High Cholesterol

- Click on the "Pathology/Lipids/Cholesterol" tab and select the parts of the graph higher than 5.5:

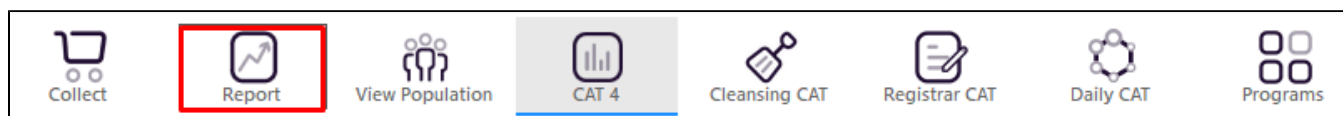


## Combining high BP, increased Waist Circumference and high Cholesterol

You will notice that both report tabs have a ● next to the report title. This indicates that you have selected one or more parts of a graph.



To combine the selections, click on the "Report" icon. For more information on cross-tabulation see our user guide here: [Cross Tabulation Report](#)



This will create a cross-tabulated report showing only those patients older than 18 with no diabetes, CVD or CKD, taking lipid modifying medications and with a high BP AND increased waist circumference AND a high Cholesterol in the last two years. In my example there are only 19 patients - these would be at high risk and benefit from being referred to the My Health for Life program as soon as possible.

**Cross Tabulation Reidentify Report [Patient Count = 52]**

Filtering By: Age 45+, Conditions (Diabetes - No, CVD - Stroke, CVD - MI, CVD - CHD, CVD - Renal Artery Stenosis, CVD - Carotid Stenosis, CVD - PAD, Renal Chronic - No, CVD - Heart Failure), Selected: Waist (Greatly Increased: M > 102, F > 88), Cholesterol (> 5.5 and ≤ 6.5, > 6.5 and ≤ 7.5, > 7.5), BP (> 140/90)

ID	Surname	First Name	Known As	Sex	D.O.B (Age)	Address	City	Postcode	Phone (H/W)	Phone (M)	Waist	Cholesterol	BP
3705	Surname	Firstname_18 9	Firstname_18 9	F	01/11/1966 (55)	12 John St	Suburb Town	4116	H:07 50505050 W:07 50509999	1234999999	111	7.5	138 / 97
9682	Surname	Firstname_48 3	Firstname_48 3	F	01/11/1969 (52)	12 John St	Suburb Town	4259	H:07 50505050 W:07 50509999	1234999999	97	5.9	143 / 94
2658	Surname	Firstname_68 4	Firstname_68 4	F	01/11/1936 (85)	12 John St	Suburb Town	3061	H:07 50505050 W:07 50509999	1234999999	95	6.3	162 / 62
5597	Surname	Firstname_12 64	Firstname_12 64	F	01/11/1940 (81)	12 John St	Suburb Town	4432	H:07 50505050 W:07 50509999	1234999999	93	5.7	141 / 76
5291	Surname	Firstname_15 68	Firstname_15 68	F	01/11/1949 (72)	12 John St	Suburb Town	5297	H:07 50505050 W:07 50509999	1234999999	91	6.0	148 / 75
6465	Surname	Firstname_19 76	Firstname_19 76	F	01/11/1950 (71)	12 John St	Suburb Town	5147	H:07 50505050 W:07 50509999	1234999999	90	8.1	146 / 92
7868	Surname	Firstname_19 98	Firstname_19 98	F	01/11/1947 (74)	12 John St	Suburb Town	3364	H:07 50505050 W:07 50509999	1234999999	120	5.6	154 / 58
5018	Surname	Firstname_22 52	Firstname_22 52	M	01/11/1948 (73)	12 Jogger St	Suburb Town	4183	H:07 50505050 W:07 50509999	1234999999	110	7.4	159 / 86
11834	Surname	Firstname_25 19	Firstname_25 19	F	01/11/1976 (45)	12 John St	Suburb Town	2288	H:07 50505050 W:07 50509999	1234999999	101	6.9	126 / 94
6219	Surname	Firstname_25 43	Firstname_25 43	F	01/11/1949 (72)	12 John St	Suburb Town	3057	H:07 50505050 W:07 50509999	1234999999	101	5.6	127 / 97

Refine Selection   Add/Withdraw Patient Consent   GoShare Plus   SMS Recall   Voicemail Recall   Topbar Prompt

You can modify the above steps by applying less or more filters - depending on which patients you want to find.

### Create a prompt to display in Topbar



Remember you need to be in the CAT4 Daily View to be able to create prompts. Other pre-requisites are:

- Topbar is installed
- CAT4 is linked to Topbar via Edit/Preferences/Topbar - check here for details: [Linking CAT to Topbar](#)

To start click on the 'Daily View' icon on the top of your CAT4 screen:



Once you have applied the filter(s) and displayed the patients of interest as described above, you can create a prompt that will be shown to all clinicians using Topbar if a patient meeting the prompt criteria is opened in their clinical system. The full guide is available at [CAT PLUS PROMPTS](#) and a short guide on how to create prompts in CAT4 can be found at [Creating a Prompt in CAT4](#)

To start you have to use the drop-down menu at the bottom of the patient details report and select "Prompt at Consult - Topbar" then click on "Go" to give the new prompt a name.

Topbar  
Prompt

Cancel