

Patient Selection Guide

This Patient Selection Guide has been developed to help general practices select patients for participation in the ACT Primary Care Pilot.

The ACT Primary Care Pilot Model

The ACT Primary Care Pilot Model has been designed to provide for strengthened partnerships between general practices and community-based and public health services in the ACT. The Pilot will target people who are at risk of attending the emergency department (ED) or hospital, have complex multimorbidity, or have previously been a high intensity user of ACT EDs.

It is expected that each participating patient will participate in the Pilot for a three-month period before moving onto more self-managed care with their GP.

It is expected that each participating practice would nominate up to 50 enrolments throughout the Pilot, including re-enrolments.

Exclusions

The following people are not eligible to participate in the Pilot:

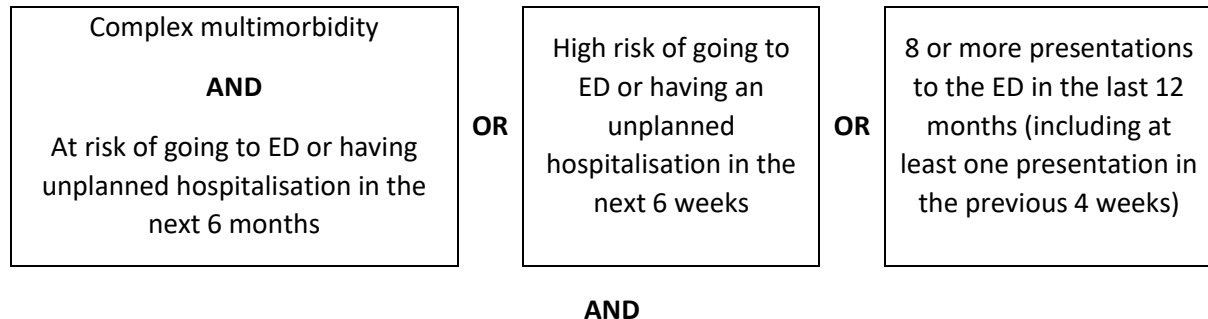
- People who reside in a Residential Aged Care Facility,
- Palliative care patients requiring end-of-life support.

Patient Selection Principles

- The target patient group for the Pilot is patients at risk of requiring acute hospital services and where collaborative intervention may help reduce or eliminate this risk by keeping the participating patient well in the community. The Pilot is not designed for patients who may need acute hospital services now or in the next week.
- Participating patients should have both a relevant health need (e.g., high risk of attending the ED in the next 6 weeks) **and** be likely to benefit from the services offered within the Pilot.
- To balance service provision, it is helpful to have a diverse mix of health needs among the participating patients you select. For example, this may mean choosing patients with different primary concerns, such as respiratory, cardiovascular and mental health needs.
- To balance the workload, it is suggested that the list of participating patients be spread across at least 3-4 GPs within your practice, or at least to have more than one GP as the usual GP for the participating patients.
- We encourage GPs to prioritise enrolling patients who struggle to access health services due to socioeconomic or vulnerability factors.

Identifying Patients

Patients should meet the following criteria to be enrolled in the Pilot.



Likely to benefit from and reduce their need for acute hospital services from **any of the following**:

- a) Complex care coordination and navigation
- b) Telephone advice to supplement your management of the participating patient's condition(s) from a specialist in:
 - Mental Health
 - Alcohol and Drug
 - Respiratory Medicine
 - Cardiology
 - Uncontrolled acute or chronic pain
- c) Timely allied health intervention from one of the following professions:
 - Physiotherapy (for musculoskeletal or pelvic pain)
 - Psychology
 - Social Work

Definitions and Descriptions

In the Pilot context:

- Complex multimorbidity is three or more chronic conditions in three different body systems.
- Risk factors for likely ED presentations in the next six weeks may include:
 - Recurrent symptoms with unknown cause awaiting diagnosis
 - Diagnosis awaiting confirmation or treatment
 - Complex multimorbidity with polypharmacy (>5 medications)
 - Mental health diagnosis with two or more physical co-morbidities (eligibility will be further determined based on existing supports)
 - High alcohol and/or drug use with associated health co-morbidities (eligibility will be further determined based on existing supports)
 - ED presentation or unplanned hospital admission in the last 3 months
 - Frequent GP attendance for conditions that may benefit from complementary services (e.g., allied health, navigation)

- Socioeconomic disadvantage and other social determinants of health that can impede health outcomes
- Your concern that the patient will present to ED and/or be hospitalised based on your clinical judgement.
- The timeframes suggested are a guide only.

Need help?

Contact the CHS Liaison and Navigation Service (LaNS) directly to discuss individual patients and their appropriateness for the Pilot.

Enrolling a patient

To enrol your patient, simply get their verbal consent to participate and refer them to the LaNS team using the Pilot referral form.

Once you submit the forms the LaNS team will organise next steps with you and the patient.

You can contact the LaNS team on CHS.PrimaryCarePilot@act.gov.au or (02) 5124 5030.