

# EXEMPLAR

## ITA health promotion activity - Planning template

<b>Intern name</b>	Intern Sam	<b>Ahpra registration</b>	PHA000XYZ123
<b>Intern training program</b>	ABC ITP	<b>Stage of internship</b>	<input type="checkbox"/> 0-3 months <input checked="" type="checkbox"/> 3-6 months <input type="checkbox"/> 6-9 months <input type="checkbox"/> 9-12 months

### About this form

This form is to be used to support and guide interns through the selection and planning process for an appropriate and relevant activity (health promotion, health service, public health initiative).

### Instructions for interns

Work through the questions in this template to help you plan your activity. Record your responses for each question in the space provided. You do not need to complete the template in one session, or even in order of the sections but should use them to guide the research and reflection which leads you to select and plan the activity. Use the information you document in this template as a means of structuring discussions with your supervisor on refining the plan. The template does not need to be overly detailed, and dot points are entirely acceptable. Information included in this template may be copied directly into the Report and Evaluation Template where appropriate.

### Instructions for supervisors

Use this template to guide the intern in the issues they need to consider in selecting and planning an appropriate health promotion activity. Schedule regular discussions with the intern to assist them to progress in these decisions.

#### 1. Target audience (who is this activity intended for?) This MUST be patients or direct care recipients, not other health care workers or staff. Projects directed at staff or care givers are not acceptable for this activity.

The audience for this health promotion is all patients who come into our pharmacy over the age of forty-five who have no current diagnosis of cardiovascular disease (CVD).

#### 2. Needs analysis (what does my research suggest about the needs of my target audience?)

The burden of CVD remains high in Australia. CVD causes one in four of all deaths and accounts for 1,619 hospitalisations per day. Over half of Australian adults live with three or more modifiable risk factors for CVD. Modifiable CVD risk factors account for 90% of risk of heart attack, reinforcing the fact that CVD is largely preventable" (<https://www.heartfoundation.org.au/bundles/heart-health-check-toolkit>)  
 Due to COVID and the increase in number of medical appointments conducted via telehealth, patients who would have usually undergone routine screening for CVD may have missed this opportunity.

#### 3. Choice of activity, and rationale (what am I planning to do and why?)

I am planning to align a health promotion activity with Heart Week (Australia's national heart health awareness week held in the first week of May each year). The aim of the activity is to increase awareness of CVD within the local community, including modifiable risk factors that patients should be aware of such as smoking status, diet, exercise, and lipid levels.

Consenting patients will have a CVD risk assessment completed, using a CVD risk calculator. This requires gathering information about:

- a patient's lipid levels, and this could be accessed via pathology results on the patient's My Health Record with their consent, or by completing a lipid profile using a point of care system that tests for cholesterol, related lipids, and blood glucose to provide information for risk assessment of heart disease. This may cost the patient \$35).
- taking the patient's blood pressure.
- gender, age, smoking status, diabetes status and history of left ventricular hypertrophy.

This health promotion also provides me with the opportunity to provide/suggest/refer for other services provided by our pharmacy, such as a Meds Check, Home Medicines Review (HMR), counselling about lifestyle and cardiovascular risk factors, and referral to the patient's General Practitioner (GP).

#### 4. Cultural considerations (what do I need to be aware of in relation to my target audience e.g., Indigenous, CALD, disability etc.?) How will I take account of these considerations? Are there any aspects which might require ethics approval (specialist advice may be needed)?

I do need to be aware that the target audience changes if we look at people who identify as Aboriginal and/or Torres Strait Islander, in this case, our age range decreases to 30 years. I will need to ensure these conversations occur in a culturally safe manner. I will not require ethics approval to undertake this activity.

**5. Goals of the activity (what do I want to achieve?)**

I am aiming to speak with at least twenty-five patients over the week about heart health and their CVD risk (target five people/day). I do not know how many CVD risk assessments I will be able to do over the week, it is dependent on the patient wanting to pay for it or whether we can access pathology results.

**6. Timing and duration of activity (when will it run and how long will it last?)**

I plan on running this health promotion for the week of 2-8 May. I plan on setting up the display on Monday morning and taking it down on Friday night/the next Monday morning.

**7. Resources needed, including an estimated budget (what do I need to make this activity happen?)**

Most resources can be downloaded from the [Heart Foundation website](http://www.heartfoundation.org.au) (www.heartfoundation.org.au), which are already developed and published. I will plan to print these in colour and place them around the pharmacy. I will also purchase some red balloons and streamers, and make a gondola end around my health promotion. I think that this would cost less than \$20. I will also require the use of our consulting room for any CVD risk assessments provided.

**8. Activity details (what will the activity look like?)**

Throughout the week I will speak with patients to increase the awareness of CVD, their risk of having/developing CVD and provide education about the silent nature of the disease such that you can have it without being aware. I hope to encourage patients to see their GP to discuss their risk of CVD. For patients who are willing/interested, I plan to complete CVD risk assessments for them. This will involve either accessing lipid results or completing a lipid profile using the point of care system (this will cost the patient \$35). Depending on the result of this CVD risk assessment will depend on whether I refer them to their GP or how urgently I do so. I would also like the staff to wear red tops in order to have a conversation starter with patients when they come into the pharmacy during the week in addition to my display.

**9. Other interested parties (what individual, groups or organisations could be interested in participating?)**

Heart Foundation – I will share pictures of our health promotion on our social media, and ensure that I tag the Heart Foundation, and use the appropriate hashtags.

**10. Marketing and advertising (how will I reach my target audience?)**

I plan to use the marketing/advertising materials provided by the Heart Foundation (<https://www.heartfoundation.org.au/programs/heart-week>) both in-store as posters/flyers as well as on social media. I could also send a message to our Med Advisor patients about the health promotion and encourage them to come in and speak to one of the pharmacists sometime during the week about the health promotion if they are interested.

**11. Follow-up (will I need to follow up or refer participants, and if so, how, and when?)**

I plan to refer patients where appropriate to their GP, for example, if someone ends up with a risk category of high risk (>15% probability of developing CVD in the next five years) following a CVD risk assessment, and they have not previously discussed CVD with their GP. I plan to do this by writing an 'Interprofessional Collaboration' letter using GuildCareNG and getting my supervising pharmacist to sign off on the wording before faxing/emailing this to the GP or providing it to the patient.

**12. Feedback (how will I obtain feedback from participants?)**

For my Intern Training Program (ITP), I require five written feedback forms as part of my assessment (only 1/day) so I will supply these to patients who have taken part and are willing to provide feedback on the health promotion. I will also seek feedback from pharmacy staff about what worked well and what could be improved, that will assist with planning for future health promotion activities.

**13. Any other notes or comments relating to this activity?**

I will need to ensure all staff are aware that this health promotion is running and ensure that they refer interested patients to myself or one of the pharmacists (if I am unavailable) to ensure that we engage patients effectively.

<b>Supervisor</b>	<b>Name:</b>	Pharmacist	<b>Intern</b>	<b>Name:</b>	Intern Sam
	<b>Date:</b>	18/04/2022		<b>Date:</b>	18/04/2022
	<b>Signature:</b>	<i>Pharmacist</i>		<b>Signature:</b>	<i>Intern</i>