

## HEALTH ASSESSMENT PROFORMAS CRITERIA

### **Proformas used for health assessments should include:**

- Reminder to check for previous health assessments in the last 12 months
- Patient's name, age, nationality and Aboriginal and Torres Strait Islander status
- Patient's consent to health assessment
- Essential Items:
  - Blood pressure
  - Pulse rate and rhythm
  - Medication review
  - Continence assessment
  - Psychological function including mood and cognition
  - Immunisation status:
    - influenza
    - tetanus
    - pneumococcus
  - Assessment of patient's physical function, including:
    - activities of daily living
    - falls in the last 3 months
  - Assessment of patient's social function, including:
    - availability / adequacy of paid and unpaid help
    - whether patient is responsible for caring for another person
- Additional components as relevant
  - multi-system review
  - alcohol assessment
  - level of exercise
  - fitness to drive
  - foot care
  - hearing assessment
  - vision
  - weight, height, body mass index
  - sleep
  - need for community services
  - home safety
  - mobility
  - diet and nutritional status
  - cardiovascular risk factors
  - postural hypertension
  - oral health
  - smoking
- Assessment tools – if used must be validated and not modified; practitioner must be familiar with use or seek education / training
- Patient to be offered a copy of health assessment, copy (or extracts) offered to carer, with patient's agreement, and a copy to be provided to patient's usual doctor (if different)
- Carer details (if patient has a care)