

Chronic Disease Management (CDM)

At St George Family Medical Centre, we support patients living with long-term health conditions through structured, personalised care. Chronic conditions often require ongoing monitoring, lifestyle support, and coordinated care between multiple healthcare providers. Our goal is to help patients better understand their condition, improve daily functioning, and reduce the risk of complications.

Common chronic conditions that may benefit from ongoing management include:

- Diabetes
- Heart disease and hypertension
- Asthma and COPD
- Arthritis and musculoskeletal conditions
- Mental health conditions
- Chronic pain
- Kidney disease
- Cancer
- Neurological and autoimmune conditions

GP Management Plans (Care Plans)

A GP Management Plan (GPMP) is a tailored plan created by your GP to support patients with one or more chronic medical conditions. It outlines:

- The patient's key health issues
- Agreed health goals
- Recommended treatments, medications, and lifestyle strategies
- Required monitoring and follow-up
- Services needed from other healthcare providers

Team Care Arrangements (TCAs)

Where a patient requires care from at least two additional health professionals (e.g., a physiotherapist, podiatrist, dietitian, or psychologist), a TCA can be prepared. This allows the patient to access Medicare-subsidised allied health visits each calendar year.

Benefits of a Chronic Disease Care Plan

- A clear, personalised roadmap for managing long-term health
- Improved coordination between the GP, specialists, and allied health providers
- Regular reviews to keep the plan up to date
- Support with lifestyle changes such as diet, exercise, and medication management
- Access to Medicare rebates for eligible allied health services

Care Plan Reviews

Care plans are reviewed every 3–6 months to ensure they remain relevant and effective.

During a review, the GP will:

- Assess progress toward health goals
- Review test results, symptoms, and medications
- Update actions, referrals, or goals
- Provide additional support or education
- Ensure coordination with your wider healthcare team

Why Regular CDM is Important

Chronic disease management helps patients stay well for longer, avoid unnecessary hospital admissions, and take an active role in their own health. With consistent monitoring and support, many people experience significant improvements in day-to-day functioning and overall wellbeing.