

EIM ACTION GUIDE

for Health Care Providers



Exercise
is Medicine[®]
Australia

Contents

Introduction	3
About the Exercise is Medicine® Framework	4
Step 1: Ask	5
Step 2: Advise	6
Step 3: Assist	7



Exercise
is Medicine[®]
Australia

P 07 3171 3335 **F** 07 3318 7666 **E** eim@essa.org.au
A Locked Bag 4102, Ascot QLD 4007

Introduction

The message is simple. ***Exercise is the best, cheapest, most accessible medicine available*** and in order to improve chronic disease mortality rates, people need to move more.

Each patient encounter is an opportunity for you to make a difference. Brief interventions in primary care settings are an effective way of increasing physical activity among adults. The [Global Advocacy for Physical Activity](#) supports the use of brief interventions linked to community-based support for behaviour change.

Several barriers have been identified as restricting the uptake of physical activity behaviour change in primary health care including; lack of specific knowledge and skills necessary to assess and prescribe physical activity behaviour change; time limitations; lack of confidence in skills necessary to support physical activity interventions; and perceived lack of interest by patients. The Exercise is Medicine Australia® Framework has been developed with the time-pressured nature of general practice in mind and is designed to provide the relevant resources quickly and easily.

Exercise is Medicine® (EIM) is a global initiative, managed in Australia by Exercise & Sports Science Australia (ESSA). EIM is focused on encouraging health care providers, regardless of specialty, to review and assess every patient's physical activity levels at every visit. Patients should be counselled on physical activity and provided with an exercise prescription or referral to an accredited exercise physiologist or appropriately qualified allied health professional.

The EIM initiative aims to make physical activity and exercise a standard part of a disease prevention and treatment medical paradigm in Australia. The initiative and resultant projects are designed to improve the health and well-being of all Australians through regular physical activity prescription from a range of clinicians including General Practitioners, nurses and other allied health providers.



About the Exercise is Medicine Framework

The EIM Framework is a brief intervention system providing healthcare professionals with the tools and resources they need to effectively begin a conversation about physical activity, and ultimately enable patient behaviour change.

The time-pressured nature of modern primary care means clinicians may only have 1-2 minutes of consultation time to undertake lifestyle counselling with patients. The EIM Framework is a simple, fast and effective tool for use in everyday practice.

The available resources enable you to:

STEP 1 - Ask about physical activity levels, and if indicated, **assess** readiness to increase physical activity.

STEP 2 - Advise – Prescribe exercise and provide information

STEP 3 - Assist – Refer if indicated

The goal is to **plant a seed** that physical activity is important for their health.



STEP 1: Ask about Physical Activity

General Question

Do you do much exercise?

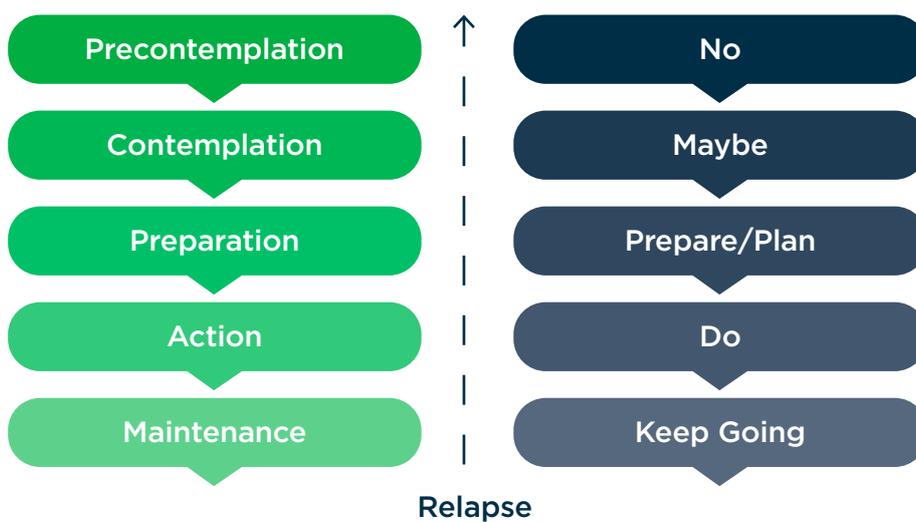
More Information - 3 Questions

- 1. On average, how many days per week do you take part in moderate to vigorous exercise?*
 - 2. On average, how many minutes do you engage in exercise at this level?*
 - 3. Do you do any strength/resistance exercises?*
- _____

Record answers in medical software (Best Practice or Medical Director)

Assess Readiness to Change (if indicated)

The Stages of Change Model is a framework to understand motivational readiness and identifies the five stages shown below.



STEP 2: Advise

- based on health status, current activity level and readiness to change

Stages of Change	Goal	Strategy
Precontemplation	To get your patient thinking about physical activity	Encourage your patient to learn more about physical activity
Contemplation	To encourage your patient to start being physically active	Identify barriers to getting started and strategies for overcoming them
Preparation	To encourage your patient to be regularly physically active	Have your patient use a device to self-monitor physical activity

If your patient is currently sedentary or has low levels of physical activity:

- » Doing any physical activity is better than none
- » Even moving from sedentary to low-level activity can have large health benefits
- » Start with 5 minutes a day and work up gradually (graded exercise therapy)

If your patient is currently moderately active:

- » Mention the [physical activity guidelines](#) – include muscle strength training 2 sessions/week.



STEP 3: Assist – Refer if Indicated

Working in collaboration with a general practitioner and other allied health practitioners, AEPs will develop an exercise program based on your patient’s current medical status and musculoskeletal condition. This will ensure that the exercise program is both safe and effective to achieve the required health goals – this may include a supervised one-on-one, or group exercise program. In addition, AEPs will work to ensure your patient has the necessary knowledge and skills to exercise safely and effectively, and to motivate and support them while they start out with an exercise program.

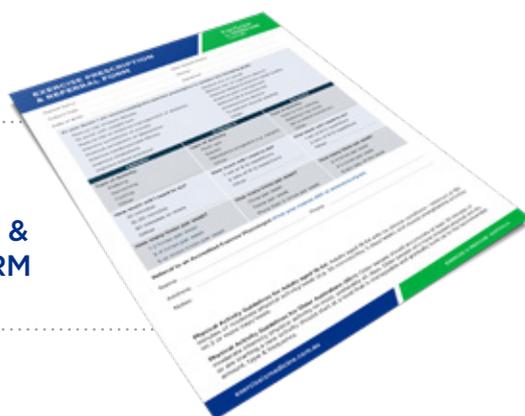
Patients on a GP Management Plan (GPMP) and Team Care Arrangements (TCAs) are eligible for five individual allied health sessions per year on the Medicare Benefits Schedule. Patients with Type 2 Diabetes can also access Medicare rebates for up to eight allied health group services per calendar year.

What Medicare item numbers can I use?

Medicare Australia provides the following items for patients requiring a referral to an Accredited Exercise Physiologist:

Item Number	Service Provided	Eligible Patients	Prerequisites for Claiming
10953	Exercise physiology service	Patients who have a chronic condition & complex care needs	GP claimed GPMP and TCA in past 2 years
81110	Exercise physiology service - assessment	Patients with type 2 diabetes	GP claimed GPMP
81115	Exercise physiology service - group service	Patients with type 2 diabetes	Assessed as suitable by Assessment for Group Services (item 81100, 81110, or 81120)
81315	Exercise physiology service	Indigenous Australians who have had a health check	GP must have completed a health check

**EXERCISE
PRESCRIPTION &
REFERRAL FORM**



Numerous resources are available to support your patients in increasing their physical activity.



STARTING AN EXERCISE PROGRAM



If your patient has a chronic health condition, you can provide them with the appropriate Exercise is Medicine® Factsheet. These factsheets have been developed by leading researchers in the field.

The EIM Australia factsheet library includes information on the following conditions:

- » Aboriginal Health: Coronary Heart Disease (CHD)
- » Aboriginal Health: Kidney Disease
- » Aboriginal Health: Type 2 Diabetes
- » Acquired Brain Injury
- » Arthritis
- » Alzheimer's Disease
- » Breast Cancer
- » Cancer
- » Chronic Heart Failure
- » Chronic Obstructive Pulmonary Disease (COPD)
- » Chronic Pain
- » Congenital Heart Disease
- » Colon Cancer
- » Coronary Heart Disease
- » Depression
- » Diabetes Type 1
- » Diabetes Type 2
- » Dyslipidaemia
- » Falls Prevention
- » Gynaecological Cancer
- » HIV
- » Hypertension
- » Kidney Disease
- » Lower Back Pain
- » Multiple Sclerosis
- » Organ Transplant
- » Osteoarthritis
- » Osteoporosis
- » Parkinson's Disease
- » Postnatal Rehabilitation
- » Pregnancy
- » Prostate Cancer
- » Spinal Cord Injury
- » Stroke

