LOOKING AFTER YOUR LEGS - PREVENTION IS BETTER THAN CURE

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Wounds Australia 2018
LOOKING AFTER YOUR LEGS

Project targets healthy older adults
Proactive, preventative approach
Assessment, advice, education to maintain lower leg oedema & skin integrity
HEALTHY LEG CLINICS

- Target golf clubs to provide healthy leg clinics
- Reflective of a program started in the UK 8 years ago that implemented a screening program for male members for Prostate cancer
- 200 men diagnosed
WHY IS THIS INNOVATION IMPORTANT??

How do we spend our days as Wound Specialist?

- Assessment
- Diagnosis
- Education
- Planning & Management
- Evaluation
TIME FOR CHANGE?

Are we constantly fighting fires in our approach yet feel like we are never putting them out or missing the mark?
OPPORTUNITY

- Golf is the biggest club based participation sport for adults in Australia
- Average playing age 57 1/2 years old
- 38% participants are 65 yrs. or older
- Sunshine coast has 35 Golf clubs
- Qld 237 golf clubs
- Australia wide 1,335
INNOVATION

Healthy Leg Days in Golf clubs
Nurse Practitioner Clinic
- Healthy Leg Checks - Screening
- Skin integrity, oedema, ABPI's
- Diagnosis, prescription
- Education
- Review summary for individual with feedback for own GP and onward referral
IMPLEMENTATION

12 month time frame for project implementation
Plan for Monthly clinics at Golf Clubs on Sunshine coast
Initial start up:
Dependent on uptake from clubs
Already have established connections to Golf Qld

Costs:
NP Model access Medicare scheme
Project funding (approximation)
Doppler update with software $2000
Mobile printer $480
Examination table $400
Printing - Marketing / Education brochures - $800
Compression samples $350
Admin support costs
WHERE TO FROM HERE?

Locally - Potential to target other sporting clubs & organisations (RSL's)
Retirement villages
Caravan parks - Grey Nomads
Potential to grow as an Australian wide initiative

Partnership - Wounds Australia, Golf Australia, other sporting organisations, Health Department

Partnership with Industry
- Health Providers
- Consumables companies
Supporting the Wounds Australia Strategic Plan:

Vision: Quality wound prevention and care for all

Mission: To lead wound prevention and care through advocacy, knowledge, innovation and collaboration
If you were to screen 25 people per golf club you would be looking at screening 33,375 individuals.
I WILL LOOK FOR YOU.
I WILL FIND YOU.
AND WE WILL TRAIN LEGS.