

# Brief intervention for physical and oral health

Use this guide to support steps towards a healthier lifestyle.

	Healthy eating	Physical activity	Smoking	Alcohol and other drugs	Sleep	Sexual health	Oral health
Ask	<ul style="list-style-type: none"><li>What foods would you usually eat during the day?</li><li>Do you eat fruit and vegetables most days (fresh, frozen or canned)?</li><li>Do you drink much water? What other drinks do you drink?</li><li>Do you regularly eat fried and baked foods, lollies, chips, cakes, takeaways?</li><li>Do you ever struggle to access food or go without?</li><li>Have you lost or gained weight in the last 3 months?</li></ul>	<ul style="list-style-type: none"><li>Do you usually spend more than 7 hours a day sitting/lying down?</li><li>On a typical week do you spend more than 150 minutes doing moderate physical activity that makes you lightly to noticeably puff?</li><li>Is your activity reduced due to physical limitations? If yes how so?</li></ul>	<ul style="list-style-type: none"><li>Have you smoked tobacco in the last 30 days?</li><li>Does your partner or anyone in your household smoke?</li></ul>	<ul style="list-style-type: none"><li>Do you drink alcohol?</li><li>Do you use any recreational / illicit substances?</li><li>Do you use any prescribed substances?</li></ul>	<ul style="list-style-type: none"><li>How many hours of sleep do you think you get each night?</li><li>Do you go to bed and wake up around the same time each day?</li><li>Do you nap during the day?</li><li>Do you have caffeinated drinks, alcohol or cigarettes before bed?</li></ul>	<ul style="list-style-type: none"><li>Do you know what I mean by “sexual health” (explain if necessary)?</li><li>Have you had sex with a new person in the last year (either casual or regular)?</li><li>Do you use any precautions against sexually transmissible infections (STIs) and blood borne viruses (BBVs) or contraceptives for preventing pregnancy, such as condoms or the pill?</li><li>Have you noticed any symptoms that suggest you might have an STI? (<a href="#">explain symptoms if necessary</a>)</li><li>Have you noticed any side effects from medication affecting your sexual response or menstrual cycle?</li></ul>	<ul style="list-style-type: none"><li>Do you brush your teeth twice a day (morning and night time)?</li><li>Do you use a toothpaste with fluoride in?</li><li>Do you clean in between your teeth every day? (floss, interdental brushes)</li><li>Do you drink plenty of water?</li><li>Do you smoke?</li><li>Do you have pain in your teeth or bleeding gums when brushing or flossing?</li><li>Do you often experience a dry mouth?</li></ul>
Advise	<p>If eating patterns could be improved, seek permission to provide education around healthy eating.</p> <p>Resources:</p> <ul style="list-style-type: none"><li><a href="#">Eat for health</a></li><li><a href="#">Eating for Health - Serving sizes</a></li><li><a href="#">Rethink sugary drinks: drink calculator</a></li><li><a href="#">Junk food calculator</a></li><li><a href="#">Nutrition education materials online (NEMO)</a></li><li><a href="#">Heart foundation – food portions</a></li><li><a href="#">Healthy living tools and resources</a></li></ul>	<p>If the levels of sedentary behaviour could be improved, seek permission to provide education around increasing physical activity.</p> <p>Resources:</p> <ul style="list-style-type: none"><li><a href="#">Australia's Physical Activity and Sedentary Behaviour Guidelines</a></li><li><a href="#">Physical Activity Guidelines: Tips and Ideas</a></li><li><a href="#">Black Dog Institute: Building motivation</a></li><li><a href="#">Black Dog Institute: Weekly Exercise Plan</a></li><li><a href="#">Heart foundation</a> - sitting less for adults</li></ul>	<p>Advise all patients who smoke to quit in a clear, non-confrontational, personalised way.</p> <p>Advise the best way to quit smoking is with support from <a href="#">Quitline</a> and the use of Nicotine Replacement Therapy (NRT).</p> <p>Resources:</p> <ul style="list-style-type: none"><li>If your clinic or service has a CO monitor or Smokerlyzer®, offering a breath test can be a useful way to encourage people to quit smoking</li><li>Find your reason to quit smoking cigarettes or vapes Find your reason   <a href="#">Quit HQ</a></li></ul>	<p>Advise there is no safe level of substance use.</p> <p>Complete further assessments and provide education around alcohol and substance use, including harm reduction.</p> <p>Resources:</p> <ul style="list-style-type: none"><li><a href="#">ADIS</a></li><li><a href="#">ASSIST</a></li><li><a href="#">AUDIT Screening Tool (alcohol)</a></li><li><a href="#">AOD Brief Intervention Tools</a></li><li><a href="#">Handycard: Drink Less</a></li><li><a href="#">Adis - Understanding Alcohol</a></li><li><a href="#">Alcohol think again: resources and tools</a></li></ul>	<p>If sleep hygiene could be improved, seek permission to provide education around good sleep practices.</p> <p>Resources:</p> <ul style="list-style-type: none"><li><a href="#">Headspace – get enough sleep factsheet</a></li><li><a href="#">Centre for clinical interventions: Sleep</a></li><li><a href="#">Importance of sleep for a healthy lifestyle</a></li><li><a href="#">Sleep hygiene information</a></li><li><a href="#">Better health channel – sleep hygiene</a></li></ul>	<p>Worker resources:</p> <ul style="list-style-type: none"><li><a href="#">Talking about sexual health: a tool for workers</a></li><li><a href="#">STIs quick reference table</a></li><li><a href="#">BBV/STI testing tool for asymptomatic people</a></li><li><a href="#">Sex and Drugs Toolkit</a></li></ul> <p>Client resources:</p> <ul style="list-style-type: none"><li><a href="#">Queensland Government sexual health resources</a></li><li>Sexual Assault Helpline 1800 010 120</li></ul>	<p>Could oral health be improved, seek permission to provide education on oral health.</p> <p>Resources:</p> <ul style="list-style-type: none"><li><a href="#">Australian Dental Association</a></li><li><a href="#">Australian Institute of Health and Welfare</a></li><li><a href="#">Oral health resources</a> (available in languages)</li><li><a href="#">Rethink sugary drinks</a></li></ul>
Assist	<p>Ask what changes could be made to improve eating habits. Start with a simple change, and work from there.</p> <p>Small goals – e.g.:</p> <ul style="list-style-type: none"><li>Eat vegetables and fruit every day. The more vegetables, the better!</li><li>More water and less sugary drinks</li><li>Less fatty, salty and sugary food (like chips, chocolates, sweets and junk food)</li></ul>	<p>Ask what changes could be made to improve physical activity and movement habits.</p> <p>Small goals – e.g.:</p> <ul style="list-style-type: none"><li>Aiming to complete one small (10-minute) bout of physical activity each day</li></ul>	<p>Ask what steps could be taken to becoming smoke-free.</p> <p>Assist with deciding on the next steps to take.</p> <p>Assist with strategies to manage cravings and stressful situations.</p> <p>Small goals – e.g.:</p> <ul style="list-style-type: none"><li>Setting out what you want to achieve by cutting down or quitting</li></ul>	<p>Ask what steps could be taken to reduce use or use more safely.</p> <p>Assist with deciding on the next steps to take.</p> <p>Assist with strategies to cut back, manage cravings and stressful situations.</p> <p>Small goals – e.g.:</p> <ul style="list-style-type: none"><li>Switching to low alcohol drinks</li></ul>	<p>Ask what changes could be made to improve sleeping habits.</p> <p>Small goals – e.g.:</p> <ul style="list-style-type: none"><li>Limiting caffeinated drinks after 2pm</li></ul>	<p>Ask what changes they could make to improve their sexual health. Explore what the barriers to these may be.</p> <p>Assist with arranging a sexual health check if necessary - Recommended once a year for sexually active people and every three months if the person has new/casual sexual partners.</p> <p>Small goals – e.g.:</p> <ul style="list-style-type: none"><li>Using condoms during sex</li><li>Regular Cervical Screening Tests</li><li>STI tests.</li></ul>	<p>Ask what changes could be made to improve oral health.</p> <p>Small goals – e.g.:</p> <ul style="list-style-type: none"><li>Increase brushing from one to twice per day</li></ul>
Arrange	<ul style="list-style-type: none"><li><a href="#">Health and Wellbeing Queensland</a>: Advice, recipe ideas, food and nutrition information</li><li><a href="#">Nutrition Education Materials Online (NEMO)</a> - information and fact sheets, including advice for special populations (e.g. cultural groups, vegetarian/vegan, people with diabetes)</li><li><a href="#">Equally Well</a> - Improving the physical health of people living with mental illness. Resources for consumers, support people and professionals</li><li><a href="#">B.Strong EAT for HEALTH brochures</a> aimed at Aboriginal and Torres Strait Islander peoples</li><li><a href="#">Ask Izzy</a> – emergency food and meals</li><li>Referral for further support from a <a href="#">dietician</a></li><li>The Heart Foundation - Heartline (1300 36 27 87)- information on cardiovascular disease management, nutrition and healthy eating, blood pressure, smoking cessation and physical activity</li></ul>	<ul style="list-style-type: none"><li>An <a href="#">Exercise Physiologist</a></li><li><a href="#">Local Council exercise and physical activity programs</a></li><li><a href="#">Queensland My health for life program</a></li></ul>	<ul style="list-style-type: none"><li><a href="#">Quitline</a> - Confidential, evidence- based telephone counselling service. 13 7848 (13 QUIT). <a href="#">Arrange a referral to Quitline</a></li><li><a href="#">Aboriginal Quitline counsellors</a> supports Aboriginal and Torres Strait Islander people who want to quit smoking</li><li><a href="#">How to quit smoking</a></li><li><a href="#">My QuitBuddy</a> - app that provides helpful tips and distractions to overcome cravings and helps to chart your progress</li><li><a href="#">QuitCoach</a> - provides a personalised quitting plan based on responses to questions</li><li><a href="#">Strong resources” Insight - Resources - B.Strong - Resources Order Form</a></li></ul>	<ul style="list-style-type: none"><li>GP</li><li>Alcohol and other drug service</li><li><a href="#">Adis 24/7 Alcohol and Drug Support</a> - 1800 177 833 to get confidential advice</li><li><a href="#">Alcohol and Drug Foundation</a>- 1300 85 85 84</li><li><a href="#">path2help - Alcohol and Drug Foundation adf.org.au</a></li><li><a href="#">Hello Sunday Morning   Change Your Relationship with Alcohol</a></li></ul>	<ul style="list-style-type: none"><li><a href="#">Sleep diary</a></li><li><a href="#">Sleep Foundation: Sleep hygiene tips and resources</a></li><li><a href="#">This way up: insomnia program</a></li><li>A GP may refer to a sleep specialist</li></ul>	<p><a href="#">Arrange a sexual health check and further support</a> by referring to sexual health care</p>	<ul style="list-style-type: none"><li><a href="#">Find a dentist</a></li><li><a href="#">Australian dental association Queensland: Oral Health resources</a></li><li><a href="#">Brush DJ</a> app that plays two minutes of music, also has animated videos to assist with good oral hygiene</li></ul>

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