

Useful forms, guides and Quick Links



Compiled by Dr Hans Blom

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Introduction:

This list of useful forms commonly used in primary care has been compiled to assist medical practitioners in their day to day duties.

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Disclaimer:

Sydney North Health Network cannot guarantee the currency of any forms listed, nor can they be responsible for their accuracy or usage.

Feedback:

If you know of any useful forms or guides that could be included in this publication please notify Dr Hans Blom hblom2@gmail.com

DISEASE-SPECIFIC FORMS

Allergy

- [Anaphylaxis Action Plan \(Epipen\)](#)
- [Anaphylaxis Action Plan \(Anapen\)](#)
- [Medicalert Foundation](#)
- [Important Article to teach caregivers how to recognise and treat allergic reactions](#)
- [NSW Department of Education and Communities Website on allergic reaction management](#)
- [Allergic Rhinitis Treatments Chart](#)

Cancer

- [National Bowel Cancer Screening Sitemap and Resources](#)
- [Cancer Australia Check Your Cancer Risk Tool](#)

Cardiovascular

- [Holter Monitor](#)
- [Dobutamine Stress Patient Resource](#)
- [Coronary Angiogram Patient Resource](#)

Atrial Fibrillation

- [Atrial Fibrillation Fact Sheet](#)

Cardio-vascular Risk Tools

- [Your Heart Forecast](#)
- [Australian Absolute Cardiovascular Risk Calculator](#)
- [Preventing Infections of the heart \(NPS Guideline\)](#)
- [Guidelines for prevention of endocarditis](#)
- [Heart Failure Classification](#)
- [QT Nomogram](#)
- [CHA2DS2-VASc Score](#)
- [HAS-BLED Score for major bleeding](#)
- [Wells Criteria for DVT](#)
- [Managing Blood Pressure](#)
- [Measuring Your Blood Pressure at Home](#)

Contraception

- [Hormonal Contraceptives Chart](#)
- [Medical Eligibility Criteria for Contraceptive Use Chart](#)

Dermatology

- [Psoriasis Area Severity Index \(PASI\)](#)
- [Eczema Action Plan](#)
- [Fingertip Units \(How Much do I use ?\)](#)
- [Ferriman-Gallwey scoring for hirsutism](#)

Driving

[Assessing Fitness to drive Austroads 2016](#)

Drugs and alcohol

General

- [WHO, Self-help strategies for cutting down or stopping substance use: A Guide](#)

Smoking

- [Quit Coach](#)
- [Icanquit](#)
- [Quitnow](#)
- [Smoking Cost Calculator](#)
- [RACGP Supporting Smoking cessation in General Practice](#)

Alcohol

- [Alcohol Use Calculator](#)
- [Alcohol Screen Audit Tool](#)
- [Alcohol guidelines: Reducing health risks](#)

Ear, Nose and Throat

- [Dix-Hallpike + Epley Maneuvre \(You Tube \)](#)

Emergency

- [Emergency Care Acute Pain Management Manual](#)

Endocrinology

- [FRAX risk Calculator](#)
- [Garvan Fracture Risk Calculator](#)
- [Diabetes Health Tracker \(NPS \)](#)

National Diabetes Services Scheme

- [Diabetes Risk Test](#)
- [NDSS Registration Form](#)
- [Blood Glucose Test Strip Six Month Approval Form](#)
- [RACGP General Practice Management of Diabetes 2016-2018](#)

Osteoporosis

- [Fractures Risk Assessment Tool](#)

Gastrointestinal

- [Bristol Stool Chart](#)
- [GORD Symptomatic Treatment Plan and Step-down plan](#)

Genetics

Geriatrics

- [Advanced Care Plan – My Wishes](#)
- [Respecting Patient Choices](#)
- [Mini Mental State Examination](#)
- [Montreal Cognitive Assessment \(MOCA\)](#)
- [Appointing an Enduring Guardian](#)
- [Appointing a Power of Attorney](#)
- [Capacity and Dementia Guide](#)
- [Telstra Priority Assistance Form](#)
- [NSW Government Energy Rebate Form](#)
- [Abbey Pain Scale](#)
- [Myagedcare](#)

- [My Aged Care You Tube Referral Videos](#)
- [Severe Behaviour Response Teams Information](#)
- [Flow Chart Referral Process for Aged Care Services North Sydney Health District](#)
- [RACGP Standards for Patient Centred Medical- Home](#)
- [RACGP Silver Book Medical Care of Older persons in Residential Aged Care](#)
- [Dementia Resource Sheets](#)
- [Pain Management Strategies Guide in Residential Aged Care Facilities](#)
- [Cornell Scale for Depression in Dementia](#)
- [Continence Aids Payment Scheme Application Form](#)
- [Appropriate Use of Antibiotics in ACF's \(UTI's \)](#)
- [Guiding Principles for the Care of Older Adults with Multimorbidity Pocket Card](#)

Security systems

- [Vitalcall](#)
- [Tunstall](#)
- [Safety Link](#)
- [mCare SOS Watch](#)
- [Constant Companion](#)
- [Care Alert](#)

Products

- [Brightsky](#)
- [Compression stockings \(Total Compression Solutions\)](#)
- [Compression foot sleeves \(FS6\)](#)
- [Skin Protection Systems](#)

Haematology

- [Preoperative haemoglobin assessment and optimisation template](#)

Health Services Directory

- [National Health Services Directory](#)

Health Screening

- [Preventative Activities \(Adult and Children \) RACGP Red Book Chart](#)
- [Patient Activation Measures](#)
- [Hospital Admission Risk Calculator \(HARP \)](#)

Infectious diseases

- [Infectious Disease Fact Sheets](#)
- [Infectious Diseases Exclusion Tool](#)
- [Infectious Disease Control Guidelines: Common Colds Fact Sheet](#)
- [Antibiotic Resistance information for patients](#)
- [Infectious Diseases Guidelines](#)
- [Disease Notification \(NSW\)RACGP Managing Pandemic Influenza in General Practice](#)
- [Chlamydia Fact Sheet](#)
- [STI Testing Tool](#)
- [General Practitioners and Hepatitis C](#)
- [Hepatitis C Treatment Summary Chart](#)

Immunisation

- [Immunisation Catch up Calculator](#)
- [Australian Immunisation Handbook 10th](#)
- [Pneumovax Guidelines](#)
- [NSW Schools Vaccination Program](#)
- [NSW Immunisation Schedule](#)
- [Myths and Realities](#)
- [NCIRS Fact Sheets](#)
- [NSW Health Information for Immunisation Providers](#)
- [Vaccination Providers Fact Sheet for Influenza 2017](#)
- [Consumer Fact Sheet Influenza 2017](#)
- [RTI's Symptom Management Plan \(NPS \)](#)

Lifestyle

- [Healthy Living Network](#)
- [Restless Legs Syndrome Rating Scale](#)
- [Fatigue Information Prescription \(NPS \)](#)

Mental health

- [Bipolar Self Test](#)
- [Psychological Distress \(Kessler\)](#)
- [Australian Psychological Association Tip Sheets](#)
- [Generalised Anxiety Disorder Scale-7](#)
- [Patient Health Questionnaire \(PHQ-9\)](#)
- [Anti-Psychotic Monitoring Tool](#)

Depression

- [DASS 21](#)
- [Edinburgh Post-natal Depression Scale](#)

Medication

- [Consumer Medicine Information](#)
- [Therapeutic Guidelines Online](#)
- [Medicalert Application Form](#)
- [Opioid Dose Equivalence Chart](#)
- [Opioid Risk Tool](#)
- [Complementary Drugs Interaction Guide](#)
- [Hepatitis C Treatment Summary Chart](#)
- [Chronic non-cancer pain management plan](#)
- [Antibiotic Resistance –The Facts](#)
- [Polypharmacy Guidance](#)
- [My Pain Management Plan\(NPS\)](#)

Musculoskeletal

- [Good Posture at Computer work-station](#)
- [Fibro Guide \(fibromyalgia\)](#)

Neurology

- [Headache Diary \(NPS\)](#)
- [Pain Diary \(NPS\)](#)
- [Stroke Risk Test Tool](#)
- [Head Injury Advice \(Adults\)](#)
- [Head Injury Advice \(Children\)](#)
- [Restless Legs Syndrome: International Rating Scale](#)
- [NSW Online Mandatory Reporting Guideline](#)
- [Tresillian Referral](#)

Nutrition

- [Low Salt Diet](#)
- [Lactose Intolerance Fact Sheet](#)
- [Salt Facts](#)
- [Cholesterol in Food](#)
- [Gout Diet](#)
- [Osteoporosis Australia Calcium Fact Sheet](#)
- [Managing iron deficiency Fact Sheet](#)
- [Fact Sheet Iron](#)
- [Food Variety Fact Sheet](#)
- [B12 Fact Sheet](#)
- [Iodine Fact Sheet](#)
- [Fatigue and Nutrition Fact Sheet](#)
- [Recovery Nutrition after Exercise Fact Sheet](#)
- [Food Labels](#)
- [Food Labels What do They Mean](#)

Obstetrics and gynaecology

- [Menopause Monitoring Tool](#)
- [Hormone Replacement Therapy Chart](#)
- [Australian Antenatal Care Clinical Guidelines](#)

- [Neonatal eHandbook](#)

Orthopaedics

Paediatrics

- [Vanderbilt Assessment Scale ADHD](#)
- [Royal Children's Hospital \(Melbourne\) Clinical Practice Guidelines](#)
- [NSW Government Mandatory Reporting Guide](#)
- [Referral Form to Tresillian](#)
- [Royal Children's Hospital Clinical Practice Guidelines](#)
- [Royal Children's Hospital Gastro-enteritis](#)

Palliative care

- [Authorised Adult Palliative Care NSW Ambulance](#)
- [NSW Government Terminal Illness Cannabis Scheme](#)
- [Residential Aged Care Palliative Care Guidelines](#)
- [Resources for Chronic Pain](#)
- [Supportive and Palliative Care Indicators Tool \(SPICT \)](#)

Pathology

- [RCPA Manual](#)

Radiology

- [Clinical Guides for MRI Referral](#)

Renal

- [International Prostate Symptom Score](#)
- [Chronic Kidney Disease Handbook](#)

Respiratory

- [Inhalers Instructional Videos](#)
- [Asthma & COPD Medication Chart](#)

- [CURB- 65 Pneumonia Severity Index](#)

Asthma

- [Australian Asthma Handbook](#)
- [Asthma Action Plan](#)

Home Oxygen

- [Department Veterans Affairs Home Oxygen Therapy Request Form](#)
- [Oxygen Choice](#)

COPD

- [COPD-X Concise Guide for Primary Care](#)
- [Stepwise Management of Stable COPD](#)
- [COPD-X Plan](#)
- [Lung Age Estimator \(useful for smoking cessation motivation\)](#)

Sexual health

- [Chlamydia Fact Sheet](#)
- [STI Testing Tool](#)
- [STI Guidelines](#)

Sleep disorders

- [Epworth Sleepiness Scale](#)
- [Mallampati Classification](#)
- [Sleep Diary](#)
- [Pittsburgh Sleep Quality Index](#)
- [Restless Legs Syndrome Rating Scale](#)
- [Sleep Healthy Using the Internet: Shut i me](#)

Surgery

Toxicology

Trauma

Travel health

- [Malaria Country by Country](#)
- [Yellow Fever Guide](#)
- [Dubai-restricted drugs](#)
- [Center for Disease Control \(CDC\) Traveller's Health Guide](#)
- [World Health Organisation Traveller's Health Guide](#)

Vascular

Wound care

- [Medical calculators](#)
- [MD Cal Medical Calculators](#)

PREVENTATIVE MEDICINE

- [RACGP Guidelines for Preventative Activities in General Practice 9th Edition](#)

COMMONWEALTH FORMS

Department of Veterans Affairs

- [DVA Health Treatment Card Summary](#)
- [DVA Dose Administration Service](#)
- [Fact Sheet DVA Rehabilitation and Appliance Program](#)
- [RAP Mobility & Functional Support Products DVA](#)
- [DVA Director Order Form Incontinence Form](#)
- [DVA Claim for Travelling Expenses D800](#)
- [Coordinated Veterans' Care Program](#)
- [DVA Rehabilitation Appliances Program\(RAP \) Product Catalogue](#)
- [Direct Order Form RAP Mobility & Functional Support Products](#)

Veterans fee schedule

[DVA Fees Schedule](#)

Medicare

Australian Organ Donor Register

- [Organ Donation Registration Form](#)

Medicare Schedule

- [MBS Schedule November 2014 Practice Nurse Incentive Program](#)
- [Frequently Used Item Numbers Medicare Desktop Guide Aug 2016](#)
- [Medicare Schedule Downloads Nov 2016](#)

Medicare Useful Contacts

- [Medicare Useful Contacts](#)

My Health Record

- [My Health Record –Healthcare Provider Organisation Registration Summary](#)
- [My Health Record –Information to assist patients](#)
- [My Health Record Forms and Guides for Health Care Professionals](#)
- [My Health Record Resources Sydney North Health Network](#)
- [Medicare Item Numbers PHN North Coast](#)
- [My Health Record Resources PHN North Coast](#)

Centrelink

- [Claiming Carer's Allowance](#)
- [Disability Support Pension](#)

Department of Health and Ageing

- [TGA Adverse Events Form](#)
- [Release of Superannuation on Medical Grounds](#)
- [Category B Special Access Form](#)

New South Wales forms

RMS forms

- [Mobility Parking Scheme Application Form](#)

Motor Accident Authority

- [Motor Accident Notification Form](#)

NSW Transport

- [Taxi Transport Subsidy Scheme](#)

NSW Ministry of Health

- [Application for Authority to Prescribe a Drug of Addiction](#)
- [Housing NSW Housing Pathways Medical Assessment Form](#)
- [Clinical Information Access Portal \(CIAP\)](#)
- [Attending Practitioner's Cremation Certificate](#)
- [Energy Rebate Form](#)