



Information for GPs

Department of Veterans' Affairs (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 **1800 VETERAN (1800 838 372)** 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 **1800 VETERAN (1800 838 372)** to discuss their eligibility for treatment and/or compensation. Further information can be found on the DVA website at www.dva.gov.au/.

Open Arms - Veterans and Families Counselling (Open Arms), is a national mental health service that provides 24-hour free and confidential counselling, group programs and suicide prevention training for current and ex-serving ADF personnel, and their families. To get support or to find out more, call **1800 011 046** or visit www.OpenArms.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 **Veteran Health Check** (formerly known as 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. Visit the DVA website www.dva.gov.au and search for 'veteran health check providers'.

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.
-

Disclaimer

The Veteran Health Check (formerly known as 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.



Veteran Health Check

(formerly know as the
ADF Post-discharge GP Health Assessment)

1. Name of doctor
2. Patient surname
3. Patient given name(s)
4. Patient address Postcode
5. Patient date of birth
6. Assessment date
7. Are you currently a serving member of the ADF? No Yes
8. Have you served in the ADF in the past? No Yes
9. Have you had this assessment before? No Yes
10. Does the patient consent to the health assessment? No Yes
11. Does the patient have a discharge summary from the ADF? No Yes

ADF history

12. Branch of service
13. Years of service
e.g. 2008 to 2012
14. What field of work were you in during your time in the ADF?
15. How many times have you been deployed?
16. Do you have any health problems or injuries related to your service? No Yes
17. Have you experienced a concussion or other head injury? No Yes
18. Was your decision to leave the ADF voluntary or non-voluntary?
19. Are you receiving any support or treatment relating to your military service? No Yes

Notes

Social history

20. Are you married or in a relationship? No Yes

21. Do you have children? No Yes

22. What is your current occupation?

Medical conditions

23. What are your current medical conditions?

Hearing

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

Notes

Eye health

25. Do you have any difficulty with your eyes or vision? No Yes

26. Have you noticed a change in your vision in the last 12 months? No Yes

Notes

Medications

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

Notes

Smoking

28. Do you smoke cigarettes?

No

Yes How many do you smoke a day?

Are you interested in quitting?

No

Yes

Notes

29. Do you drink alcohol?

No ► **Go to question 30**

Yes

Enter number in brackets below score

Score

How often do you have a drink containing alcohol?	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)	

AUDIT-C Total score:

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.

Substance use

30. In the past year, have you used illicit drugs?

No ► **Go to question 33**

Yes

31. In the past year, how often have you used illicit drugs?

Monthly or less

2-3 times per week

2-4 times a month

>= 4 times a week

32. Which drugs?

Amphetamines

Heroin

Cannabis

Inhalants

Cocaine

Pharmaceuticals

Ecstasy

Steroids

Hallucinogens

Other

33. Does the use of alcohol or drugs cause any problems in your life?

No ► **Go to question 35**

Yes ► What type of problems?

Friends

Family

Money

Other

34. Would you like some assistance in managing this issue?

No Yes

Notes

Physical activity

35. How many times a week do you do 30 minutes or more of moderately intense physical activity?

None 1-2 times/week 3-4 times/week 5 or more times/week

Notes

Pain – © The RAND Corporation. Used with permission

36. How much bodily pain have you had during the past 4 weeks?

None Moderate Very mild Severe Mild Very severe

Notes

Sleep

37. Do you have difficulty getting to sleep or staying asleep?

No
 Yes - difficulty getting to sleep
 Yes - difficulty staying asleep

Notes

Distress (K10) – © World Health Organisation 2003. Used with permission.

Enter number in brackets below choice

38. In the past 4 weeks, about how often did you feel:

	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. tired out for no good reason?					
2. nervous?					
*3. so nervous that nothing could calm you down?					
4. hopeless?					
5. restless or fidgety?					
*6. so restless you could not sit still?					
7. depressed?					
8. that everything is an effort?					
9. so sad that nothing could cheer you up?					
10. 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.

Sum of sub-total amounts

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.

K10 Total score:	
-------------------------	--

Posttraumatic stress (PC-PTSD) – Prins, Ouimette, & Kimerling, 2003. Available for the National Center for PTSD at www.ptsd.va.gov

39. In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past 4 weeks, you:

- a) **had nightmares about it or thought about it when you did not want to?** No Yes
- b) **tried hard not to think about it or went out of your way to avoid situations that remind you of it?** No Yes
- c) **were constantly on guard, watchful or easily startled?** No Yes
- d) **felt numb or detached from others, activities, or your surroundings?** No Yes

PC-PTSD Total 'Yes' responses:

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

Risk of harm to self or other – © Commonwealth of Australia 2013. Used with permission.

40. Are there times when things seem so hopeless that you have thought about:

- a) **killing yourself or harming yourself in some way?** No Yes
- b) **ending the lives of others around you?** No Yes

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

41. Over the past 4 weeks have you had thoughts or concerns that you might hurt or lose control with someone?

No Yes

Notes

Sexual health

42. Are you concerned about your sexual health?

No Yes

Notes

Other

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

No

Yes Please specify

44. BMI, waist circumference and blood pressure

Height cm

Waist circumference cm

Weight kg

Blood pressure

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

No

Yes

Summary

46. Please list any problems

47. Recommendations

48. Referrals

49. GP review – next appointment

References

1. Bradley, K.A., et al., *AUDIT-C as a brief screen for alcohol misuse in primary care*. Alcohol Clin Exp Res, 2007. 31(7): p. 1208-17.
2. Bush, K., et al., *The AUDIT alcohol consumption questions (AUDIT-C): an effective brief screening test for problem drinking. Ambulatory Care Quality Improvement Project (ACQUIP). Alcohol Use Disorders Identification Test*. Arch Intern Med, 1998. 158(16): p. 1789-95.
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.
5. Health status of Vietnam veterans. III. Reproductive outcomes and child health. The Centres for Disease Control Vietnam Experience Study. JAMA, 1988. 259(18): p. 2715-9.
6. Andrews, G. and T. Slade, *Interpreting scores on the Kessler Psychological Distress Scale (K10)*. Aust N Z J Public Health, 2001. 25(6): p. 494-7.
7. Furukawa, T.A., et al., *The performance of the K6 and K10 screening scales for psychological distress in the Australian National Survey of Mental Health and Well-Being*. Psychol Med, 2003. 33(2): p. 357-62.
8. Australian Centre for Posttraumatic Mental Health, *Australian Guidelines for the Treatment of Acute Stress Disorder and Posttraumatic Stress Disorder*. 2013, ACPMH: Melbourne.
9. Prins, A., *The primary care PTSD screen (PC-PTSD): development and operating characteristics*. Primary Care Psychiatry, 2003. 9(1): p. 9-14.