

The Green Prescription (GRx) Process for Primary Health Care

Primary Health CARE ROLE

Will they benefit?

- Most people will benefit from physical activity.
- People with heart disease, hypertension, diabetes, depression, obesity, arthritis, some respiratory conditions or at high risk of CVD, are likely to benefit most.
- Patients should be able to increase the amount of physical activity they do, improve their nutrition and **be willing to change their lifestyle**.

Is condition stable?

- Stabilise any pre-existing conditions before prescribing physical activity.

If they have a condition, is it stable?

YES

NO

Stabilise condition, then review

Assessing present activity level

- Patients are insufficiently active if they do fewer than 30 minutes of moderate intensity physical activity per day on most, if not all, days of the week.

Assess present physical activity level

INACTIVE

ACTIVE

Congratulate and encourage to continue current level

Moderate intensity physical activity is:

- Activity which makes a person breathe a little harder than normal. Examples include brisk walking, kapa haka, cycling, swimming or gym activities.

Having discussed the patient's activity level and readiness to change, is a GRx appropriate?

YES

NO

Does the patient consent to script details being given to the GRx team for follow-up and support?

YES

NO

Let them know they can contact 0800 ACTIVE (0800 228 483)

Send script to GRx Team

Issue Green Prescription

GRx support person makes initial contact and offers support options

Phone support

What kind of Support?

Support provided is to:

- Help set goals/action plans
- Motivate
- Provide activity and healthy eating options
- Provide information
- Encourage!

Face-to-face or group support (if available)

Patient's progress is reported back to the referrer

Patient may have the option of becoming a support/buddy for new GRx patients

Is the patient now active?
ie, doing at least 30 minutes of moderate physical activity per day on most if not all days of the week

YES

NO

Issue another GRx or discharge if no further benefit can be gained from GRx

SUPPORT ROLE

Phone 0800 ACTIVE (22 84 83) for more information

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