



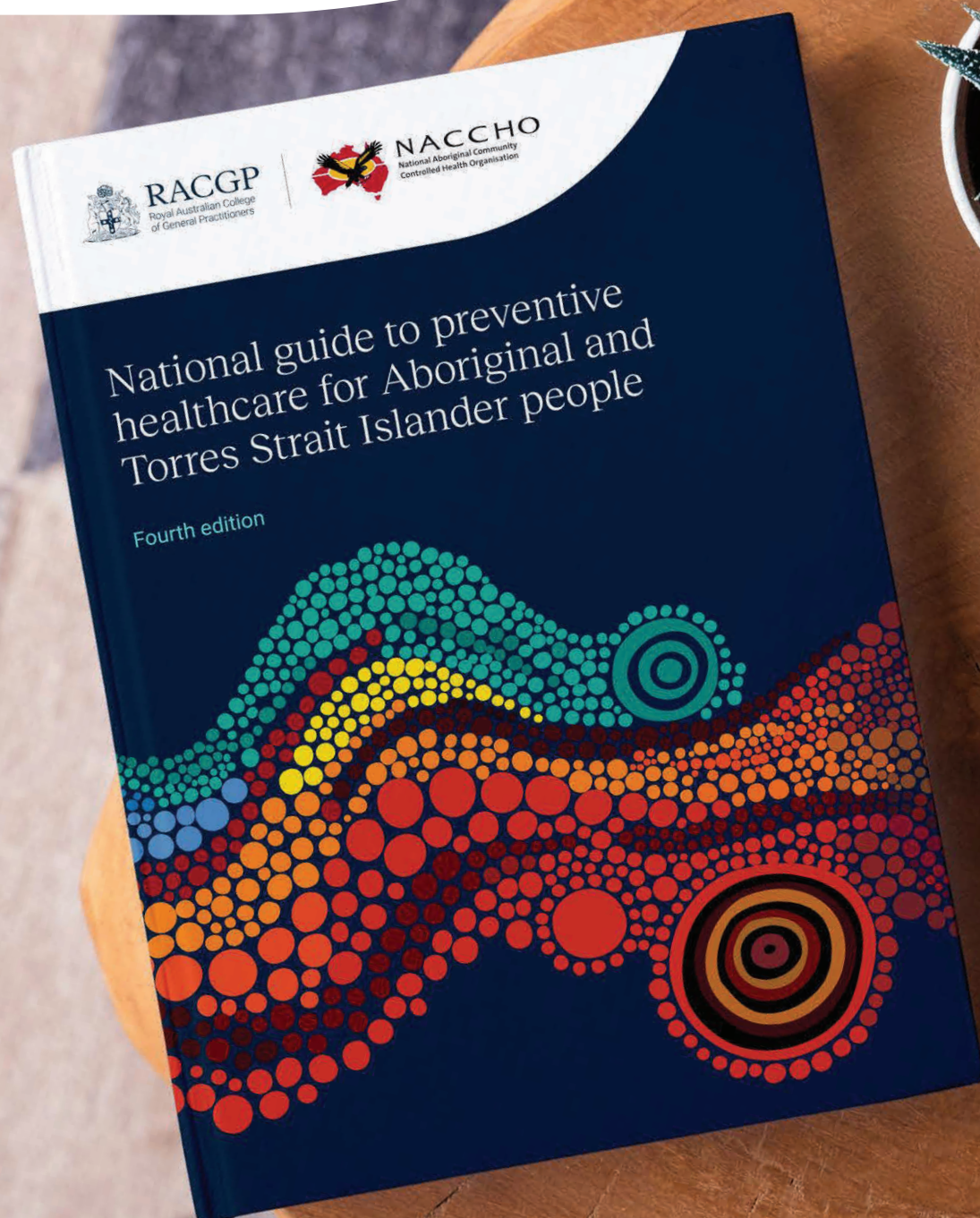
**RACGP**  
Royal Australian College  
of General Practitioners



**NACCHO**  
National Aboriginal Community  
Controlled Health Organisation

# Fourth edition coming **November 2024**

A user-friendly, practical guideline to help health professionals deliver preventive healthcare that can best meet the needs of Aboriginal and Torres Strait Islander people across Australia.



Find out more



The National Guide was conceived by the National Aboriginal Community Controlled Health Organisation (NACCHO) in 2001, and is now in its fourth edition being developed in partnership by NACCHO and The Royal Australian College of General Practitioners (RACGP).

## What is the National Guide?

### Who is it for?

A guideline for health professionals delivering comprehensive primary healthcare for Aboriginal and Torres Strait Islander people.

### Why use it?

- To support patients with their health priorities and goals.
- For early detection and prevention of disease.
- For evidence-based recommendations, key messages and practical resources to help provide the best possible care.

### When will it be published?

The fourth edition of the National Guide and following associated resources will be available in November 2024:

- **The National Guide hardcopy** – limited print run for ACCHSs which includes key messages, recommendations, key tables, implementation tips, resources and selected references.
- **The National Guide website** – an online version, will include all the above, as well as a discussion of the topic, synthesis of evidence and a full reference list presented in a collapse-and-expand format (downloadable PDF available).

### What's happening in 2024 and beyond to accompany the launch of the National Guide?

- The fourth edition of the National Guide will be distributed to NACCHO Affiliates and health services.
- NACCHO and the RACGP will be hosting online webinars and education to support uptake and implementation of the National Guide.

## What's new in the fourth edition?

### New topics:

- Health impacts of racism
- Healthy eating
- Sleep
- Vaping
- Preconception care
- Health impacts of climate change

## What you will find in the National Guide:

Screening and preventive healthcare recommendations in the following chapters:

1. Health impacts of racism
2. Healthy living and health risks
3. Immunisation across the life course
4. Child and family safety
5. Preconception and pregnancy care
6. Child health
7. The health of young people
8. The health of older people
9. Eye health and vision
10. Ear health and hearing
11. Oral and dental health
12. Acute rheumatic fever and rheumatic heart disease
13. Sexually transmissible infections and blood-borne viruses
14. Respiratory health
15. Overweight and obesity
16. Cardiovascular disease
17. Type 2 diabetes
18. Chronic kidney disease
19. Cancer prevention and early detection
20. Mental health
21. Health impacts of climate change

The fourth edition will also use a strengths-based approach. It is explicit about what protects, supports and strengthens health and wellbeing. It will emphasise individual and collective strengths of Aboriginal and Torres Strait Islander people in the way health and healthcare is understood and provided.

## How to access the National Guide:

Free to download on the RACGP and NACCHO websites:

[www.racgp.org.au/national-guide](http://www.racgp.org.au/national-guide)

[www.naccho.org.au](http://www.naccho.org.au)

For further information contact, RACGP Aboriginal and Torres Strait Islander Health on 1800 000 251 or [aboriginalhealth@racgp.org.au](mailto:aboriginalhealth@racgp.org.au)