

WHY IS THIS A HEALTH PRIORITY?

Chronic Conditions are a substantial health issue both nationally and in the ACT. They are the

leading cause of disease burden

with an estimated one in two Australians having at least one prominent chronic condition (Australian Government Department of Health, 2017). The reported ACT rate sits just below the national average at

47.9% of the ACT population

(Australian Government Australian Institute of Health and Welfare, 2016). Prevention, treatment and management can make a real difference to the long term health and wellbeing of local residents and PHNs have an important role in improving development of coordinated and comprehensive care for prevention and management of chronic conditions.

WHAT ISSUES HAVE WE IDENTIFIED?

In analysing population health needs across the ACT with regards to chronic conditions, a number of key issues arose:



The low levels of self-care and self-management by consumers who have chronic conditions highlights the **need to enhance health literacy.**



Increased support is required to **develop and use whole-of-person, multidisciplinary care models in primary health care.**



The low rates of shared and coordinated care for patients with chronic disease need addressing, as well as a need **for greater focus on prevention.**



Chronic pain was also highlighted as a key issue for people with chronic conditions and the need for **improved access to information and resources to help manage chronic pain.**

WHAT HAS THE DATA TOLD US?



60% of Australians aged 15-74 years do not have adequate health literacy (45% of ACT population) (ACT PHN, 2018).



The most frequent avoidable ED presentations and hospital admissions relate to diabetes, heart disease, COPD and mental illness (ACT PHN, 2018).



In 2017-18, ACT had approximately half the national services per 100,000 population for Medicare GP Management Plans (GPMPs) (54%) and Team Care Arrangements (TCAs) (51%) and review of GPMP/TCA (49%) was the lowest rate in Australia (Australian Government Department of Human Services, 2018).



Chronic Disease Management podiatry and physio referrals are at 23% and 32% of the national per capita rate.



In 2011, chronic diseases accounted for over 75% of the years of life lost from all diseases/injuries in the ACT (Australian Government Australian Institute of Health and Welfare, 2016).



Approximately one in five Australians suffer chronic pain, one in three people aged 65 years and over (Pain Australia, n.d.).

WHAT HAVE STAKEHOLDERS TOLD US?



Patient activation measurement and **tailored health literacy and self-management initiatives in the ACT are limited.**



Health systems are stronger if they are more **comprehensive, coordinated, community focused, universal, affordable and person/family oriented.**



The **current model of care for chronic pain is unsustainable** and consideration should be given to alternative primary care and community based approaches, integrated and team based, multidisciplinary, holistic models of care.

TARGET OUTCOMES

To help relieve the burden that chronic diseases place on our community it is suggested that:



Time is spent on **ensuring consumers are enabled to engage in health care decision making and self-management.**



Primary health care professionals should be supported further to deliver patient-centred, team based care and be provided with **better access to multidisciplinary care.**



Healthcare providers should also be encouraged to **use digital health systems and data** to improve care and communication.



It is time to **focus on preventative health initiatives** to reduce the rates of chronic conditions.



For those for whom it's already too late, health services in the ACT need to work collaboratively to **improve outcomes for people experiencing chronic pain.**

References

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