



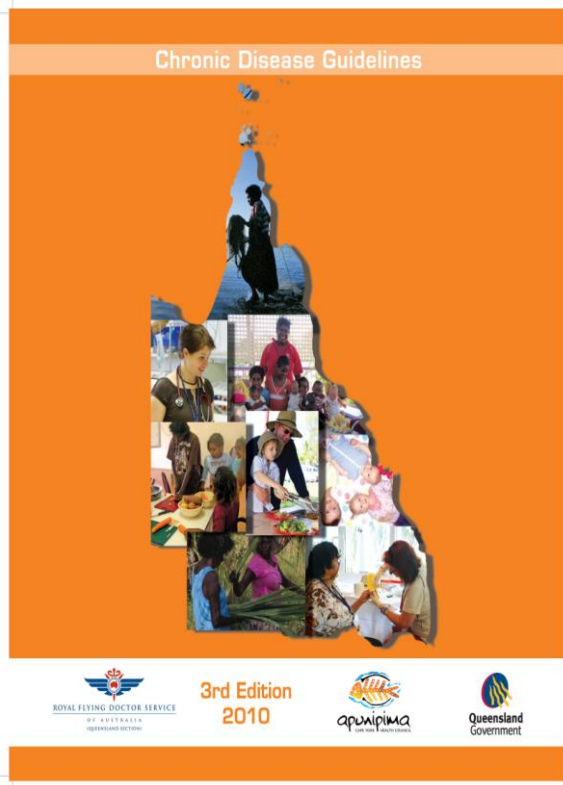
PaRROT Pathways to Rural and Remote Orientation Training a Primary Health Care approach

Course Structure

Session	Professional Development Adult Health Check		Module	Time Presentations	Time Activities	Total Time
	Total Time	7.0 hours	420	245	175	420
PD3201	Adult Health Check Introduction	Background	1	10	10	35
		Primary health care	2	10		
		Screening	3	5		
PD3202	Screening Tool	Screening tool part 1	1	10	60	95
		Screening tool part 2	2	10		
		Current measurements	3	15		
PD3203	Skin	Introduction	1	9	10	30
		Screening	2	11		
PD3204	Ears and Hearing	Introduction	1	7	10	30
		Ear Screening	2	7		
		Hearing Screening	3	6		
PD3205	Eyes and vision	Introduction	1	5	10	25
		Eye checks	2	10		
PD3206	Gender Health	Men's Health	1	10	10	30
		Women's Health	2	10		
PD3207	Pathology	Screening - General	1	10	10	30
		Screening - Lifestyle	2	10		
PD3208	Oral Health	Introduction	1	5	10	30
		Screening part 1	2	5		
		Screening part 2	3	5		
		Prevention	4	5		
PD3209	Nutrition	Introduction	1	10	10	30
		Food	2	10		
PD3210	Alcohol tobacco and other drugs	Introduction	1	10	10	25
		Screening	2	5		
PD3211	Healthy Aging	Physical Activity	1	7	15	35
		Functional Capacity and Safety	2	7		
		Cognition and Recall	3	6		
PD3212	Social and Emotional Wellbeing	Introduction	1	6	10	25
		Screening	2	9		

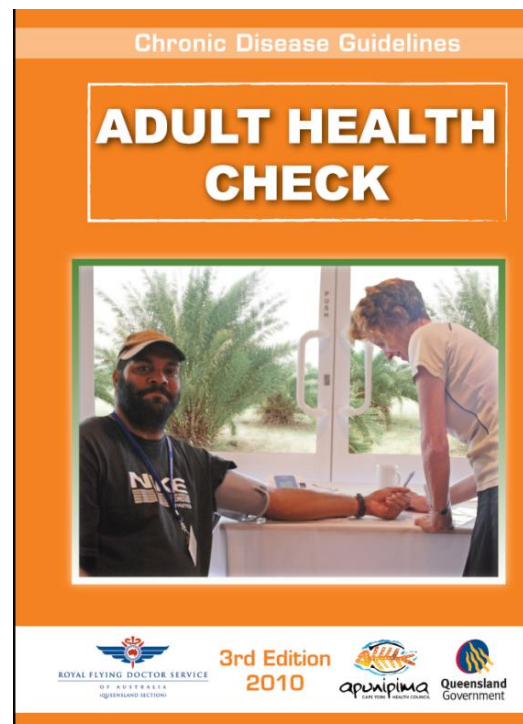
PaRROT Pathways to Rural and Remote Orientation Training a Primary Health Care approach

The Adult Health Check course is based on the Chronic Disease Guidelines 3rd edition 2010.



The Chronic Disease Guidelines is developed every two years, in line with the most current evidence on best practice prevention, early detection and management of chronic diseases in rural and remote and primary health care settings

The Adult Health Check Manual is included as a separate manual within the Chronic Disease Guidelines. It provides information on screening including a step by step guide to conducting checks, providing brief intervention and referring to further care if needed.





PaRROT Pathways to Rural and Remote Orientation Training a Primary Health Care approach

Course Summary

The purpose of the PaRROT Adult Health Check Training is to

- Provide orientation and training to support the implementation of the Adult Health Checks
- Support a primary health care approach to adult health
- Support the building of rural and remote workforce capacity for adult health screening

Scope

The PaRROT Adult Health Check training program provides orientation and training for the multicultural, multidisciplinary primary health care team in chronic disease prevention, detection and management using a comprehensive primary health care framework

Content

The PaRROT Adult Health Check training

- Introduces the Adult Health Check section of the Chronic Disease Guidelines.
- Provides information on the background for each section of the check.
- Provides practical information on how to do the checks.

The Adult Health Check program consists of 12 sessions (see table) and takes approximately 7 hours to complete. Participants can choose to do any or all of the sessions, depending on their interest and learning needs. A certificate is provided at the end of each session and includes the average time taken for each session.

Health practitioners can claim professional development points based on these times.