






Health Promotion Months/Dates

SEPTEMBER

Event	Date/s	Ideas for General Practices
<p>Prostate Cancer Awareness</p> <p>https://www.prostate.org.au/</p> <p>Raising awareness for men and their families who have been impacted due to prostate cancer.</p> 	All month	<ul style="list-style-type: none"> Change posters in your waiting-room to new focus for the month Post information on your Facebook and/or website Promote awareness for men aged 40-70 years of age – signs & symptoms. Information night for men on health issues & prevention Wear Blue to encourage men to participate in preventative health. QI activity - Family History focus
<p>National Asthma Week</p> <p>https://asthma.org.au/</p> 	Wed 1 st -Tues 7 th	<ul style="list-style-type: none"> Change posters in your waiting-room to new focus for the month Post information on your Facebook and/or website Review inhaler techniques Engage with school community – Asthma Plans.
<p>Women’s Health Week</p> <p>https://www.womenshealthweek.com.au/</p> <p>“Dedicated to good health and wellbeing for women and girls.”</p> 	Monday 6 th – Friday 10 th	<ul style="list-style-type: none"> Change posters in your waiting-room to new focus for the month Post information on your Facebook and/or website Review Reminder/recall process for the practice Access training for nurses e.g., Jean Haile’s Resources Exercise day for women – invite the Exercise Physiologist to talk to the group.



R U OK Day

<https://www.ruok.org.au/>

National day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs.



Thursday 9th

- Put up posters in your waiting-room.
- Post information on your Facebook and/or website
- Register to be a workplace champion for access to resources.
- Wear yellow & decorate the practice.
- Ask your co-workers & set up coffee chats to promote good communication.
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World Heart Day

<https://world-heart-federation.org/world-heart-day/>

World Heart Day is a global campaign during which individuals, families, communities, and governments around the world participate in activities to take charge of their heart health and that of others.



Wednesday 29th

- Put up posters in your waiting-room.
- Post information on your Facebook and/or website
- Promote the Heart Health assessments
- Walking group & healthy morning tea
- Scales in the waiting room
- Refer to the RACGP guidelines in general practice & choose one idea as the QI activity.
- Access the Heart Foundation toolkit & print their recipes for patients.
- www.RACGP.org.au
- Check BP measure for all patients presenting.
- Check pulse manually for patients to assist in detecting arrhythmia's.
- Teach patients to take their pulses regularly & at home.
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