



Adult Health Check Course

Category	Professional Development
Purpose	<ul style="list-style-type: none"> • Provide orientation and training to support the implementation of Adult Health Checks • Support a primary health care approach to adult health • Support the building on the rural and remote workforce capacity for adult health screening
Aims	<ul style="list-style-type: none"> • To provide a systematic approach to screening of adults in the rural and remote and primary health care setting • To develop and enhance chronic disease care in the rural and remote and primary health care workforce
Scope	<p>The PaRROT Adult Health Check course has been developed for the multicultural, multidisciplinary team and will support the professional development of</p> <ul style="list-style-type: none"> • All health service providers working in rural and remote area • Workers at pre-recruitment and orientation stages • Chronic disease prevention, detection and management in a comprehensive primary health care framework
Delivery Mode	<p>Blended learning including:</p> <ul style="list-style-type: none"> • Technology assisted learning – elearning, audio, video, podcast, CD/DVD, Videoconference • Self-paced learning using hard copy or electronic interactive manuals • Facilitated workshops
Assessment	<p>Graded and non-graded learning activities; Graded quizzes; No minimum passing grade.</p>



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Session Outline

Session	Synopsis	Outcomes	Modules	Learning Objectives
PD3201 Introduction to Adult Health Check	This session provides information on the history and background of adult health check training introduces the concept of screening and revisits the principles of primary health care.	Learners will be able to use the adult health check screening tools, understand the rationale for the development of the adult health check, the relationship between the checks and chronic disease management and how this supports a primary health approach to care.	<ol style="list-style-type: none"> 1. Background 2. Primary health Care 3. Screening 	<ul style="list-style-type: none"> • Discuss the background and history of adult health checks • Explain the relationship between adult health check and chronic disease • Explain the importance and relevance of screening in adult hood • Identify the principles of an effective primary health care approach to health services. • Confidently use the adult health check screening tool
PD3202 Adult Health Check Screening Tool	This session introduces and discusses the various components of the Adult Health Check Screening program.	Learners will be understand and be able to conduct Adult Health Check screening programs.	<ol style="list-style-type: none"> 1. Screening Tool part 1 2. Screening Tool part 2 3. Current Measurements 	<ul style="list-style-type: none"> • Demonstrate familiarity with the adult health check screening tool • Identify what checks are done and when • Demonstrate an improved confidence in the use of the adult health check screening tool • Identify the measurement components of the adult health check • Define the reasons for conducting regular measurements • Demonstrate an understanding of the process of conducting measurements



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PD3203 Skin	This session discusses healthy skin and overviews rashes and skin infections.	Learners will understand the role of skin, the difference between healthy and unhealthy skin, be able to conduct skin screening and will be able to initiate follow up should it be needed.	<ol style="list-style-type: none"> 1. Introduction 2. Screening 	<ul style="list-style-type: none"> • Discuss the structure, physiology and function of the skin • Describe the differences between normal healthy and unhealthy skin • Identify different types of rashes including those associated with infectious diseases • Provide simple prevention and treatment of rashes • Identify common skin infections that can be found on screening • Discuss the importance of treating skin infections • Describe impetigo • Discuss potential outcomes of untreated skin infections



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<p>PD3204 Ears and Hearing</p>	<p>This session looks at ears and hearing, provides information on the normal and abnormal ear. It also provides information and images on findings that may be made when conducting an adult health ears and hearing check.</p>	<p>Learners will understand normal and abnormal ear and hearing screening results and will be able to identify and initiate follow up for ears and hearing problems.</p>	<ol style="list-style-type: none"> 1. Introduction 2. Ear Screening 3. Hearing Screening 	<ul style="list-style-type: none"> • Describe the function of the ear • List 5 causes of ear problems • Discuss the importance of checking ears and hearing • Accurately document adult health ear and hearing checks • Identify a normal ear canal and ear drum using Otoscopy • Recognise an abnormal ear canal and ear drum and refer for treatment • Discuss when it is appropriate to perform tympanometry • Read and interpret Tympanometry graphs • Recognise abnormal tympanometry results and refer for treatment • Conduct a whisper test • Explain the findings on Audiometry • Discuss abnormal results and refer for treatment • Clearly document hearing assessment results



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PD3205 Eyes and Vision	This session introduces the normal eye, including anatomy and function and introduces screening of the eye and vision	Learners will understand the function of the normal eye, be able to conduct eye and vision screening and initiate follow up care as needed.	<ol style="list-style-type: none"> 1. Introduction 2. Eye Checks 	<ul style="list-style-type: none"> • Identify the normal eye • Identify the different structures of the eye • Describe how the eye works • Undertake a reliable eye assessment • List the types of eye tests and describe the procedure • Describe near and far sightedness • Define visual acuity • Recognise and describe potential problems and appearance of the eye • Recognise abnormal results and refer for treatment
PD3206 Gender Health	This session introduces gender specific screening within the adult health check. It includes sections on sexual and reproductive health and continence.	Learners will understand the importance of gender specific screening in adults, and will be able to initiate follow up care as needed.	<ol style="list-style-type: none"> 1. Women's Health 2. Men's Health 	<ul style="list-style-type: none"> • Discuss the components of the men's and women's health screen • Identify what is required to screen for <ul style="list-style-type: none"> ○ Continence ○ Sexual health ○ Sexual function and ○ Reproductive health • Discuss what follow up or referral may be required



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PD3207 Pathology	This session discusses the reasons for and process of collecting pathology and provides information on brief interventions and referral processes. It also discusses what the findings on pathology may indicate about an individual's health, risk factors for chronic disease and necessary interventions to reduce morbidity and premature mortality.	Learners will understand how and why pathology is collected as part of an adult health check and the follow up required	<ol style="list-style-type: none"> 1. Screening – General 2. Screening - Lifestyle 	<ul style="list-style-type: none"> • Discuss the rationale for collecting pathology as part of an adult health check • List the pathology that is collected as part of an adult health check • Discuss the procedures for collecting pathology • Discuss the follow up processes
PD3208 Oral Health	This session discusses the healthy and unhealthy oral environment, screening oral health and prevention strategies.	Learners will understand what constitutes oral health, the causes and outcomes of poor oral health, management of oral health problems and preventative oral health practices	<ol style="list-style-type: none"> 1. Introduction 2. Screening Part 1 3. Screening Part 2 4. Prevention 	<ul style="list-style-type: none"> • Discuss the importance of oral health • Define plaque and causes of tooth decay • Discuss influences of diet on oral health • Discuss the oral health screening process • Conduct oral health screening • Identify degrees of tooth decay and corrective action • Recognise healthy gums and Discuss causes and management of unhealthy gums • Identify and provide follow up for other indicators of poor oral health. • Describe good oral health habits • Identify what issues require referral and to whom.



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PD3209 Nutrition	This session examines the nutrition component of the adult health check including the requirements for good nutrition in adolescence, adult hood and older age, recommendations for good nutrition and information on brief interventions and follow up if issues with nutrition are identified.	Learners will be able to conduct screening for nutritional status and identify the components of the healthy food plate, daily recommendations of the food groups and healthy food choices.	<ol style="list-style-type: none"> 1. Introduction 2. Food 	<ul style="list-style-type: none"> • Conduct nutrition checks on adults • Discuss appropriate daily fruit and vegetable quantities • Provide brief interventions if there are concerns about a client's nutritional status • Conduct nutritional promotion programs in the community • Discuss the healthy food plate • Discuss the daily requirements from the main food groups • Define 'extras' and discuss when and how much should be consumed • Identify healthy food choices
PD3210 Alcohol, Tobacco and Other Drugs (ATODS)	This session discusses the use of substances, the most common substances used and some data on usage and effects of the substance. It introduces screening for ATOD use in adults, discusses brief intervention and provides some practical guidelines on how to ask questions and discuss substance use.	Learners will understand the issues associated with substance use and discuss the most common substances used by adults, the reasons for use and some data on usage and effects of the substance. Learners will also be able to conduct screening for ATODS, discusses brief intervention and provides some practical guidelines on how to discuss substance use.	<ol style="list-style-type: none"> 1. Introduction 2. Screening 	<ul style="list-style-type: none"> • Discuss why substances are used • Identify substances commonly used • Conduct ATODS screening • Talk with clients about substance use • Ask clients about substance use • Provide brief interventions for substance use



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PD3211 Healthy Aging	This session discusses three important components of the adult health check which assists in the assessment of how well an older person is managing.	Learners will be able to assess and provide brief intervention on physical activity, functional capacity and safety and cognition and recall in adults.	<ol style="list-style-type: none"> 1. Physical Activity 2. Functional Capacity and Safety 3. Cognition and Recall 	<ul style="list-style-type: none"> • Discuss the importance and benefits of physical activity for all adults • Conduct physical activity screening as part of an adult health check • Define functional capacity and safety • Discuss the Domestic Violence Initiative (DVI) • Discuss when and how it is appropriate to screen for safety • Define screening for cognition and recall • Discuss the relevance of the screening questions and their responses • Discuss brief interventions, referral and follow up options for physical activity, functional capacity, safety, cognition and recall.
PD3212 Social and Emotional Well Being	This session discusses mental health, identifies what constitutes social and emotional well-being and discusses the importance of including screening for social and emotional well-being in the adult health check. It also introduces screening and discusses brief interventions and referral options for adults who are experiencing poor social and emotional well-being.	Learners will be able to define social and emotional well-being and conduct screening, brief intervention and referral of adults with social and emotional issues.	<ol style="list-style-type: none"> 1. Introduction 2. Screening 	<ul style="list-style-type: none"> • Define mental health • Identify the risks to social and emotional well-being • Discuss the reasons and benefits of including social and emotional well-being in screening • Discuss the impacts of poor social and emotional well-being • Screen adults for social and emotional well-being • Utilise the suggested questions guide in the adult health check manual • Utilise other team members to screen and manage social and emotional issues • Discuss brief interventions and appropriate follow up for social and emotional well-being



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