



Neami Health Prompt

neaminational.org.au/healthprompt

 neami
national
Improving Mental Health
and Wellbeing

Neami has developed Australia's first physical health needs identification tool designed specifically for a community mental health setting.

Neami developed the Health Prompt with the primary aim of promoting guided conversations between staff and consumers to address health care needs.

These conversations should lead to physical health concerns being addressed through engagement with primary health care providers, GPs, allied health professionals, alternative practitioners or relevant services.

The Neami Health Prompt is simple to use and flexible enough to fit a range of community and social service settings. Our team has also developed an Auslan video version and language translations of the resource.

The Health Prompt tool is also available to others, in mental health and more widely, to improve health responses and outcomes for people with complex needs.

Background

We developed the Health Prompt in response to evidence that people with serious mental health issues also have increased rates of morbidity, increased rates of mortality and delayed diagnosis and treatment.

The Health Prompt encourages people to take control of their own health and builds the health literacy and health knowledge of staff.

It draws on existing health information resources including: the One Minute Health Check, ReThink Health Check, Service Coordination Tool Templates, the Australian Alcohol Guidelines and Go for 2&5 Campaign

Aims

The Health Prompt aims to:

- Improve physical health outcomes of consumers
- Increase regularity and quality of physical health checks
- Increase awareness of physical health issues and health check processes
- Improve consumer understanding and selfmanagement of physical health issues
- Increase the confidence of staff in providing physical health information and interventions
- Increase referral pathways and community links to physical health, nutritional and emotional/psychological support services
- Promote and support discussions around physical health
- Identify physical health gaps that consumers may need or want to address.

Practice and procedures

The Health Prompt is offered every six months. It is designed to prompt a health related conversation between an individual and their support worker.

Support is offered to address unmet health needs. This may involve accessing other health services, providing health information or discussing goals or next steps.

Data from completed Health Prompts inform Neami National's health promotion priorities across the country.

Systems support

An Information and Practice Guideline supports the implementation of the Health Prompt. This covers:

- Using the Health Prompt
- Best practice provision
- Providing follow-up
- Integrating the Health Prompt with support work
- Working with diversity.

All staff receive training in the use of the Health Prompt, to ensure they have an understanding of the health issues raised and potential referral pathways.

More information

Contact the manager of Neami Projects and Innovation on 03 8691 5300 or email healthprompt@neaminational.org.au

"The Health Prompt raised my awareness and was a motivating factor in choosing to change my lifestyle"

- Participant Comment

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Sample questions

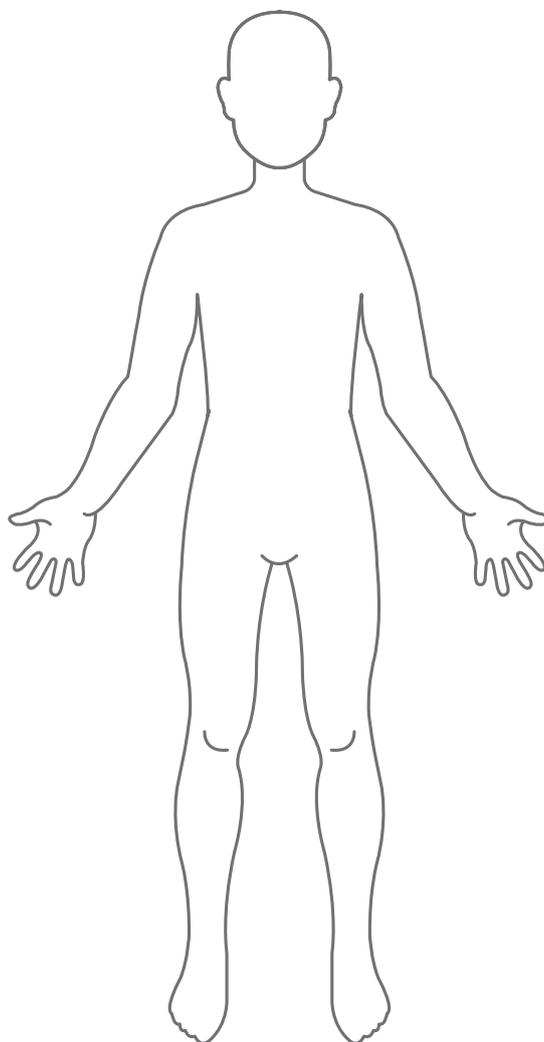
Consumer Name:		Service Site:	
Gender/Sex:		Age:	
Date Completed:		Review Date:	

Questions		Yes	No	N/A
1.	Do you have a regular GP?			
2.	Are you satisfied with the relationship you have with your GP?			
3.	Have you had your blood pressure checked in the last 6 months?			
4.	Have you had your cholesterol checked in the last year?			
5.	Have you had your blood sugar levels checked in the last 3 years?			
6.	Do you do 30 minutes of moderate exercise 5 days per week?			
7.	Do you have at least 2 alcohol free days per week?			
8.	Do you eat 2 serves of fruit per day? <i>Example of 1 serve of Fruit: 1 medium apple/banana or a handful of grapes</i>			
9.	Do you eat 5 or more servings of vegetables per day? <i>Example of 1 serve of veg: ½ cup of cooked veg or 1 cup of salad</i>			
10.	Do you feel you drink enough water? <i>2L or 8 glasses is the average recommendation</i>			
11.	Is your waist measurement below 88cm (women) or 102cm (men)?			
12.	Have you checked your skin for changes in the last 3 months?			
13.	Have you had your eyes checked in the past 2 years?			
14.	Can you hear and understand things easily?			
15.	Are you a non-smoker?			
16.	Have you had a dental check-up in the last 6 months?			
17.	Are you able to keep your balance and have not fallen recently?			
18.	Are your feet free from sores, blisters and swelling?			
19.	Are you satisfied with the quality of your sleep?			
20.	Do you feel you have enough information about the medications you are currently taking?			
21.	When feeling stressed or emotionally unwell, do you have someone you can contact?			
22.	Do you feel that you have healthy bladder and bowel function?			
23.	If over 50, have you spoken to your doctor about bowel cancer?			
24.	Do you have anyone to contact regarding your sexual health?			
25.	Is your pap smear/cervical screening test up to date?			
26.	Have you had your breasts checked by a doctor in the last year?			
27.	If over 50, have you had a mammogram in the last 2 years?			
28.	If over 50, have you discussed prostate cancer screening with your doctor in the last year?			

If you answered **no** to any of these questions, it is important for you to follow up with your G.P. and talk to your support worker regarding any support you may require.

Sample Body Chart

PLEASE INDICATE ON THE PICTURE BELOW AREAS ON YOUR BODY THAT YOU MAY BE FEELING WORRIED OR CONCERNED ABOUT:



Please share any other health concerns:
