



FAMILY MEDICINE RESEARCH CENTRE

SUMMARY OF

BEACH 2013 - 14 RESULTS AND CHANGES SINCE 2004 - 05

Bettering the Evaluation And Care of Health



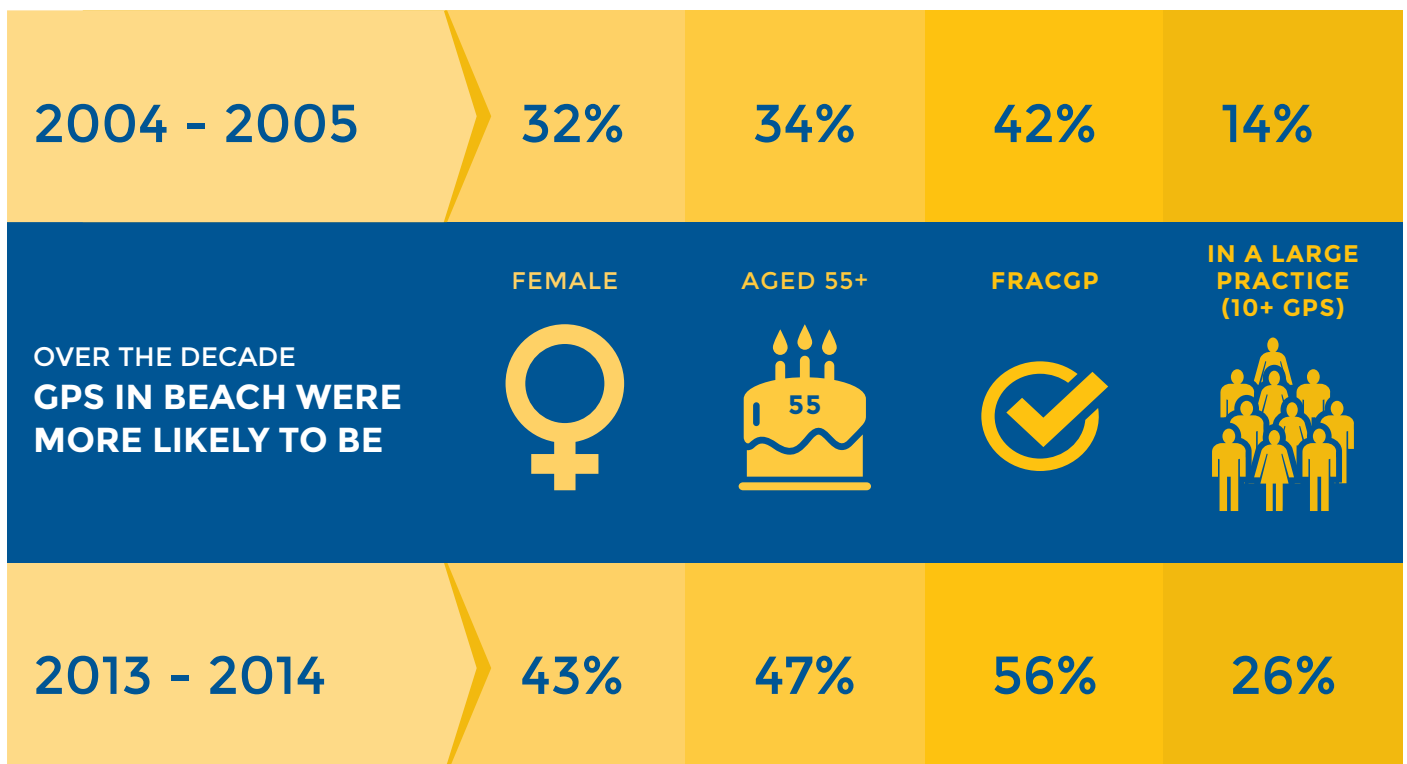
General practice is central to the Australian health care system. Each year about 85% of Australians visit a general practitioner (GP) at least once.

In 2013-14, the Federal Government spent more than \$6.3 billion on 133.4 million general practice services. The BEACH program was created to provide some insight into what happens at GP-patient encounters.

BEACH is a continuous national study of general practice activity operated by the Family Medicine Research Centre at the University of Sydney. Each year an ever-changing

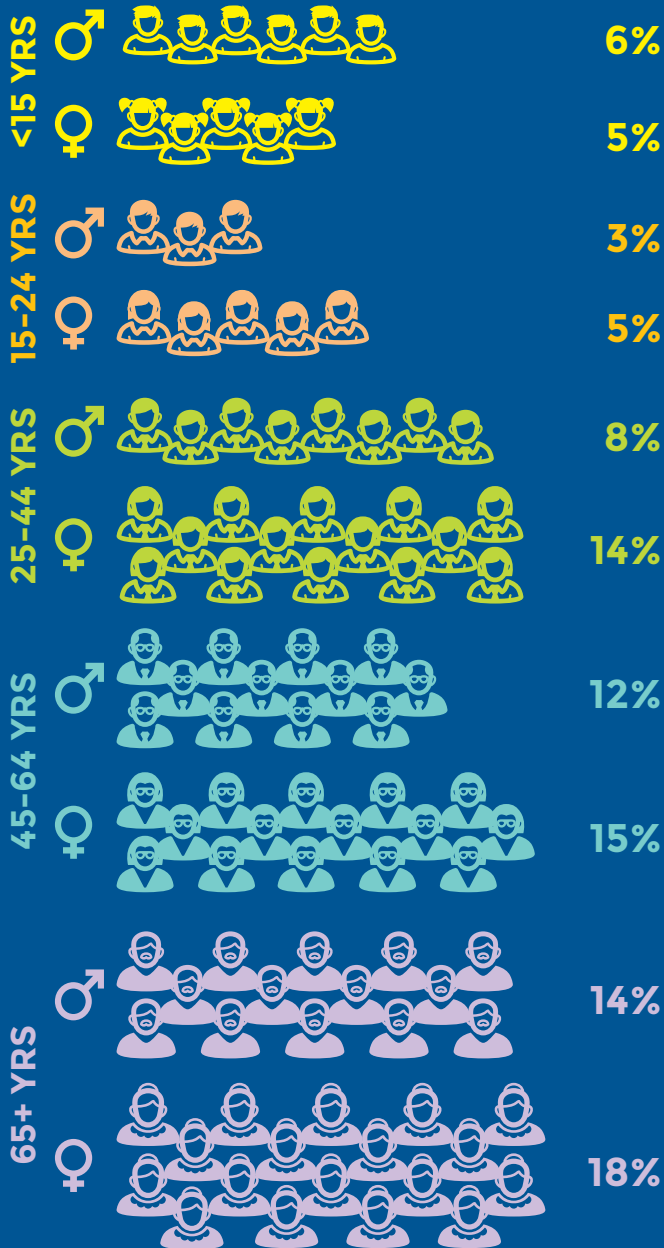
random sample of about 1,000 GPs participate (20 GPs a week, 50 weeks a year), and each GP records information about encounters with 100 consecutive consenting patients, on structured paper forms. This means that each year the BEACH study collects details of about 100,000 nationally representative GP-patient encounters. In the 16 years since 1998, we have collected information for almost 1.6 million GP-patient encounters.

This document summarises key findings from the 2014 BEACH reports. We are grateful to the GP participants whose generous contribution makes this study possible.



AGE-SEX DISTRIBUTION OF PATIENTS AT ENCOUNTERS

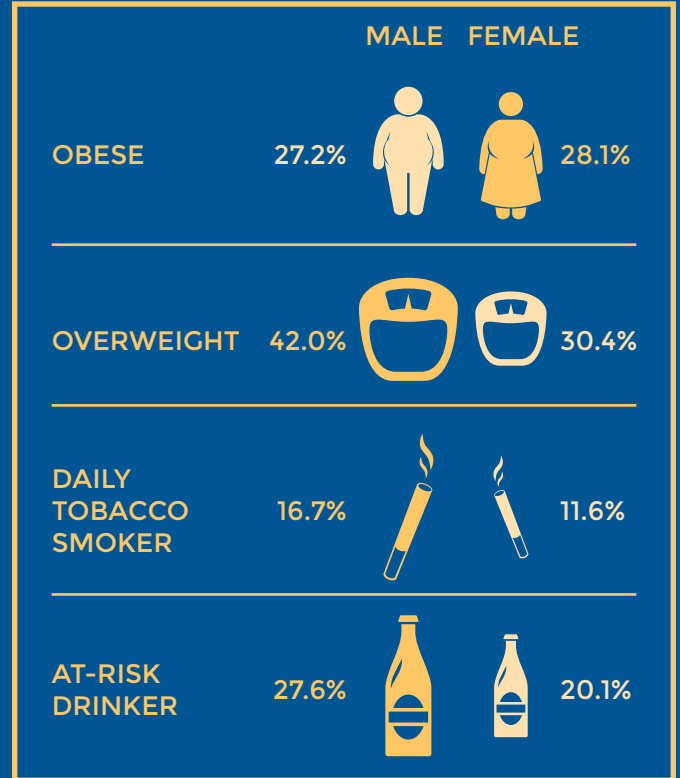
2013-14 BEACH YEAR



OTHER PATIENT CHARACTERISTICS



RISK FACTORS IN ADULT PATIENTS AT ENCOUNTERS



WHAT HAPPENS AT 100 ENCOUNTERS?

PROBLEMS MANAGED



MEDICATIONS



MOST COMMON PROBLEMS MANAGED PER 100 ENCOUNTERS

 **8.7**

HYPERTENSION

 **4.2**

DIABETES

 **7.0**

CHECKUP

 **4.0**

ARTHRITIS

 **5.8**


IMMUNISATION /
VACCINATION

 **3.1**

BACK
COMPLAINT

 **4.9**

UPPER RESPIRATORY
TRACT INFECTION
(EG. COMMON COLD)

 **3.1**

LIPID
DISORDER

 **4.3**

DEPRESSION

 **2.6**

GASTRO-
OESOPHAGEAL
REFLUX DISEASE

THE NUMBER OF MEDICATION GROUPS OF INTEREST PER 100 ENCOUNTERS

SYSTEMIC ANTIBIOTICS  **12.8**

VACCINES  **7.7**

OPIOIDS  **6.2**

OTHER ANALGESICS  **5.1**

ANTIDEPRESSANTS  **4.3**

LIPID LOWERING MEDICATIONS  **4.0**

ANGIOTENSIN II ANTAGONISTS  **3.9**

NSAIDS  **3.8**

DRUGS FOR PEPTIC ULCER & GORD  **3.6**

ADRENERGIC, INHALANTS  **2.8**

ACE INHIBITORS  **2.7**

TYPE 2 DIABETES IN PATIENTS AT ENCOUNTERS

9.5% OF PATIENTS AT GP
ENCOUNTERS HAVE
TYPE 2 DIABETES

PERCENT OF ALL GP
ENCOUNTERS WHERE TYPE
2 DIABETES WAS MANAGED **3.9%**

PATIENT CHARACTERISTICS	MANAGEMENT RATE PER 100 ENCOUNTERS	PATIENTS WITH T2D MANAGED WERE
MALE	5.0	55.1%
FEMALE	3.1	44.9%
AGED 0 - 24	0.1	0.6%
AGED 25 - 44	1.3	7.0%
AGED 45 - 64	5.0	34.9%
AGED 65 +	6.9	57.5%

RATE PER 100 TYPE 2
DIABETES ENCOUNTERS

REASONS FOR
ENCOUNTER

OTHER PROBLEMS
MANAGED

DIABETES PRESCRIPTION	30	HYPERTENSION	23
TEST RESULTS	15	LIPID DISORDERS	8
		IMMUNISATIONS	7

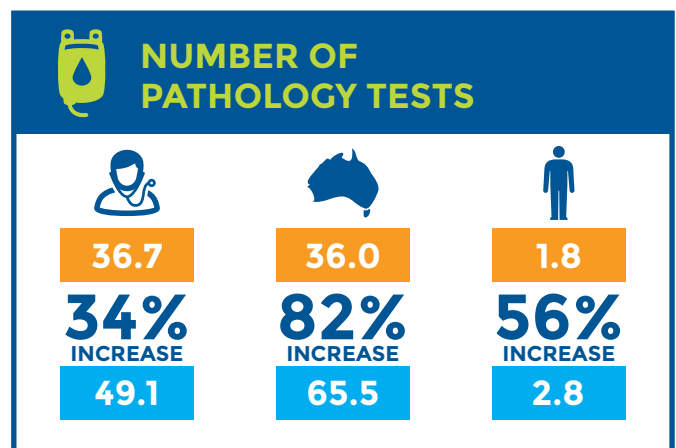
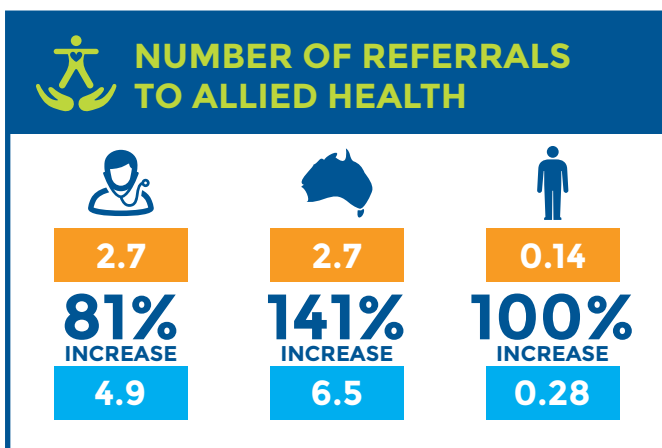
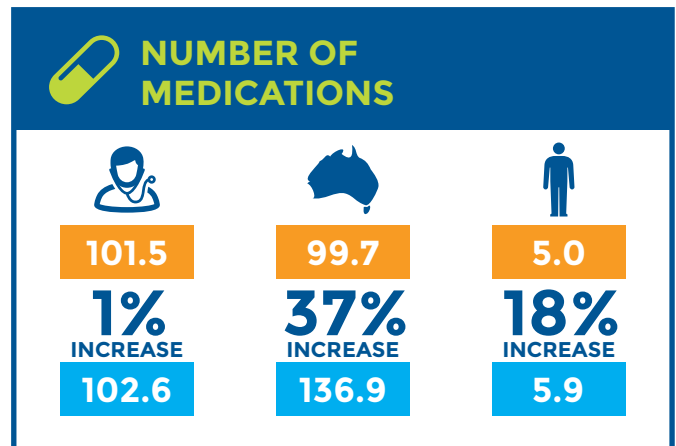
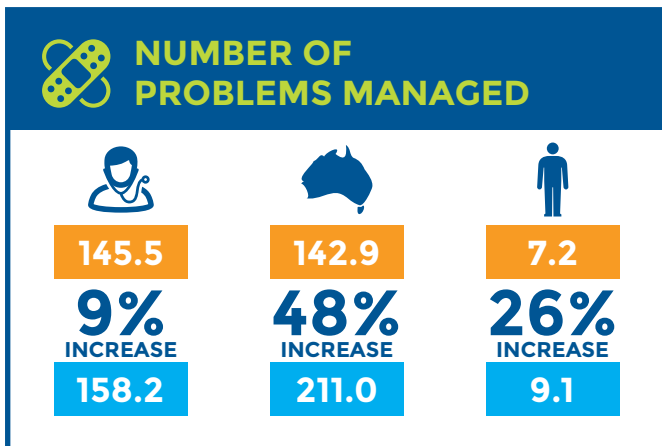
MANAGEMENT ACTIONS PER
100 TYPE 2 DIABETES CONTACTS

MEDICATIONS PRESCRIBED	71.4
METFORMIN	26.1
GLICLAZIDE	9.5
CLINICAL TREATMENTS	36.2
COUNSEL - DIET / WEIGHT	9.4
PROCEDURAL TREATMENTS	7.5
REFERRALS TO SPECIALISTS	4.1
REFERRALS TO ALLIED HEALTH	9.8
PODIATRIST / CHIROPODIST	4.1
PATHOLOGY TESTS ORDERED	96.1
HBA1C	28.3
LIPIDS	13.4
IMAGING TESTS ORDERED	0.5

CHANGES OVER THE DECADE BETWEEN 2004-05 AND 2013-14

Over the decade, the size of the Australian population grew from 19.9 million people in June 2004 to 23.1 million in June 2013, a 16% increase. The number of general practice items of service claimed through Medicare increased from 98.2 million to 133.4 million over the same period, a 35.8% increase. So the average number of GP encounters per person increased from 4.9 to 5.8 over this period. This increase in encounters needs to be taken into account when considering national changes.

LEGEND  2004-05  2013-14  PER 100 GP ENCOUNTERS  EXTRAPOLATED TO ALL ENCOUNTERS (MILLIONS)  PER HEAD OF POPULATION



We thank the GPs who participate in BEACH for their generosity.

We also thank the following organisations for their financial support of the BEACH program in 2013-14: Australian Government Department of Health; AstraZeneca Pty Ltd (Australia); Novartis Pharmaceuticals Australia Pty Ltd; bioCSL (Australia) Pty Ltd; Merck, Sharp and Dohme (Australia) Pty Ltd; and Australian Government Department of Veterans' Affairs.

Other organisations contributing in the past decade include: Pfizer Australia; National Prescribing Service Ltd; GlaxoSmithKline Australia Pty Ltd; Sanofi-Aventis Australia Pty Ltd; Bayer Australia Ltd; Janssen-Cilag Pty Ltd; Abbott Australasia Pty Ltd; Wyeth Australia Pty Ltd; Roche Products Pty Ltd; and the Office of the Australian Safety and Compensation Council, Department of Employment and Workplace Relations.

The Royal Australian College of General Practitioners encourages GP participation in BEACH.



BEACH is endorsed by the Australian Medical Association.



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Books from the BEACH study are available for free download from sydney.edu.au/medicine/fmrc/beach/

