



## Rebate Adolescent Health (RAAd Health)

Project Lead: Unit Head, Sexual Health Unit, Melbourne School of Population and Global Health.

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### PROJECT DETAILS

#### PROJECT OVERVIEW

Should Medicare fund a rebate for an adolescent and young person's (15-24 years) health assessment in general practice?

RAAd Health is a cluster randomised controlled trial (RCT) which aims to investigate whether a Medicare Benefits Schedule (MBS) rebate is effective at increasing the detection and management of risk behaviours and health conditions and is cost-effective. This will provide evidence to inform MBS rebate decision making.

#### PROJECT SUMMARY

Adolescent health checks have demonstrated improved health outcomes including detection of risky behaviour and physical and mental health conditions. Despite national guidelines recommending annual evidence-based health checks for young people, adolescents remain a neglected population. The implications for young people include undetected sexually transmitted infections, unintended pregnancies and lack of management for mental health and other conditions. In Australia, lack of consultation time has been reported as a major barrier for general practitioners to undertake regular young person's checks.

A Medical Benefits Scheme (MBS) rebated health assessment, similar to that offered for 45-49 and 75+ year old and Aboriginal Health Checks, could facilitate these assessments. Enabling a longer, remunerated consultation for adolescents and young people could lead to improved health outcomes in the short-term and into adulthood. This trial will provide the first RCT evidence of whether a rebate for a young person's health assessment is effective and cost-effective.

## **Researchers**

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National Health and Medical Research Council

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## **Research Group**

Sexual Health

Faculty Research Themes

Infection and Immunology

## **School Research Themes**

Disparities, disadvantage and effective health care, Screening and early detection of disease

## **Key Contact**

For further information about this research, please contact the research project manager.

## **Department / Centre**

Centre for Epidemiology and Biostatistics