

Providing High Quality Health Services: Secondary Prevention

(June 2016)

The Population Health Operational Plan 2014-2018 identified a number of objectives to increase the quality of secondary prevention initiatives across SWSLHD.

Objective 1.5 Implement early intervention and healthy promotion and illness prevention strategies.

1.5.27 Develop and assist the implementation of strategies to guide clinical services, SWS Medicare Local and primary health care providers to enhance the range of secondary prevention activities.

Population Health have prepared this summary to define secondary prevention and identify:

1. The role of Population Health in supporting secondary prevention in clinical services
2. Secondary prevention programs that Population Health implement in SWSLHD.

This summary is intended to assist clinicians throughout SWSLHD plan, deliver and access secondary prevention activities.

What is Secondary Prevention?

The World Health Organisation defines prevention as ‘approaches and activities aimed at reducing the likelihood that a disease or disorder will affect an individual, interrupting or slowing the progress of the disorder or reducing disability’. Within this broad definition there are some more specific characterisations:

- *primary prevention*, which reduces the likelihood of developing a disease or disorder
- *secondary prevention*, which interrupts, prevents or minimises the progress of a disease or disorder at an early stage
- *tertiary prevention*, which halts the progression of damage already done

Secondary and tertiary prevention are primarily the role of clinicians. Particular strategies include clinical pathways, ambulatory care and patient education.

Services within Population Health have links with SWSLHD clinical services, the Primary Health Network and primary care services that focus on issues such as smoking, diabetes, overweight and obesity, falls prevention and refugee health issues. In some cases Population Health assist these services to establish secondary prevention programs and systems and in some instances Population Health deliver secondary prevention services within the LHD usually targeting specific populations at high risk.

Specific examples of secondary prevention conducted by Population Health are in Appendix A.

Role that Population Health can play in secondary prevention

Population health programs are focused at a population (or community) level rather than an individual level, provide a unique role within a health system and sit alongside and complement individual-focused clinical services. SWSLHD Population Health can provide advice to health services to develop care models that encourage evidence based disease prevention and health promotion.

Population Health can provide support for clinical services across the LHD in four key areas

- A.** Provision of advice and support to clinical services regarding secondary prevention
- B.** Avenues for referral of clients into primary and secondary prevention programs
- C.** Provision of input into development of HealthPathways
- D.** Provision of advice regarding cultural appropriateness

A. Provision of advice and support to clinical services regarding secondary prevention

Population health may be able to provide advice and support in relation to:

- Disease prevention and health promotion program development
 - Assessing community and client group needs
 - Sourcing population data
 - Analysing population data
 - Searching for available evidence
 - Designing prevention programs
 - Implementing prevention programs in a community context
- Evaluation
 - Designing evaluation programs
 - Training (e.g. in evidence based practice and accessing data bases)

B. Avenues for referral of clients into primary and secondary prevention programs

Population Health and clinical services provide a variety of primary, secondary and tertiary prevention programs that improve health outcomes. Population Health can

- Provide information concerning available primary and secondary prevention programs that would be suitable referral points for people with specific health needs.
- Encourage people to participate in secondary and tertiary prevention programs (that slow down the progression of existing conditions) whilst undertaking primary prevention initiatives (that prevent the development of new problems).

C. Provision of Input into Development of HealthPathways

HealthPathways is web-based information portal supporting primary care clinicians to plan patient care through our primary, community and secondary health care systems. HealthPathways have been designed to be used at the point of care, primarily by General Practitioners, but the approach is also available to Hospital Specialists, Nurses, Allied Health and other Health Professionals.

Population Health can provide input into the development of specific HealthPathways by identifying relevant primary and secondary prevention programs for the south western Sydney community.

The development of condition-specific HealthPathways should consider whether the secondary prevention approach improves community health and wellbeing, whether it is cost effective and how the program benefits can be spread fairly.

D. Provision of advice regarding cultural appropriateness

Population Health has specialist services that include staff with expertise in multicultural and refugee issues. These services are able to:

- Develop tools and resources to assist clinical services to self-assess their service for cultural appropriateness, including accessibility
- Provide advice regarding tailored approaches to secondary prevention
- Provide education and training to develop the capacity of services to deliver secondary prevention programs to CALD communities.

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Population Health - Secondary Prevention Programs

Service	Program	Purpose	Activities
Health Promotion Service	Overweight & Obesity		
	<i>Get Healthy Service (GHS)</i>	A free telephone service supporting individuals 18 years and over to make sustained improvements in healthy eating, adopt an active lifestyle and maintain a healthy weight.	GHS targets adults most at need due to the risk of chronic disease. The promotion of and increasing referral to the GHS through health professionals, while maintaining promotion through the general community is a key activity.
	<i>Go4Fun</i>	The program aims to improve the health of children aged 7-13 years old through the development of healthy lifestyle behaviours, as well as education and positively affecting children's attitude to food and exercise.	A 10 week healthy lifestyle program, with 2 hour sessions held once a week during school terms.
	Falls Prevention		
	<i>Stepping On</i>	To provide information on how to reduce the risk of falling and maximise independence at home. This program is available to people who are: 65 years and older, living at home, able to walk independently or	A free 7-week program that combines gentle strength and balance exercises with educational sessions in the following languages: Spanish, Vietnamese, Polish, Turkish, English, Italian, Khmer, Chinese, Arabic and Indigenous.

		with a walking stick, fearful of falling or have fallen recently and living in SWSLHD.	
	<i>Active Over 50s</i>	Group exercise sessions in gentle exercise, Tai Chi, Yoga, Aqua, Pilates and dance for people over 50 years and are designed to improve balance, flexibility, cardiovascular fitness, stamina and strength. Classes are designed specifically for older adults, are low cost and run by qualified fitness instructors.	The Health Promotion Service provides free professional development for Active Over 50 exercise leaders to assist them to integrate evidence based fall prevention exercise into their classes. 2 free professional development workshops are offered annually. The workshops have both theory and practical components based on best practice recommendations.
	Tobacco Control		
	<i>Quit for New Life (QFNL)</i>	QFNL works with Aboriginal pregnant women or women who identify as being within an Aboriginal baby to reduce the smoking prevalence with the Aboriginal and Torres Strait Islander community.	Provision of tobacco cessation support strategies to women and their household members. Practice change strategies for service providers.
	HIV And Blood Borne Viruses	To improve awareness of HIV, Sexually Transmitted Infections (STI's) and Blood Borne Viruses (BBV) to priority populations, as well as increase awareness of and access to	HARP unit funds GP training in HIV, STI and viral hepatitis and works closely with the Primary Health Network to increase GP's capacity to screen and treat these conditions.

		testing and treatment services.	
Public Health Unit (PHU)	Hepatitis B	Provide advice to GPs on the management of hepatitis B.	Developed a letter to be distributed to GPs in response to hepatitis B notifications. The letter aims to assist GPs in the management of hepatitis B and contains information on when to consider referral to specialist services, guidance around appropriate tests for newly acquired infection and for monitoring a person with chronic hepatitis B infection.
	Immunisation	Antenatal maternal pertussis vaccination pilot implementation and evaluation.	A pilot implementation of pertussis (dTpa/Boostrix) immunization of pregnant women in antenatal clinics in South Western Sydney commenced at Campbelltown Hospital in June 2015. Women in their third trimester of pregnancy are now being offered the vaccine at the antenatal clinic by midwifery and obstetric staff.
	Influenza	Preparedness of aged care facilities for influenza and responding to outbreaks.	Working in partnership with Age d Care Facilities (ACF) in SWSLHD to improve communications around influenza outbreak reporting and preparedness. This has been implemented through various processes and measures.
NSW Refugee Health Service	Refugee Screening	Newly arrived refugees seen through the Refugee Health Nurse Program are screened for certain conditions that are prevalent. Accordingly, advice can be given and referral	Refugees and asylum seekers in the Service’s GP clinics are provided with advice and management interventions to try reduce impact of existing condition.

		arranged as relevant.	
BreastScreen NSW	Breast screening	To find breast cancers at an early stage, when treatment options are most effective.	Recruitment strategies for the service focus on engagement with general practitioners, Culturally and Linguistically Diverse (CALD) populations, Aboriginal communities, and those communities who are geographically and economically disadvantaged.
HARP Unit		The HARP Unit supports District clinical services to achieve the goals of the NSW HIV, STI, Hepatitis B and Hepatitis C Strategies.	Development of District Plans and policies, performance monitoring and service development projects. This includes initiating and funding campaigns to increase access by priority populations e.g. on line strategies targeting gay men to increase HIV testing rates and early initiation on treatment. The HARP Unit funds GP training in HIV, STI and viral hepatitis and works closely with the Primary Health Network to increase GP's capacity to screen and treat these conditions. For example, South Western Sydney has higher rates of late diagnoses of HIV and very high rates of chronic hepatitis B. GPs play a key role in diagnosing their patients to prevent disease progression.