



Health Promotion Months/Dates

OCTOBER

Event	Date/s	Ideas for General Practices
<p>Breast Cancer Awareness Almost 20,000 Australians will be diagnosed with the disease this year alone. Cancer Australia https://www.canceraustralia.gov.au/ Search for:</p> <ul style="list-style-type: none"> Awareness (Breast Cancer) <p>BreastScreen NSW: https://www.breastscreen.nsw.gov.au/ Breast Cancer: the risk factors https://www.breastcancerriskfactors.gov.au/ https://nbcf.org.au/</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 Women aged 50-74 Information night for women on prevention Wear pink to encourage women to Screen. QI activity - Family History focus Advertise & book patients for visiting BreastScreen Bus
<p>World Mental Health Week Raising awareness of the importance of mental health and wellbeing in the wider community, increasing awareness and education. https://mentalhealthweek.org.au/ World Mental Health Day https://1010.org.au/</p> 	<p>9th – 17th October</p> <p>10th October</p>	<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 coding of diagnosis for patient co-hort using Cleansing CAT report 'indicated Mental Health where no diagnosis is recorded report'. QI idea –Identify patients eligible for Mental Health Treatment Plan (MHTP)
<p>National Carers Week Dedicated to acknowledging and celebrating carers in Australia & Raise awareness about the diversity of carers & their roles. http://www.carersweek.com.au/</p> 	Middle of the 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 Hold a morning tea to acknowledge carers who attend the practice. Audit existing Team care arrangements to ensure Carers are acknowledged as part of the team for the patients



National Nutrition Week

Is celebrated to spread awareness & focuses on nutrition, good food, healthy body, mind, and lifestyle.

<https://nutritionaustralia.org/>



Middle of the month

- Put up posters in your waiting-room.
- Post information on your Facebook and/or website
- QI activity on recording SNAP (Smoking, Nutrition, Alcohol, Physical Activity) from RACGP in the patients record.
- Print a supply of health recipes for patients to take home.
- Hold a group education session for your Diabetic patients using an Allied Health Professional & turn it into a regular event.

Headspace Day

Ensuring young people have access to mental health services no matter where they live in Australia.

<https://headspace.org.au/>



Thursday 21st

- Put up posters in your waiting-room.
- Post information on your Facebook and/or website
- Use Telehealth for 12–25-year aged patients to access Psychiatrist services.
- Encourage GPs to access Headspace for upskilling opportunities including live webinars involving clinical reviews &/or general advice.
- Review practice process for Mental health Plan Reviews