

ADF Post-discharge GP Health Assessment

Name of doctor

Patient surname

Patient given name(s)

Patient address

Patient date of birth

Assessment date

Are you currently a serving member of the ADF?

No Yes

Have you served in the ADF in the past?

No Yes

Have you had this assessment before?

No Yes

Does the patient consent to the health assessment?

No Yes

Does the patient have a discharge summary from the ADF?

No Yes

ADF History

Branch of service

Years of service (e.g. 2008 to 2012)

What field of work were you in during your time in the ADF?

How many times have you been deployed?

Do you have any health problems or injuries related to your service?

No Yes

Have you experienced a concussion or other head injury?

No Yes

Was your decision to leave the ADF voluntary or non-voluntary?

Are you receiving any support or treatment relating to your military service?

No Yes

Notes:

Social History

Are you married or in a relationship? No Yes

Do you have children? No Yes

What is your current occupation?

Medical conditions

What are your current medical conditions?

Hearing

Do you have difficulty with your hearing or ringing in your ears? No Yes

Notes:

Medications

Do you take any prescribed or over the counter medications? No Yes

Notes:

Smoking

How many cigarettes do you smoke a day?

Are you interested in quitting? No Yes

Notes:

Alcohol (AUDIT-C)

		Score
How often do you have a drink containing alcohol?	Never (0) – skip following 2 questions	
	Monthly or less (1)	
	2–4 times a month (2)	
	2–3 times per week (3)	
	>= 4 times a week (4)	
How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2 (0)	
	3 or 4 (1)	
	5 or 6 (2)	
	7 to 9 (3)	
	>= 10 (4)	
How often do you have six or more drinks on one occasion?	Never (0)	
	Less than monthly (1)	
	Monthly (2)	
	Weekly (3)	
	Daily or almost daily (4)	

Scoring: In men a score of 4 or more should be investigated further; in women a score of 3 or more should be investigated further.

AUDIT-C Total score:	
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Substance use

Enter 'X' alongside choice

		Choice
In the past year, how often have you used illicit drugs?	Never - skip following question	
	Monthly or less	
	2–4 times a month	
	2–3 times per week	
	>= 4 times a week	
If yes, which drugs?	Amphetamines	
	Cannabis	
	Cocaine	
	Ecstasy	
	Hallucinogens	
	Heroin	
	Inhalants	
	Pharmaceuticals	
	Steroids	
Other		
Does the use of alcohol or drugs cause any problems in your life?	Friends	
	Family	
	Money	
	Other	
	None	
If yes, would you like some assistance in managing this issue?	Yes	
	No	

Notes:

Physical Activity

Enter 'X' alongside choice

How many times a week do you do \geq 30 minutes of moderately intense physical activity?	None	<i>Choice</i>
	1-2 times/week	
	3-4 times/week	
	5 or more times/week	

Notes:

Pain © The RAND Corporation. Used with permission

Enter 'X' alongside choice

How much bodily pain have you had during the past 4 weeks?	None	<i>Choice</i>
	Very mild	
	Mild	
	Moderate	
	Severe	
	Very severe	

Notes:

Sleep

Enter 'X' alongside choice

Do you have difficulty getting to sleep or staying asleep?	No	<i>Choice</i>
	Difficulty getting to sleep	
	Difficulty staying asleep	

Notes:

Distress (K10)

Enter number in brackets below choice

In the past 4 weeks:	None of the time (1)	A little of the time (2)	Some of the time (3)	Most of the time (4)	All of the time (5)
1. About how often did you feel tired out for no good reason?					
2. About how often did you feel nervous?					
*3. About how often did you feel so nervous that nothing could calm you down?					
4. About how often did you feel hopeless?					
5. About how often did you feel restless or fidgety?					
*6. About how often did you feel so restless you could not sit still?					
7. About how often did you feel depressed?					
8. About how often did you feel that everything is an effort?					
9. About how often did you feel so sad that nothing could cheer you up?					
10. About how often did you feel worthless?					
SUB TOTAL - for each column					

***Questions 3 and 6** are not asked if the person answered 'none of the time' to the preceding question, in which case questions 3 and 6 would automatically receive a score of one.

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Sum of sub-total amounts

K10 Total score:	
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For the military and ex-military, a score of 17 or more is considered positive for distress. Further assessment of mental status may be indicated, using the DASS-21 or similar measure.

Posttraumatic stress (PC-PTSD)

In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the PAST month, you:	
1. Have had nightmares about it or thought about it when you did not want to?	<input type="checkbox"/> No <input type="checkbox"/> Yes
2. Tried hard not to think about it or went out of your way to avoid situations that remind you of it?	<input type="checkbox"/> No <input type="checkbox"/> Yes
3. Were constantly on guard, watchful or easily startled?	<input type="checkbox"/> No <input type="checkbox"/> Yes
4. Felt numb or detached from others, activities, or your surroundings?	<input type="checkbox"/> No <input type="checkbox"/> Yes

Prins, Ouimette, & Kimerling, 2003. Available for the National Center for PTSD at www.ptsd.va.gov

Scoring: In primary care, 2 or more 'yes' responses is considered positive.

PC-PTSD Total 'Yes' responses:	
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Risk of harm to self or others

Are there times when things seem so hopeless that you have thought about:	
1. Killing yourself or harming yourself in some way?	<input type="checkbox"/> No <input type="checkbox"/> Yes
2. Ending the lives of others around you?	<input type="checkbox"/> No <input type="checkbox"/> Yes

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If the patient responds 'yes' to either question, check for recency and intention to act on these thoughts. Practice nurses and health workers should immediately inform the GP if the patient responds 'yes' to either question. In the case of a patient who has intent to suicide or harm others, consult the RACGP Guidelines for Preventive Activities in General Practice, www.racgp.org.au/your-practice/guidelines/redbook/psychosocial/suicide/

Anger

Over the PAST MONTH have you had thoughts or concerns that you might hurt or lose control with someone?

Enter notes in the spaces provided

Assistant Secretary of Defense for Health Affairs. DD Form 2796, dated Sept. 2012. Used with permission

Sexual Health

Are you concerned about your sexual health?

No Yes

Notes:

Other

Do you have any other health concerns that you would like to discuss?

No Yes - please specify

Notes:

BMI, waist circumference and blood pressure

Record height

Record weight

Record waist circumference

Record blood pressure

Has your weight changed (loss or gain) in the last year

Summary

Please list any problems

Recommendations

Referrals

GP review

Next appointment

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Disclaimer

The ADF Post-discharge GP Health Assessment tool was developed by Flinders University for the Department of Veterans' Affairs. The tool is not a replacement for professional advice; the Department of Veterans' Affairs and Flinders University will not be responsible for any damage resulting from use of the tool.

Information for GPs

Department of Veterans' Affairs (DVA)

DVA may fund treatment for veterans and some former ADF members with posttraumatic stress disorder, depressive and anxiety disorders, cancer, tuberculosis and alcohol and other substance use disorders, whatever the cause (the condition does not have to be related to service).

Contact DVA on **133 254** or www.dva.gov.au/health-and-wellbeing/treatment-your-health-conditions to find out more or to check eligibility.

Where a diagnosed condition may be caused or aggravated by Defence service, the former ADF member should be encouraged to contact DVA on 133 254 to discuss their eligibility for treatment and/or compensation. Further information can be found on the DVA website at www.dva.gov.au/.

Veterans and Veterans Families Counselling Service (VCS)

VCS provides free and confidential, nation-wide counselling and support for war and service-related mental health and wellbeing conditions. Support is also available for relationship and family matters that can arise due to the unique nature of military service.

For help, to learn more or to check eligibility contact VCS on **1800 011 046** or visit www.vcs.gov.au

Obtaining a copy of the ADF discharge summary

ADF members who have left service since May 2008 and do not have their 'Clinical Summary Transfer of Health Care form' can access a copy from Personnel Records (RAN/RAAF) or Army Records Office.

The transfer of health care form lists diagnoses and other health problems, allergies and reactions, current medications, current health care requirements and ongoing treatment needs.

Defence Health Records

Defence Archive Centre - Fort Queenscliff (DAC-FQ)
GPO Box 1932
Melbourne VIC 3001
adf.persrecordenquiries@defence.gov.au

Guide and Quick Reference Guide

A detailed Guide and a Quick Reference Guide to the ADF Post-Discharge GP Health Assessment are available. These resources detail key actions, treatment options and referral pathways following the completion of this assessment. These are resources are available on the At Ease Professional website <http://at-ease.dva.gov.au/professionals/>.

Useful links

- A list of surgeons can be found at www.surgeons.org/find-a-surgeon
- A list of psychologists can be found at www.psychology.org.au/findapsychologist
- A list of mental health trained social workers can be found at www.aasw.asn.au/find-a-social-worker/search
- A list of mental health trained occupational therapists can be found at www.otaus.com.au/find-an-occupational-therapist/
- Private psychiatrists: GPs can access a list at www.ranzcp.org/Resources/find-a-psychiatrist.aspx

References

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3. McFarlane, A.C., et al., *Mental health in the Australian Defence Force: 2010 ADF Mental Health and Wellbeing Study: Full report*. 2011, Department of Defence: Canberra.
4. Australian Centre for Posttraumatic Mental Health, *Mental Health Advice Book for Practitioners: Helping Veterans with Common Mental Health Problems* 2012, Canberra: Department of Veterans' Affairs.
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8. Australian Centre for Posttraumatic Mental Health, *Australian Guidelines for the Treatment of Acute Stress Disorder and Posttraumatic Stress Disorder*. 2013, ACPMH: Melbourne.
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