



# Chronic Disease Management

## FAQS for Patients

Many Australians are living with chronic diseases like diabetes, asthma, heart disease and arthritis. Talk with your doctor about preventing or managing chronic disease and ask how we can help you maintain your independence and stay as healthy as possible.

### **GP Management Plans**

Our united and informed approach leads to improved patient health and well-being.

Your doctor and Practice Nurse will develop a plan designed to meet your needs. It will give you a co-ordinated approach to include the specialists and allied health practitioners who also care for you.

We see it as an integral part of the personal care we provide for our patients who are living with chronic medical conditions or terminal illness. It ensures both parties have a clear understanding of your very specific needs and provides thought out and well planned pathways to manage those conditions. We make sure we look after our patients who those require multidisciplinary, team-based care from a GP and at least two other health or care providers.

### **Who will benefit from a GP Management Plan?**

Any person with a chronic (long term) medical condition such as for eg:

- Diabetes
- Asthma
- Arthritis
- Cancer
- Heart Disease
- Osteoporosis
- Mental Health

### **How does it work?**

Taking into account your medical history held at our clinic and other health records you can provide, together we identify the following:

- Your health priorities
- Actions you can take to help manage your condition
- Other health care and community services you need and provide the relevant referrals
- What results you would like from the plan to help with your chronic condition

## **What will Team Care Arrangements mean for me?**

We will prepare any referrals you need.

Once it is determined you would benefit from other health care providers or allied health professionals being involved in providing treatment, a team care arrangement will be completed. With your consent, your doctor or practice nurse will ask the relevant allied health professionals to be part of your care plan.

## **Who are allied health professionals?**

Any allied health worker such as a physiotherapist, dietitian, podiatrist, audiologist, diabetes nurse, occupational therapist, pharmacist, psychologist, psychiatrist or exercise physiologist. Some of the allied health professionals we work with operate from our clinic rooms.

## **How many visits can I have with an allied health professional?**

Patients with a GP Management Plan and Team Care Arrangement are eligible for 5 visits per calendar year to see allied health professionals.

## **Will it cost me anything?**

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## **Will it cost anything to see an allied health professional under my plan?**

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## **I have my Plan, what happens next?**

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1. Keep your copy of your GP Management Plan and Team Care Arrangement in a safe place.
2. Book your appointments with your allied health teams.
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