

Chronic Condition Risk Calculator

Purpose of this tool:

1. To measure predictable level of risk for acute presentation in the next 12 months for people with chronic conditions
2. To define the entry point into the HARP program.
3. To form the basis for triage by HARP staff.
4. The Calculator is to be used on entry to the program and again on discharge.

| | | | |
|--------------------|--|--------------------|--|
| Client name & UR | | Referring agency | |
| Date of assessment | | Practitioners Name | |

| PART A: CLINICAL ASSESSMENT | |
|--|-------------|
| 1. Presenting Clinical Symptoms | |
| Diagnosis of Chronic Respiratory condition such as COPD, Paediatric asthma | 1 |
| Diagnosis of Chronic Cardiac condition such as CHF, Angina | 1 |
| Diagnosis of Complex care needs in frail aged such as dementia, falls, incontinence | 1 |
| Diagnosis of Complex care needs in people under 55yrs such as mental health issues | 1 |
| Co- morbid diagnosis of diabetes and/or renal failure and/or liver disease | 1 |
| Rate the impact these factors have = Score | / 5 |
| 2. Service Access Profile | |
| Acute admission/presentation (Have you been to hospital more than once in the last 12 months including today?) | 4 |
| No regular GP follow up (regular medical checks 2 times a year) | 3 |
| Reduced ability to self-care (to the extent it impacts on disease management) | 3 |
| Add the scores = Score | / 10 |
| 3. Risk Factors | |
| Smoking | 1 |
| Overweight / Obesity (Guide: BMI 26-35) | 1 |
| Underweight (Guide: BMI < 19) | 1 |
| High cholesterol (total cholesterol ≥ 5.5mmol/L, HDL ≤ 1.0mmol/L, LDL ≥ 2.0mmol/L) | 1 |
| High blood pressure (≥ 140/90mmHg or on medication for high blood pressure) | 1 |
| Physical inactivity (less than 30 mins/d & 4 days/wk) | 1 |
| Polypharmacy > 5 medications with difficulty managing | 1 |
| Add the scores = Score | / 7 |
| 4. Extenuating factors | |
| Use of services previously | 1 |
| Carer Stress issues | 1 |
| No Carer availability | 1 |
| Cognitive impairment | 1 |
| Change to drug regimen | 1 |
| Chronic pain | 1 |
| Compromised skin integrity e.g Wounds, PAC, Cellulitis | 1 |
| Exposure to triggers for asthma | 1 |
| Add the scores = Score | / 8 |
| TOTAL SCORE for Clinical Assessment | / 30 |

| PART B: FACTORS IMPACTING ON SELF-MANAGEMENT | |
|--|-------------|
| Psycho-social and demographic issues (If the issue is present, circle Y, if absent, circle N) | |
| Mental health (depression, anxiety or psychiatric illness) | Y N |
| Disability (Intellectual, physical, visual, hearing) | Y N |
| Transport to services | Y N |
| Financial issues (inability to afford health services and/or medication) | Y N |
| CALD or Indigenous (health beliefs) | Y N |
| Illiteracy and/or limited English | Y N |
| Unstable Living Environment | Y N |
| Socially isolated | Y N |
| Drug and Alcohol problems | Y N |
| Rate the impact these <u>combined</u> factors have on the person's ability to self-manage their condition as nil, low or high. | |
| No impact (on client's ability to self-manage) | 0 |
| Low impact (on client's ability to self-manage) | 7 |
| High impact (on client's ability to self-manage) | 15 |
| Score | / 15 |
| 6. Readiness to change assessment | |
| No capacity for self-management (cognitive impairment; end stage disease) | 4 |
| Pre-contemplation (not ready for change) | 3 |
| Contemplation (considering but unlikely to change soon) | 3 |
| Preparation (Intending to take action in the immediate future) | 2 |
| Action (Actively changing health behaviours but have difficulties maintaining plan) | 1 |
| Maintenance (Maintained behaviour for ≥ 6 months) | 1 |
| Relapse (A return to the old behaviour) | 3 |
| Score | / 4 |
| TOTAL SCORE for Self-management impact | / 19 |
| PART C: RISK PROFILE | |
| Calculate the risk profile by adding PART A and B | |
| Total Score for A and B _____/49 | |
| Level of Risk | Score |
| Urgent | 39 - 49 |
| High | 24 - 38 |
| Medium | 11 - 23 |
| Low | 1 - 10 |

