

Brief intervention for physical and oral health

Use this guide alongside the consumer *Health action plan* to support steps towards a healthier lifestyle.

| | Healthy eating | Physical activity | Smoking | Alcohol and other drugs | Sleep | Sexual health | Oral health |
|---------|--|---|--|---|--|--|--|
| Ask | <p>Ask the consumer:</p> <ul style="list-style-type: none"> Do you eat regularly during the day? Do you eat fruit and vegetables most days (fresh, frozen or canned)? Do you choose water as your main drink? Do you regularly eat fried and baked foods, lollies, chips, cakes? Do you ever struggle to access food or go without? Have you lost or gained weight in the last 3 months? | <p>Ask the consumer:</p> <ul style="list-style-type: none"> Do you usually spend more than 7 hours a day sitting/lying down? On a typical week do you spend more than 150 minutes doing moderate physical activity? Moderate activities that make you lightly to noticeably puff. Is your activity reduced due to physical limitations? If yes how so | <p>Ask the consumer:</p> <ul style="list-style-type: none"> Have you smoked tobacco in the last 30 days? <i>If no, congratulate and reaffirm healthy choice.</i> | <p>Ask the consumer:</p> <ul style="list-style-type: none"> Do you drink alcohol? Do you use any recreational / illicit drugs? Do you use any prescribed drugs? | <p>Ask the consumer:</p> <ul style="list-style-type: none"> How many hours of sleep do you think you get each night? Do you go to bed and wake up around the same time each day? Do you nap during the day? Do you have caffeinated drinks, alcohol or cigarettes before bedtime? | <p>Ask the consumer:</p> <ul style="list-style-type: none"> Do you know what I mean by "sexual health"? Are you currently sexually active? Do you use any precautions or contraceptives for safety? Have you noticed any side effects from medication affecting your sexual response or menstrual cycle? | <p>Ask the consumer:</p> <ul style="list-style-type: none"> Do you brush your teeth 2 times per day (morning and night time)? Do you use a fluoridated toothpaste? Do you clean in between your teeth every day? (floss, interdental brushes) Do you drink plenty of tap water? Do you smoke? Do you have pain in your teeth or bleeding gums when brushing or flossing? Do you often experience a dry mouth? |
| Advise | <p>If the consumers eating patterns could be improved, seek permission to provide education around healthy eating.</p> <p>Resources:</p> <p>Australian Guide to Healthy Eating and Dietary Guidelines</p> <p>Healthy Eating MSAMHS</p> <p>Regular Eating MSAMHS</p> <p>Ask Izzy – emergency food and meals</p> | <p>If the consumer engaged in significant levels of sedentary behaviour, seek permission to provide education around increasing physical activity.</p> <p>Resources:</p> <p>Australia's Physical Activity and Sedentary Behaviour Guidelines</p> <p>Australia's Physical Activity and Sedentary Behaviour Guidelines: Tips and Ideas for Adults</p> <p>Black Dog Institute: The Pros and Cons of Exercise: Building motivation.</p> <p>Black Dog Institute: The Pros and Cons of Exercise: Weekly Exercise Plan.</p> | <p>Seek permission to: Advise all smokers to quit in a clear, non-confrontational and personalised manner.</p> <p>Assess consumer's nicotine dependence using the Smoking Cessation Clinical Pathway tool.</p> <p>Advise about quit smoking methods and support services.</p> <p>Resources:</p> <p>Smoking Cessation Clinical Pathway</p> <p>For help with quitting</p> <p>RACGP – Supporting Smoking Cessation: a guide for Health Professionals</p> <p>Smoke-free Healthcare QHEPS page</p> | <p>Seek permission to: Advise there is no safe level of drug use as all drugs carry some risk.</p> <p>Complete further assessments and provide education around alcohol and drug use, including harm minimisation.</p> <p>Resources:</p> <p>ADIS</p> <p>AUDIT Screening Tool (alcohol)</p> <p>AOD Brief Intervention Tools</p> | <p>If the consumers sleep hygiene could be improved, seek permission to provide education around good sleep practices.</p> <p>Resources:</p> <p>Sleep factsheet (headspace)</p> <p>Sleep and insomnia fact sheets</p> <p>Importance of sleep for a healthy lifestyle</p> <p>Sleep diary</p> | <p>If the consumers sexual health could be improved, seek permission to provide education around good sexual health practices.</p> <p>Resources:</p> <p>Sexual health education resources/ videos</p> <p>Safe sex info sheet</p> <p>Emergency contraception info sheet</p> | <p>If the consumers oral health could be improved, seek permission to provide education on oral health.</p> <p>Resources:</p> <p>Metro South Oral Health – tips to care for your teeth</p> <p>Australian Dental Association – Your Dental Health</p> <p>Rethink Sugary Drinks</p> |
| Assist | <p>Ask the consumer what changes they could make to improve their eating habits.</p> <p>Assist in developing small, achievable goals to achieve this. E.g. aiming to eat an extra serve of vegetables each day.</p> | <p>Ask the consumer what changes they could make to improve their physical activity and movement habits.</p> <p>Assist in developing small, achievable goals to achieve this. E.g. aiming to complete one small (e.g 10-minute) bout of physical activity each day.</p> | <p>Ask the consumer what steps they could take to becoming smoke-free. Assist with deciding on the next steps to take.</p> <p>Assist with strategies to manage cravings and stressful situations.</p> <p>If consumer is not ready or unsure, explore barriers and review at next visit.</p> | <p>Ask the consumer what changes they could make.</p> <p>Assist with deciding on the next steps to take.</p> <p>Assist with strategies to cut back, manage cravings and stressful situations.</p> <p>If the consumer is not ready or unsure, explore barriers and review at next visit.</p> | <p>Ask the consumer what changes they could make to prove their sleeping habits.</p> <p>Assist in developing small, achievable goals to achieve this. E.g. limiting coffee after 2pm or aiming to go to bed at 10pm instead of 11 pm.</p> | <p>Ask the consumer what changes they could make to improve their sexual health.</p> <p>Assist in developing small, achievable goals to achieve this. E.g. using condoms when engaging in sexual intercourse or having regular pap smears or STI checks.</p> | <p>Ask the consumer what changes they could make to improve their oral health habits.</p> <p>Assist in developing small, achievable goals to achieve this. E.g. increasing brushing from 1 per to 2 times per day.</p> |
| Arrange | <p>Arrange further support by referring to:</p> <ul style="list-style-type: none"> A dietitian A health coaching service or healthy lifestyle program | <p>Arrange further support by referring to:</p> <ul style="list-style-type: none"> An exercise physiologist Local Council exercise and physical activity programs (check your council website). | <p>Arrange further support, such as:</p> <ul style="list-style-type: none"> GP Community Mental Health Quitline Program Quitline – 13 78 48 | <p>Arrange further support, such as:</p> <ul style="list-style-type: none"> GP Addiction Services: Inala - 07 3275 5300 Bayside - 07 3825 6060 Logan - 07 3089 4084 ADIS - 24/7 Alcohol and Drug Support 1800 177 833 | <p>Arrange further support by referring to a GP.</p> <p>A GP may refer the consumer to a sleep specialist for further support.</p> | <p>Arrange further support by referring to GP or referring to:</p> <ul style="list-style-type: none"> Brisbane Metro South Sexual Health Service. Sexual Assault Helpline 1800 010 120 | <p>Arrange further support by referring to:</p> <ul style="list-style-type: none"> Metro South Oral Health Private Dental Practitioner. |

For further information and resources see the [MSAMHS Therapies Capability Framework \(Physical Health\)](#) or [Physical health resource page](#) or contact MSAMHS_PhysicalHealth@health.qld.gov.au