



## A team approach for general practice in capturing BMI measures and supporting patients with healthy weight

	Role contribution	Links to resources	Conversation starter examples
<b>Admin &amp; MPA</b>	<p>Positively promote healthy lifestyle initiative to patients.</p> <p>MPA could have allocated room to perform height and weight measurements and document for clinician to record and discuss.</p>	<p><a href="https://www.healthdirect.gov.au/creating-healthy-habits">https://www.healthdirect.gov.au/creating-healthy-habits</a></p> <p><a href="https://www.heartfoundation.org.au/Bundles/Healthy-Living-and-Eating">https://www.heartfoundation.org.au/Bundles/Healthy-Living-and-Eating</a></p>	<p>“It’s Weigh in Wednesday! Before you go into see the Doctor, they have requested that you please weigh yourself on the scales in [insert location] and write it down on this piece of paper to take in with you”.</p>
<b>Practice Manager</b>	<p>Organise a whole of team meeting to develop a Healthy Weight strategy. Develop communication ideas for patient awareness. Seek contribution from whole of team to discuss each role in improving recording of BMI.</p> <p>Discuss installation of TopBar to target BMI recording.</p>	<p>TopBar: <a href="#">Using Topbar Prompts in Recipes</a></p>	<p>“Hi, I’m [insert name], a Medical Practice Assistant. Your Doctor has requested I measure your weight and height before you see them today as we are promoting healthy lifestyle”.</p>
	<p>Review PENCAT recipe or practice dashboard to assist in the development of a QI activity (PDSA) to improve recording of height and weight correctly in your clinical software for calculation of BMI.</p>	<p>CAT recipes:</p> <ul style="list-style-type: none"> <li>• <a href="#">QIM 3 – BMI</a></li> <li>• <a href="#">Add Weight, Height and Waist Measurements to Patient Record</a></li> </ul>	<p>“As Practice Manager, I’d love to hear ideas from the team around promoting healthy weight in our practice”.</p>
<b>Practice Nurse</b>	<p>Correctly enter weight and height into clinical software during patient encounters. Demonstrate to patients the free tools available to assist them with healthy living.</p>	<p><a href="https://www.health.nsw.gov.au/heal/Pages/free-programs-tools.aspx">https://www.health.nsw.gov.au/heal/Pages/free-programs-tools.aspx</a></p>	<p>“Before you sit down please come this way so I can record your height and weight.”</p>
	<p>Consider utilising the Healthy Eating Quiz to open discussions and assist with promoting lifestyle changes.</p>	<p><a href="https://healthyeatingquiz.com.au/">https://healthyeatingquiz.com.au/</a></p>	<p>“Our practice is currently promoting healthy lifestyle changes to help our patients improve their general health and wellbeing. I’d like to start with doing some basic measurements.”</p>
<b>GP</b>	<p>Utilise the lifestyle charts in the RACGP Red Book regarding recommended intervals for measurement of BMI and Physical Activity at different ages.</p>	<p><a href="#">Red Book</a> (Guidelines for preventive activities in general practice – RACGP)</p>	<p>“How do you feel about your weight at the moment?”</p>
	<p>Ensure correct coding when entering weight and height measurements into your clinical software for the calculation of BMI.</p>	<p>Health Pathways – Healthy Eating:  <a href="https://hne.communityhealthpathways.org/">https://hne.communityhealthpathways.org/</a></p>	<p>“What does a ‘healthy lifestyle’ mean to you?”</p>
	<p>Refer to Health Pathways for local advice, services and potential referral options.</p>	<p><a href="https://centralcoast.communityhealthpathways.org/">https://centralcoast.communityhealthpathways.org/</a></p>	<p>“How do you feel about your current diet and level of physical activity?”</p>