



National guide to a preventive health assessment for Aboriginal and Torres Strait Islander people

Third edition



RACGP

Royal Australian College of General Practitioners



NACCHO

National Aboriginal Community
Controlled Health Organisation
Aboriginal health in Aboriginal hands

www.naccho.org.au

What's new in the third edition?

This third edition of the *National guide to a preventive health assessment for Aboriginal and Torres Strait Islander people* (National Guide) contains a thorough update of all chapters, as well as new topics developed in response to requests from National Guide users and opportunities identified by the Project Reference Group.

The National Guide aims to complement The Royal Australian College of General Practitioners' (RACGP's) *Guidelines for preventive activities in general practice*, 9th edition (Red Book) by dealing with health issues that are specific to the Aboriginal and Torres Strait Islander population. Where issues common in the general Australian population have not been dealt with in this National Guide (eg urinary incontinence), healthcare professionals are encouraged to refer to the Red Book, available at www.racgp.org.au/redbook

New topics in the third edition	
Topic	Scope
Fetal alcohol spectrum disorder (FASD)	Supports healthcare professionals to understand how to make a diagnosis of FASD and to provide support for those diagnosed with FASD. It provides primary and secondary prevention strategies to reduce alcohol use in pregnancy, and recommendations for women, as well as for children at risk of FASD.
Preventing child maltreatment – Supporting families to optimise child safety and wellbeing	Provides an exploration of the multiple factors contributing to the high rates of Aboriginal and Torres Strait Islander children represented in substantiated maltreatment data. Discusses the importance of comprehensive primary healthcare, incorporating culturally responsive and trauma-informed care when working with families affected by child maltreatment, and provides recommendations on screening and behavioural interventions to prevent child maltreatment.
Family abuse and violence	Provides information to support healthcare professionals to develop a high level of awareness of the risks of family abuse and violence and how to identify and provide early intervention for victims of family abuse and for perpetrators. The chapter outlines principles to help communities address the issues and work together to prevent family abuse and violence, and intervene where necessary. To be used in conjunction with the RACGP's <i>Abuse and violence: Working with our patients in general practice</i> (White Book), www.racgp.org.au/whitebook
Lung cancer	Provides recommendations on screening asymptomatic adults, including people who smoke or have previously smoked, and lifestyle risk factor counselling on the benefits of avoiding smoking and smoke exposure.
Young people lifecycle summary wall chart	This wall chart has been developed to outline specific recommendations for young people, and complements existing child and adult charts.

Key changes to existing chapters	
Topic	Key changes
Smoking	New recommendations include considering intermittent oral nicotine replacement therapy for pregnant women, after explaining risks and benefits; as well as establishing a system at the health service to document and routinely update the smoking status of all patients.
Overweight and obesity	New behavioural recommendations for people with overweight or obesity, such as the importance of assessing the individual context and social factors that influence weight loss; new recommendation to continue orlistat therapy beyond three months only if the individual has lost at least 5% of their initial body weight since starting drug treatment.



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Physical activity	<p>New behavioural recommendations encouraging active transport and weight-bearing and resistance exercise to prevent osteoporosis. Recommendation that all women who are pregnant should be encouraged to participate in physical activity to levels outlined in the Australian guideline recommendations.</p> <p>Recommendation for people with cardiovascular disease, other chronic diseases, mental health issues and cancer survivors – if the condition is stable – to commence low-intensity physical activity with slow progressions in volume and intensity.</p> <p>Environmental recommendations to encourage health services to support physical activity by introducing physical measures, and for health professionals to consider a range of social and contextual factors that may uniquely influence an individual's level of physical activity.</p>
Alcohol	<p>New recommendation to advise women who are pregnant, breastfeeding or seeking pre-conception counselling and choose to drink, to breastfeed before consuming alcohol.</p> <p>New environmental recommendations to consider initiatives that engage young people and school-based or classroom-based education sessions as part of promoting community-led strategies to reduce alcohol supply.</p>
Gambling	<p>New recommendations assess the impact on children who have parents and/or siblings who are known to have problem gambling, by assessing their nutrition and growth, physical and psychosocial health and wellbeing.</p> <p>Recommendation to refer people with identified problem gambling to financial counselling and legal support services.</p>
Antenatal care	<p>Significantly updated to align with the Australian evidence-based antenatal care guidelines, and incorporates new evidence published subsequently. Examples include recommendations on immunisation as well as on screening for genitourinary and blood-borne viral infections, measurement of height and weight in pregnancy, screening for diabetes, screening for chromosomal abnormalities, screening for social and emotional wellbeing, and screening for family abuse and violence.</p>
Child health	<p>Includes two new topics ('Fetal alcohol spectrum disorder' and 'Preventing child maltreatment – Supporting families to optimise child safety and wellbeing') and a significant number of key changes under 'Anaemia', 'Growth failure' and 'Childhood kidney disease'.</p>
The health of young people	<p>A new young people lifecycle summary chart accompanies this chapter to support healthcare professionals with screening.</p> <p>A new modified HEEADSSS (Home, Education/Employment, Eating, Activities, Drugs and alcohol, Sexuality, Suicide and depression, Safety) assessment tool, the <i>Aboriginal and Torres Strait Islander youth social and emotional wellbeing assessment</i>, is included in this third edition to support screening for social and emotional wellbeing.</p> <p>New recommendations on contraception and emergency contraception are included.</p>
The health of older people	<p>Has a new title and new recommendations on screening for osteoporosis for people at moderate and high risk, as well as behavioural recommendations to consider the use of hip protectors for residents of aged care facilities at risk of falling; recommendations on exercise for individuals aged >50 years without osteoporosis and for those with osteoporosis.</p> <p>New recommendations on dementia prevention for those with risk factors for dementia are provided.</p>
Eye health	<p>New recommendations for visual acuity screening and counselling on the risks of diabetic retinopathy for pregnant women with pre-existing diabetes.</p> <p>New recommendations for a balanced diet high in fruit and vegetables to reduce the risk of developing cataract and age-related muscular degeneration.</p> <p>Updated recommendations on screening for trachoma, and on discussing use of chemoprophylaxis with regional trachoma control programs.</p>
Hearing loss	<p>New recommendation for enhanced hygiene practices to prevent cytomegalovirus.</p> <p>New screening recommendations, including advising parents to maintain a high index of suspicion of hearing loss in children at high risk of hearing impairment, and advising parents that absenteeism can be associated with hearing loss. Repeat neonatal hearing screening tests may be required.</p> <p>New behavioural, surgical and chemoprophylaxis recommendations for children with tympanostomy tubes, chronic suppurative otitis media, and otitis media with effusion.</p>



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Respiratory health	<p>New recommendations on immunisation for pneumococcal disease prevention and influenza.</p> <p>New behavioural recommendations, advising weight reduction for people who have asthma and obesity or overweight. New environmental recommendations for workers in high-risk workplaces, where exposure to occupational dusts and chemicals is high.</p> <p>New screening recommendation for people who smoke, with healthcare professionals to consider the use of a symptom questionnaire to assist with case finding in those with chronic obstructive pulmonary disease (COPD).</p> <p>New behavioural recommendation for people with COPD who currently smoke, to consider referral to pulmonary rehabilitation as it has been shown to reduce COPD exacerbations.</p> <p>New screening recommendations for preventing bronchiectasis and chronic suppurative lung disease, and for those with a history of tuberculosis.</p>
Acute rheumatic fever and rheumatic heart disease (RHD)	<p>Provides numerous updated immunisation, screening, behavioural, chemoprophylaxis and behavioural recommendations to support prevention, diagnosis and treatment of acute rheumatic fever and RHD.</p>
Cardiovascular disease prevention	<p>New screening recommendation, lowering the age of assessing for the prevalence of any Framingham or non-Framingham risk factors to age 30 years.</p> <p>Healthcare providers are advised to consider adding a 5% increment to the risk assessments (five-year Framingham), using their clinical judgement.</p>
Type 2 diabetes prevention and management	<p>New screening recommendations suggest that given the high prevalence of diabetes, use of screening tools such as AUSDRISK are likely to be of limited benefit.</p>
Chronic kidney disease (CKD) prevention and management	<p>New chemoprophylaxis recommendation for adults with CKD and blood pressure (BP) consistently above 140/90 mmHg, to recommend lifestyle changes plus drug treatment aiming at BP <140/90 mmHg (or systolic BP <120 mmHg when tolerated by the patient).</p>
Sexual health and blood-borne viruses	<p>New screening and testing recommendations for all sexually active people aged ≤30 years and sexual partners of a person with a sexually transmitted infection.</p> <p>New chemoprophylaxis recommendations to consider eligibility for pre-exposure prophylaxis (PrEP) for people at higher risk of human immunodeficiency virus (HIV).</p> <p>New recommendations for screening ages for gonorrhoea and <i>trichomonas vaginalis</i>.</p> <p>New immunisation recommendations for human papillomavirus (HPV).</p>
Prevention and early detection of cancer	<p>Lung cancer is a new topic within this chapter.</p> <p>In cervical cancer prevention, there are new immunisation recommendations for HPV. New screening recommendations, aligning with the renewed national cervical screening program, with the Pap smear replaced by a new HPV cervical screening test with reflex liquid-based cytology (LBC) for oncogenic HPV-positive samples.</p> <p>New immunisation and screening recommendations for liver cancer.</p> <p>New chemoprophylaxis recommendation for breast cancer includes the availability of tamoxifen, approved for subsidy under the Pharmaceutical Benefits Scheme for primary prevention of breast cancer and able to be prescribed by general practitioners as well as medical specialists.</p>
Mental health	<p>Recommendation to use social and emotional wellbeing assessment tools (such as K5 or Here and Now Aboriginal Assessment [HANAA]) if necessary to guide conversations.</p> <p>New recommendation to provide people who have close family or friends who have died by suicide with support and referral to social and emotional wellbeing services (eg Aboriginal mental health workers).</p>

