



The Royal Australian College of
General Practitioners

Checklist for the 45-49 year old health check

What to Assess	How to assess		If risk present	Resource
Smoking	History	Ask about smoking of cigarettes, pipes or cigars	<ol style="list-style-type: none"> 1. Assess readiness to quit and nicotine dependence 2. Offer brief non-judgmental advice to quit 3. Refer to Quitline 131 848 	SNAP p.10-13
Nutrition		Ask about number of portions of fruit and vegetables eaten per day and types of fat eaten	All patients should be advised to follow the NHMRC Dietary Guidelines for Australian Adults	SNAP p.17-19
Alcohol		Ask about the quantity and frequency of alcohol intake and number of alcohol free days each week	<ol style="list-style-type: none"> 1. Try to reach agreement about the number of drinks per day and the number of alcohol free days 2. High-risk situations should be identified and avoided and appropriate social support such as friends or family should be enlisted 3. Monitor progress at a follow up visit 	SNAP p.20-23
Physical activity		Ask how many minutes per day of moderate physical activity	Advise to participate in 30 minutes of moderate activity on most (preferably <i>all</i>) days of the week	SNAP p.24-26
Depression		Ask "Over the past 2 weeks, have you felt down, depressed or hopeless?" and "Over the past 2 weeks have you felt little interest or pleasure in doing things?"	<ol style="list-style-type: none"> 1. Check for suicide risk 2. Consider <ul style="list-style-type: none"> ➢ Counselling ➢ CBT ➢ Pharmacotherapy, or ➢ Referral to psychologist 	Red Book p.58-59
Osteoporosis	Ask about risk factors	<ol style="list-style-type: none"> 1. Bone mineral densitometry 2. Management of risk factors 	Red Book p.66-67	
Body weight	Exam	Assess BMI and waist circumference	Develop weight management plan	Red Book p.29-30
Blood pressure		Measure blood pressure	<ol style="list-style-type: none"> 1. Assess absolute cardiovascular risk and consider referral or pharmacotherapy based on this 2. Lifestyle risk factor counselling 	Red Book p.38
Skin cancer		Examine skin if increased or high risk	<ol style="list-style-type: none"> 1. Provide preventive advice 2. Manage according to risk 	Red Book p.48-49
Lipids	Tests	Order fasting blood lipids	<ol style="list-style-type: none"> 1. Assess absolute cardiovascular risk and consider referral or pharmacotherapy based on this 2. Lifestyle risk factor counselling 	Red Book p.39-40
Diabetes		Consider ordering fasting blood glucose if at risk	<ol style="list-style-type: none"> 1. If diabetes treat 2. If IGT or IFG (pre-diabetes) offer early intervention 3. Lifestyle risk factor counselling 	Red Book p.41-42
Cervical cancer		Pap smear every 2 years for women who have ever had sex and still have an intact uterus	Manage according to risk	Red Book p.49-50

Please note: This checklist is intended to be used as a guide for general practitioners undertaking the 45 year old health check (MBS Item 717) and is not prescriptive. Other assessments and interventions may be required, at the judgment of the general practitioner, depending on the patient's history and circumstances. General practitioners claiming this item should ensure that they meet the requirements outlined in the item descriptor and explanatory notes.