



AFP in Practice questions are designed to get you started in a small group learning (SGL) activity in your practice or with colleagues. Requirements to earn 40 Category 1 CPD points for a SGL activity are: minimum of four and a maximum of 10 people, minimum of 8 hours of discussion in a year, and at least two GPs. Groups may include anyone else who has an interest (ie. practice nurses, community health workers, allied health professionals). A kit with all the instructions and forms you need is available at www.racgp.org.au/afpinpractice. You can also earn Category 2 points based on these questions at *AFP* practice challenge. Visit www.racgp.org.au/practicechallenge

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Learning objectives

After completion of this activity participants will be able to:

- devise a method to improve the outcome of a consultation for individual patients
- describe the differences in presentations for male patients
- recognise the impact of the context of the patient when providing health care
- identify relevant issues in consultations with the newly single man
- construct a plan to make your practice more male friendly.

Category 1 – SGL questions

Domain 1 – Communication skills and the patient-doctor relationship

ICPC code: A99–46

The theme articles in this issue of *Australian Family Physician* suggest that there may be different considerations in communication and in the patient-doctor relationship with male patients.

* Suggested learning activities:

It has been noted that males can have more difficulty in engaging with health care and want specific things from their doctor. Discuss how you can identify and meet these needs.

Males have, on average, lower health literacy, particularly for mental health issues. Discuss how this might impact on the consultation. How might you identify if it is true for the male in your current consultation? How can you meet the health information needs of a person with lower health literacy?

Domain 2 – Applied professional knowledge and skills

ICPC codes: A99–46, –30

It has been noted that men seek health care less often and differently to women.

* Suggested learning activities:

Audit the last 20 men that attended a consultation with you (preferably in the 18–65 years age group). As a group discuss 'what did they attend for?' In the time period, were there more men or women seen? Think about the consultations, were there differences in the presentations or management? If so, do you have any idea why?

It is noted that men may present for a 'general check up.' Discuss as a group how you manage this request. In pairs, each role play a particular patient who presented with this request. Then as a group discuss the range of presentations and management that this initial request led to.

Domain 3 – Population health and the context of general practice

ICPC code: A99–46

All patients have backgrounds, both individual and societal. This is part of the context for general practice and may influence health care in many ways.

* Suggested learning activities:

Debate one of the quotes at the start of the Darren Russell article in this issue of *AFP*.

The Greg Malcher article in this issue of *AFP* provides an example of a GP speaking to a group of men who are less likely to present to a GP. As a group, identify groups of males in your area that may be less likely to present for health care. How might you get health care messages to them? What topics could you offer to provide information on? What are the practical first steps to enact this plan?

Domain 4 – Professional and ethical role

ICPC code: A99–46

Darren Russell's article on the newly single male discusses some of the issues that might arise.

* Suggested learning activities:

As a group discuss some of the professional and ethical issues that have arisen when you are the GP to both partners in a separated relationship. How did you manage these? What would you not do again? What worked well?

Many men may access the internet for information after separation. As a group identify relevant internet sites that would be helpful for men at this time. Develop a list that could be given to men to use at this time.

Domain 5 – Organisational and legal dimensions

ICPC code: A99–46

Health care systems, including general practice, have been noted to not always be male friendly environments.

* Suggested learning activity: audit your practice for male friendliness. Areas to consider may include the waiting room and the booking system. Do men understand the health care system? Then discuss as a group things that could be done to improve the male friendliness of the practice.