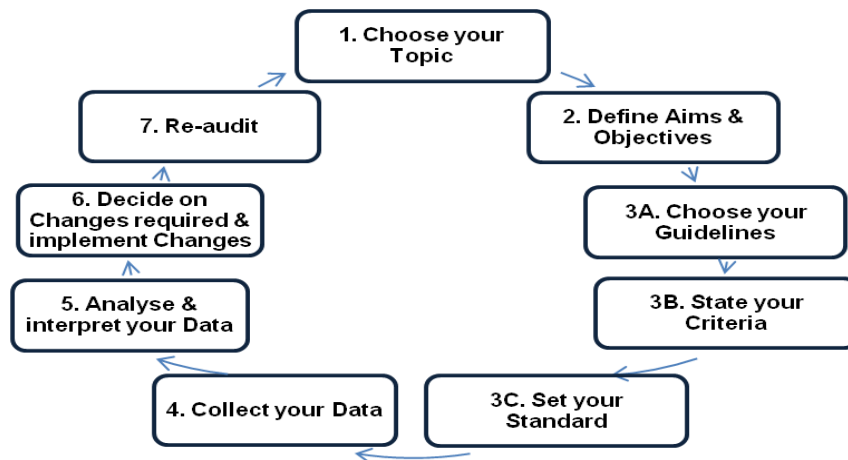




Monitoring the Physical Health of All Patients Sample Audit



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Purpose of ICGP sample audits on specific topics

The purpose of the ICGP sample audit for each topic area is to provide practitioners with audit topic proposals and related tools in order to aid them in carrying out a clinical audit in this topic area. For each topic, a specific guideline is chosen which identifies best practice for the relevant topic. Following this, examples of the elements of care or activity that could be measured are provided – these are referred to as “criteria”. Finally, examples of the type of data that is required in order to audit the sample criteria are provided. A separate document, the ICGP Audit Toolkit, provides detailed generic instructions on how to carry out and report your audit.

Sample Audit Topic: Physical Health Monitoring.

Best Practice Guidelines:

Smoking

Smoking: reducing and preventing tobacco use. Nice Guideline 2015. Available at:
<https://www.nice.org.uk/guidance/qs82>

Alcohol

Helping Patients with Alcohol Problems – A Guide for Primary Care Staff. ICGP Guideline 2014. Available at:
https://www.icgp.ie/go/library/icgp_publications/quick_reference_guides/E5D28DFB-CA92-E2CC-1E8765B43417FB73.html

BMI

HSE/ICGP Weight Management Treatment Algorithm for Adults. ICGP/HSE Guideline 2011. Available at: <https://www.icgp.ie/go/library/catalogue/item/DF2B8347-BCBE-4C31-94546BC305B29780>

Blood Pressure

Hypertension in adults: diagnosis and management. Nice Guideline 2011. Available at:
<https://www.nice.org.uk/guidance/Cg127>

Physical Activity

Physical activity: brief advice for adults in primary care. Nice Guideline 2013. Available at:
<https://www.nice.org.uk/guidance/ph44>

Vaccinations

Flu vaccine. HSE Guideline 2017/2018. Available at:

<https://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/about-the-vaccine/>

Professional Competence Domains: Clinical Skills
Management
Patient Safety and Quality of Care

Sample Criteria

1. Smoking – no exposure to tobacco
2. Alcohol consumption is low risk
3. BMI is < 25kg/m
4. Blood Pressure is <140/90 mmHg
5. Physical Activity – physical activity is at an acceptable level
6. Vaccinations – patients aged ≥ 65 had the influenza vaccination in the last flu session

Choose the criteria from the above on which to conduct your audit and then set your standard (sometimes known as your target). This is your desired level of performance and is usually stated as a percentage. Beware of setting standards of 100%; standards should be realistic for your practice (perfection may not be possible).

There is no minimum or maximum number of patients stipulated, however your sample should include current/recent patients. In general if you have a very small number of patients with the condition being considered, it is recommended that you examine a greater number of criteria in these patients. By contrast in an audit of a very large number of patients it may only be necessary to examine one criterion. The ICGP MECC (Making Every Consultation Count) uploader tool available at the time of writing in the Socrates system will assist you to undertake this audit by extracting the relevant data for you and returning your own practice based report.

The aim of a Data Collection tool is to provide examples of the types of data that are required in order to audit each sample criterion.

Criteria 1

Smoking –no exposure to tobacco

Data Collection Tool (*the 'recorded' aspect of the criteria*):

- Number of patients included in this audit
- Number/percentage of these patients who have their smoking status recorded
- Number/percentage of the above who are smokers
- Number/percentage of the above who have been offered smoking cessation advice

Criteria 2

Alcohol –consumption is low risk

Data Collection Tool (*the 'recorded' aspect of the criteria*):

- Number of patients included in this audit
- Number/percentage of these patients who have their alcohol status recorded
- Number/percentage of the above who are at increased or high risk
- Number/percentage of the above who have been offered alcohol advice
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Criteria 3

BMI - < 25kg/m

Data Collection Tool (*the 'recorded' aspect of the criteria*):

- Number of patients included in this audit
- Number/percentage of these patients who have their BMI recorded
- Number/percentage of the above whose BMI is ≥ 25 kg/m
- Number/percentage of the above who have been offered appropriate advice

Criteria 4

Blood Pressure - <140/90 mmHg

Data Collection Tool (*the 'recorded' aspect of the criteria*):

- Number of patients included in this audit
- Number/percentage of these patients who have their BP recorded
- Number/percentage of the above whose BP is >140/90 mmHg

Criteria 5

Physical Activity – physical activity is at an acceptable level

Data Collection Tool (*the 'recorded' aspect of the criteria*):

- Number of patients included in this audit
- Number/percentage of these patients who have their physical activity recorded
- Number/percentage of the above who are not engaged in an appropriate level of physical activity
- Number/percentage of the above who have been offered appropriate advice

Criteria 6

Vaccinations –those aged ≥ 65 had the influenza vaccination in the last flu session

Data Collection Tool (*the 'recorded' aspect of the criteria*):

- Number of patients included in this audit
- Number/percentage of patients who are ≥ 65
- Number/percentage of above who had influenza vaccination

The next steps are to:

- Analyse and interpret your data via comparison with your target
- Decide on what changes need to be made and to implement these changes
- Re-audit your (individual) practice

A detailed explanation of all of these steps can be found in the ICGP Audit Toolkit, which is available on the ICGP Website at: <http://www.icgp.ie/audit>