

FAMILY MEDICINE RESEARCH CENTRE

CARE OF MIDDLE-AGED PEOPLE IN AUSTRALIAN GENERAL PRACTICE

A FOCUS ON PEOPLE AGED 45-64 YEARS

In a feature chapter of the BEACH 2016 annual report General practice activity in Australia 2015-16, we examined 'middle-aged' patients (aged 45 to 64 years) as these patients would be prime targets for interventions to improve their future health.

This document summarises key findings of our investigation.



IN 2015-16 PEOPLE AGED
45 - 64 ACCOUNTED FOR

(% OF TOTAL)

GP ENCOUNTERS

26.9%



GP CLINICAL TIME

28.1%



PROBLEMS MANAGED

28.6%



MEDICATIONS GIVEN

28.5%



TESTS ORDERED

32.2%



REFERRALS GIVEN

29.6%



COMPARED WITH THE
AVERAGE AUSTRALIAN

THEY USED

GP ENCOUNTERS

9% MORE



GP CLINICAL TIME

14% MORE



PROBLEMS MANAGED

16% MORE



MEDICATIONS GIVEN

16% MORE



TESTS ORDERED

31% MORE



REFERRALS GIVEN

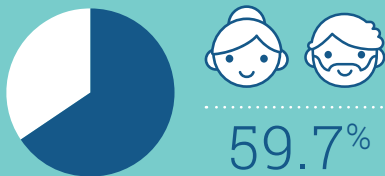
20% MORE



CHRONIC CONDITIONS

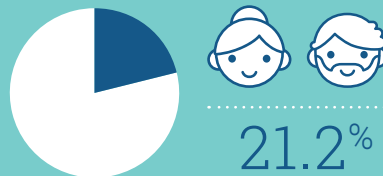
Multimorbidity is an important health indicator of increased health care resource use and complexity of care. One-in-five people aged 45-64 years in the population have multimorbidity (defined as three or more diagnosed chronic conditions) and 6.4% have five or more.

1+ CHRONIC CONDITIONS



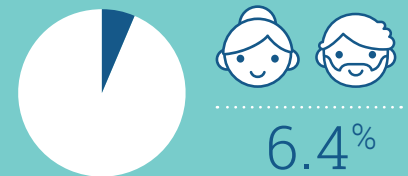
3.5 MILLION PEOPLE

3+ CHRONIC CONDITIONS



1.2 MILLION PEOPLE

5+ CHRONIC CONDITIONS



370,000 PEOPLE

PATIENTS AGED 45-64 WITH DIAGNOSED TYPE 2 DIABETES...

8.6 TIMES



VISIT GP 8.6 TIMES PER YEAR ON AVERAGE

6% OF THE POPULATION



ACCOUNT FOR 6.0% OF THE POPULATION AGED 45-64

1 IN 10



ACCOUNT FOR ONE-IN-TEN ENCOUNTERS WITH PATIENTS 45-64 (10.6%)

78.6%



HAVE 2+ OTHER DIAGNOSED CHRONIC CONDITIONS

HAVE THEIR DIABETES MANAGED PER YEAR

4.1 TIMES



CHANGE IN MANAGEMENT ACTIONS AT GP ENCOUNTERS

PROBLEMS MANAGED



2000-01 155.6
2015-16 162.5

↑ 5%

MEDICATIONS



2000-01 114.4
2015-16 107.3

↓ -5%

TESTS ORDERED



2000-01 48.1
2015-16 69.5

↑ 46%

REFERRALS



2000-01 11.8
2015-16 17.5

↑ 53%



LIFESTYLE RISK FACTORS

(% OF PATIENTS AT ENCOUNTERS)

In 2015-16, middle-aged Australians were less likely to be normal weight and overweight, but much more likely to be obese than in 2000-01.

WEIGHT



■ Morbid obesity (category III) ■ Obesity (category I&II)
■ Overweight ■ Normal
 Underweight patients accounted for 1.4% in both years



ONE IN FIVE SMOKE DAILY

UNCHANGED FROM 2000-01 TO 2015-16



ONE IN FOUR DRINK ALCOHOL AT HAZARDOUS LEVELS DAILY

UNCHANGED FROM 2000-01 TO 2015-16

CONCLUSION

The 45-64 age group of patients is the group where early diagnosis of chronic conditions and the institution of secondary prevention measures will have a large long-term impact on both longevity and the number of quality adjusted life years that will be enjoyed by elder Australians. The study demonstrates that GPs are rising to the challenge of early diagnosis and management in middle-aged people.

ACKNOWLEDGEMENTS

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BEACH was endorsed by the Royal Australian College of General Practitioners and the Australian Medical Association.



Books from the BEACH program are available for free download from our website sydney.edu.au/medicine/fmrc

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