

MBS

Health Assessment for people aged 75 years and older

What is a health assessment?

A health assessment is the assessment of a patient's health, physical, psychological and social function. It involves the consideration of whether preventative health care and education should be offered to the patient.

A health assessment of an older person is an in-depth assessment of a patient aged 75 years and over. It provides a structured way of identifying health issues and conditions that are potentially preventable or amenable to interventions in order to improve health and/or quality of life.

The purpose of this health assessment is to help identify any risk factors exhibited by an elderly patient that may require further health management. In addition to assessing a person's health status, a health assessment is used to identify a broad range of factors that influence a person's physical, psychological and social functioning.

Components of the health assessment

This health assessment must include all the standard requirements for a health assessment, along with group specific requirements.

Standard Health Assessment Requirements:

- Information collection, including a patient history, undertaking/arranging examinations and investigations as required;
- Making an overall assessment of the patient;
- Recommending appropriate interventions;
- Providing advice and information.
- keeping a record of the health assessment and offering the patient a written report with recommendations, and
- offering the patient's carer (if appropriate and with the patients consent) a copy of the report or relevant extracts.

Specific components of the health assessment for older people include:

- measurement of the patient's blood pressure, pulse rate and rhythm;
- an assessment of the patient's medication;
- an assessment of the patient's continence;
- an assessment of the patient's immunisation status for influenza, tetanus and pneumococcus;
- an assessment of the patient's physical function, including the patient's activities of daily living, and whether or not the patient has had a fall in the last 3 months;
- an assessment of the patient's psychological function, including the patient's cognition and mood; and
- an assessment of the patient's social function, including the availability and adequacy of paid and unpaid help, and whether the patient is responsible for caring for another person.

The health professional undertaking the health assessment may also consider:

- any need the patient may have for community services;
- whether the patient is socially isolated;
- the patient's oral health and dentition; and
- the patient's nutrition status.

Item numbers

Item Number	Description of health assessment
701	Brief (<30 minutes)
703	Standard (30 to 45 minutes)
705	Long (45 to 60 minutes)
707	Prolonged (>60 minutes)

*Medicare rebates are paid as a percentage of the Medicare Schedule Fee. Please use the [MBS online search](#) to confirm the available rebate

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MBS item numbers 10990 or 10991 (bulk billing incentives) can be claimed in conjunction with any health assessment, provided the conditions of MBS items numbers 10990 or 10991 are satisfied.

Who can offer a health assessment under the MBS?

The MBS health assessment items may only be claimed by a medical practitioner (including a general practitioner but not including a specialist or consultant physician).

A health assessment should generally be undertaken by the patient's 'usual doctor'. For the purpose of the health assessment items, 'usual doctor' means the medical practitioner, or a medical practitioner working in the medical practice, which has provided the majority of primary health care to the patient over the previous twelve months and/or will providing the majority of care to the patient over the next twelve months.

A health assessment should not take the form of a health screening service. MBS item numbers 701, 703, 705 and 707 must be provided by a medical practitioner personally attending a patient. Suitably qualified health professionals, such as practice nurse, Aboriginal and Torres Strait Islander health practitioners or Aboriginal health workers, employed and/or otherwise engaged by a general practitioner or health service, may assist medical practitioners in performing health assessments.

Such assistance must be provided in accordance with accepted medical practice and under the supervision of the medical practitioner. This may include activities associated with:

- Information collection; and
- providing patients with information about recommended interventions at the direction of the medical practitioner.

The medical practitioner should be satisfied that the assisting health professionals has the necessary skills, expertise and training to collect the information required for the health assessment.

Restrictions

A Medicare rebate is payable once within any twelve-month period for an eligible patient.

The rebate is not payable in conjunction with another consultation on the same day, except where it is clinically required (ie. the patient has an acute problem that needs to be managed separately from the assessment).

A health assessment for a person aged 75 years and older can take place in the patient's home or in the doctor's consulting rooms.

The health assessment is not available to admitted patients of a hospital or day-hospital facility. When conducting health assessments for residents of residential aged care facilities, medical practitioners should follow the requirements set out in the Department of Health [Fact Sheet](#) for the comprehensive medical assessment for residents of residential aged care facilities.

Other Requirements

A medical practitioner must undertake the medical components of the health assessment including a personal attendance with the patient. The medical practitioner is also responsible for making clinical judgements on the matters listed in the requirements for the health assessment and for communicating the outcomes of the assessment and any recommendations to the patient.

Further Information

For more detailed information about item descriptors and explanatory notes visit the Department of Health website at [MBS Online](#). For more general information about MBS primary care items visit the Department of Health website at the [MBS Primary Care Items page](#)