

GP MANAGEMENT PLAN - MBS ITEM 721 (OSTEOARTHRITIS)

Patient's Name: Miss Donald Duck

Date of Birth: 14 May 1900

Patients Age: 19y

Patient Gender: Female

Contact Details:

Address:

1 First Terrace
Waggrakine
0000
WA

Email:

Mobile:

Phone: 08 0000 0000

Medicare or Private Health Insurance Details:

Medicare Card No:

Healthcare Card No:

Details of Patient's Usual GP:

Name:

Provider No:

Email:

Phone: 03 9690 0000

Address:

Surgery
Crescent Darlinghurst
NSW
2010

Details of Patient's Carer (if applicable):

Name:

Relationship:

Contact Details:

Date of last Care Plan/GP Management Plan (if done):

Comment:

Other notes or comments relevant to the patient's management plan:

Comment:

PAST MEDICAL HISTORY

Comment:

FAMILY HISTORY

Comment:

MEDICATIONS

Comment:

ALLERGIES

Comment:

Patient's Name: Miss Anastasia Abbot

GP MANAGEMENT PLAN - MBS ITEM 721 (OSTEOARTHRITIS)			
Patient problems / needs / relevant conditions	Goals - changes to be achieved	Required treatments and services including patient actions	Arrangements for treatments/services (when, who, contact details)
1. General			
Patient's understanding of osteoarthritis	Patient to have a clear understanding of osteoarthritis and the patient's role in self management	Patient education	GP Patient
Pain management	Optimal pain management	Development of pain management program suitable to needs of patient	GP/nurse Patient
2. Lifestyle			
Weight	Your target: BMI < — Ideal: BMI ≤ 25 kg/m ²	Monitor Review 6 monthly OR As per Lifescripts action plan	Patient to monitor GP/nurse to review Dietician
Physical activity	Maintain physical activity Your target: Ideal: Exercise at least 30 minutes walking or equivalent 5 or more days per week	Patient exercise routine Functional aids OR As per Lifescripts action plan	GP Physiotherapist Exercise physiologist Patient to implement
Mobility	Optimise / preserve mobility	Patient aids / home modification Review of footwear / need for orthoses	GP Occupational therapist Podiatrist
3. Medication			
Medication review	Correct use of medications, minimise side effects	Patient education Review medications Options to be considered - topical agents - simple analgesia - NSAIDS - Cox-2 inhibitors	GP to review and provide education

		- Tramadol - Opioid analgesia	
4. Complementary /alternative therapy			
Complementary / alternative therapy	Review use of complementary medicine	Options to be considered - glucosamine - chondroitin sulfate - acupuncture - tai chi	GP
5. Further Treatment			
Joint specific problems	Minimise joint specific problems	Joint specific therapy. Options to be considered: - Intra-articular corticosteroid injections - Intra-articular hyaluronan injections	GP Rheumatologist Orthopaedic surgeon
Need for surgical intervention	Reduce pain / increase mobility	Consider options for surgical intervention	GP Rheumatologist Orthopaedic surgeon
6. Psychosocial			
Depression	Ensure mental well-being	Management of psychological disease burden	GP to advise and refer
Assistance with daily living activities	Optimise / preserve independence	Assistance in the home / other. Referral to support group	GP to advise and monitor Support services

Copy of GP Management Plan offered to patient? Yes No

Comment:

Copy / relevant parts of the GP Management Plan supplied to other providers? Yes No

Comment:

GP Management Plan added to the patient's records? Yes No

Comment:

Date service was completed:

Proposed Review Date:

<p>I have explained the steps and any costs involved, and the patient has agreed to proceed with the plan. Yes <input type="checkbox"/></p> <p>GP's Signature: _____ Date: _____</p>

Note: For Editing form please select Review Tab>Protect Document>Restrict Formatting and Editing>Stop Protection.