

Men's Health

Who
Can?
Men
Can!

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My role

- Nurse Practitioner (Men's health)
- Community health promotion
- Work place health promotion
- Men's health clinic

What about men?



What risk ?



Safety!



But I use protection!

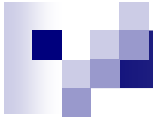


Rural Men



Engaging men-the first step towards better health outcomes

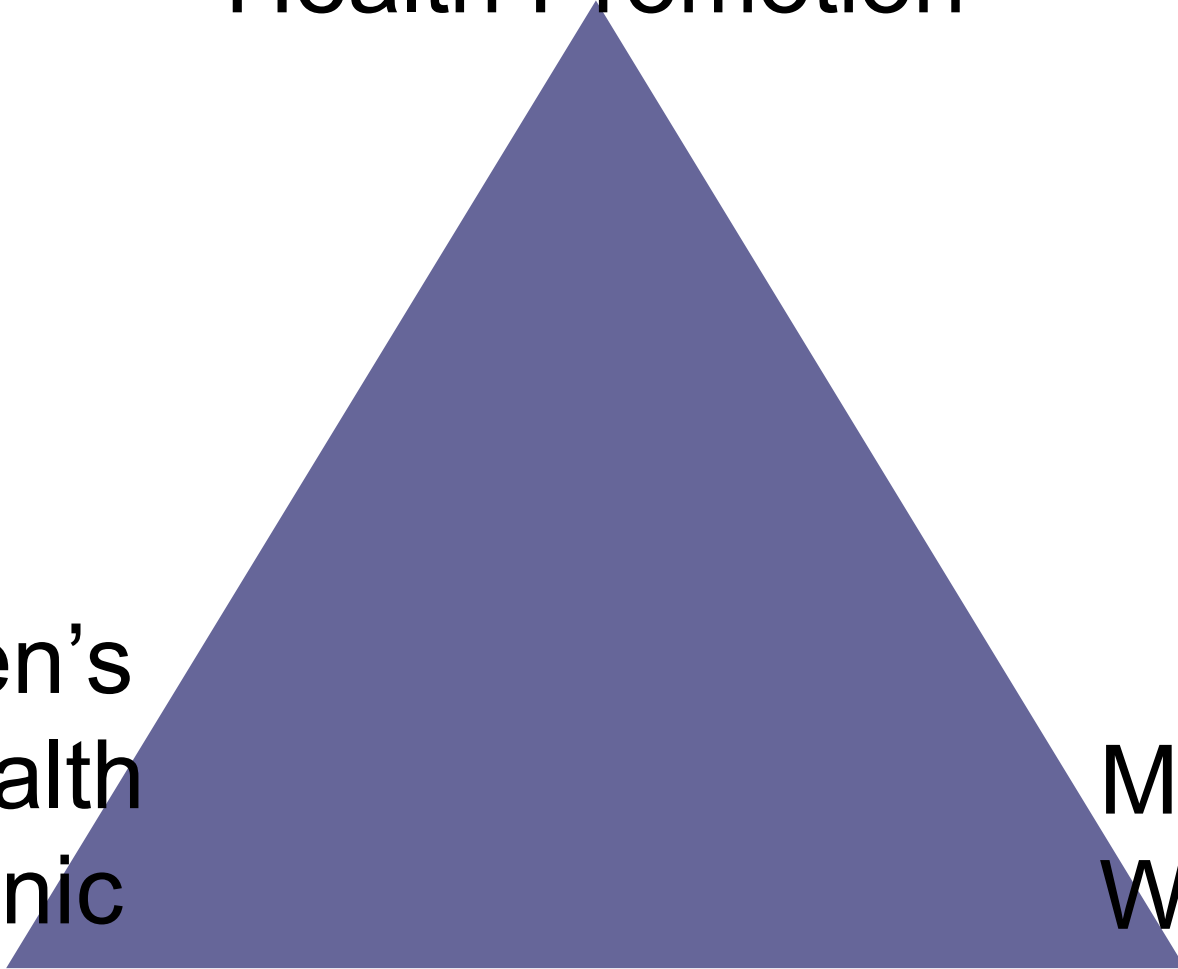




Health Promotion

Men's
Health
Clinic

Men at
Work



Men's health promotion



Men in the Workplace



Men's Health Clinic





RISK FACTORS

Non-Modifiable

- Family history
- Sex – male
- Age

Modifiable

- Smoking
- High blood pressure
- Cholesterol
- Overweight
- Lack of exercise
- Diabetes
- Immunisation
- Alcohol
- Stress/depression
- Prostate cancer
- Bowel cancer
- Skin cancer
- Testicular cancer
- Sexual health

opportunity





Male friendly health clinic

- 30/45 minute consultations
- Waiting times
- Evening clinic
- Client assessment record
- GP referral on the spot
- Annual reminder




Barriers

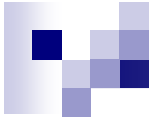
- Isolation
- Importance of work
- Confidentiality
- Reduced consultation time
- Fear of the unexpected
- Poor communication
- Preventative health practices



Strategies

- Male Friendly
- Consultation/ Waiting times
- Systemic approach
- Seeing the value
- Annual reminder
- Work environment
- Prevention
- Men being assertive

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- “ Men are interested in their own health”
 - “Men will engage in positive health practices if they are encouraged to do so and are in an environment which supports positive health practices”



THANK YOU



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