

## **HOSPITAL ADMISSION RISK PROGRAM CHRONIC DISEASE MANAGEMENT (HARP-CDM)**

### **Who is the program for?**

The target population for HARP-CDM are frequent hospital ED attendees & those with frequent appointments at GP's. This includes:

- People with chronic heart disease;
- People with chronic respiratory disease;
- Older people with complex needs & diabetes
- Psychosocial issues

### **What does the program provide:**

- Teaching and empowerment for self management skills
- Psychology support through Ballarat Health services
- Thorough assessment of physical, emotional & social wellbeing
- Improved patient outcomes
- Integrated seamless care within and across hospital and community sectors;
- Reduced avoidable hospital admissions and Emergency Department presentation
- Support for lifestyle changes eg smoking, exercise & social interaction

## **THIS WORK COMPLEMENTS THE GENERAL PRACTITIONER & OTHER ALLIED PRACTITIONERS THROUGH:**

### **Freeing up acute appointments to GP's & Practice Nurses**

- HARP has the time available to teach most chronically ill clients the skills of self managing their chronic condition, therefore decreasing acute presentations.
- GP's and Practice Nurses time is valuable and Self-management education is time consuming.
- Value adds to quality team care.
- Enables GP practice to focus on actual disease rather than psychosocial factors that impact on ability to self manage.

### **HARP-CM also provides:**

- Improved identification and proactive management of a risk patients;
- Increased health system capacity;
- Greater collaboration between services.

### **For the clients, some of the benefits have been:**

- Improved health outcomes;
- Empowerment through education and self-management strategies; individually tailored care;
- The chance to stay at home for longer.

### **Feedback loop**

- All clients are given diaries for visits to/from any practitioner or community services, and comments, changes etc are invited & encouraged to be documented.
- Regular letter's to GP's are forwarded from this program