

Chronic Disease – Goal planning, Supporting Health Organisations and Action Plans.

Purpose of the Document:

The following document may assist Care Coordinators, Practice Nurses and General Practitioners to design individualised GPMPs and/or TCAs, assist patients with setting sustainable goals, and using evidence-based literature to design a suitable action plan for each patient's relevant chronic condition/s during the appointment. The document provides examples of common goals related to a chronic condition, other health professionals that may be involved with the patient's care plan and links to health organisations which may assist with the patient's Action Plan. This resource should be utilised as a guide only and is not exhaustive.

A chronic medical condition is one that has been (or is likely to be) present for six months or longer, for example, asthma, cancer, cardiovascular disease, diabetes, musculoskeletal conditions and stroke. **There is no list of eligible conditions.** MBS items 721 ([GPMP](#)) and 723 ([TCA](#)) are designed for patients who require a structured approach to their care. GPs can plan and coordinate the care of patients with complex conditions requiring ongoing care from a multidisciplinary team using these MBS items. For more information, please refer to [MBS \(Chronic Disease Item Numbers\)](#)

Please note these are examples and not exhaustive.

- Each condition worsens differently. Please individualise for each patient and condition.

<u>Condition</u>	<u>Goals</u>	<u>Team Members</u>	<u>Examples of supporting health organisations to access and assist with</u>	<u>Considerations for Action Plans:</u>

			<u>creating an Action Plan for Patients</u>	
Diabetes	<ul style="list-style-type: none"> • To lose weight, • Lower their blood pressure, • Feel fitter, • Control their blood sugar levels 	Dieticians, Exercise Physiologists, Optometrists, Podiatrists, Diabetes Educator	<ul style="list-style-type: none"> • Life! Program • Diabetes Victoria • National Diabetes Service Scheme (NDSS) 	<ul style="list-style-type: none"> • Hyperglycaemic (High blood sugar) • Hypoglycaemic (Low blood sugar) • Others
Cardiovascular disease	<ul style="list-style-type: none"> • To lose weight • To reduce Blood Pressure • To quit smoking • To cut down on alcohol • To increase daily exercise • To eat healthily 	Dieticians, Exercise Physiologists, Physiotherapists,	<ul style="list-style-type: none"> • Heart Foundation • Heart Research Australia • Life! Program 	<ul style="list-style-type: none"> • Chest pain • Shortness of Breath • Clammy/sweaty • Feeling unwell • Others
Respiratory Disease	<ul style="list-style-type: none"> • Prevent exacerbation of condition 	Exercise Physiologists, Physiotherapists (chest physio)	<ul style="list-style-type: none"> • Lung Foundation • Asthma Australia 	<ul style="list-style-type: none"> • Increased SOB • Coughing • Chest pain • Change in breathing

	<ul style="list-style-type: none"> • Increase walking distance • Reduce anxiety related to condition 			<ul style="list-style-type: none"> • Cyanosis (blue tinge to lips/face) • Increased respiratory rate • Decreased oxygen saturations • Others
Arthritis, Osteoarthritis, Rheumatoid Arthritis	<ul style="list-style-type: none"> • Manage pain and understand when and how to take pain relief medication • Increase mobility for ADLs • Reduce risk of falls • Lose or gain weight 	Dieticians, Exercise Physiologists, Optometrists, Podiatrists, Diabetes Educator	<ul style="list-style-type: none"> • Arthritis Australia 	<ul style="list-style-type: none"> • increased joint pain • swelling of the affected area • reduced range of motion at the location of the joint • fatigue from increased pain • Others
Cancer	<ul style="list-style-type: none"> • Pain. 	Dieticians, Exercise Physiologists, Optometrists,	<ul style="list-style-type: none"> • Cancer Council Victoria • Cancer Council Australia 	<ul style="list-style-type: none"> • Each cancer varies in worsening conditions. Please individualise for

	<ul style="list-style-type: none"> • Depression and anxiety. • Shortness of breath. • Fatigue and weakness. • Loss of appetite. • Weight changes. • Nausea and vomiting. • Constipation. 	Podiatrists, Diabetes Educator	<ul style="list-style-type: none"> • Cancer Australia Gov 	each patient and condition.
Alzheimer and Dementia	<ul style="list-style-type: none"> • Improve safety in the home • Reduce falls risk • Prompt memory and orientation 	Psychologist, psychiatrist, exercise physiologist, physiotherapist, dietician	<ul style="list-style-type: none"> • ALZ • Dementia Australia • Brain Foundation 	<ul style="list-style-type: none"> • Delirium • Infection • Change in mood • Increasing confusion and memory loss • Increased agitation • Others
Mood disorders and Mental Health	<ul style="list-style-type: none"> • Find new ways to manage stress and anxiety 	Psychologist, psychiatrist, exercise physiologist,	<ul style="list-style-type: none"> • Mental Health Australia • Beyond Blue 	<ul style="list-style-type: none"> • poor concentration. • being easily distracted.

	<ul style="list-style-type: none"> • Seek support with HCP and from family/friends • Keep to a routine • Make healthier lifestyle changes including diet and exercise 	physiotherapist, dietician	<ul style="list-style-type: none"> • Black Dog Institute 	<ul style="list-style-type: none"> • worrying more. • finding it hard to make decisions. • feeling less interested in day-to-day activities. • low mood. • feeling overwhelmed by things. • Feeling suicidal • Others
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