

Potential education options for your Personalised Learning Plan (PLP)

Royal Australasian College of Physicians (Chapter of Addiction Medicine)

Online courses available free of charge to Advanced Skills Training participants. Individual course length varies.

- Alcohol Use Disorder
- Alcohol, Anxiety and Mood Disorders
- Cannabis Use and Misuse
- Drug Use in Pregnancy and Parenthood
- Methamphetamine
- Opportunistic Intervention
- Prescription Drug Misuse
- Young People and Addiction

To access:

Create a guest account on the [RACP website](https://elearning.racp.edu.au/course/) and search for your preferred course by clicking this link
<https://elearning.racp.edu.au/course/>

RACGP's Advanced Skills Webinar Series and Webinar Archive

90 minute webinars accompanied by a 2-page summary of the discussion and recommended resources. Topics include:

- Chronic Pain
- Alcohol use in time of crisis
- GP Boundaries, containment, and self-care
- Lapse and Relapse in AOD use
- Lets talk Opioids
- Recreational Drug Use

To access:

Log in to your RACGP account to access Advanced Skills webinars

<https://www.racgp.org.au/education/professional-development/courses/aod/other-aod-education/advanced-skills-resources>

Other RACGP Webinars

To access:

Search RACGP's events pages to watch RACGP's recorded webinars on-demand

Or

Click this link to view the AOD GP Education Program's webinar resources list

<https://www.racgp.org.au/education/professional-development/courses/aod/other-aod-education>

AOD Connect: A Project ECHO Community of Practice for RACGP members

Join RACGP's weekly AOD case discussion forum on Thursdays, 7.30-8.30pm AEDT (and 7.30pm-8.30pm AEST from 7 April 2022 onward).

To access:

<https://www.racgp.org.au/education/professional-development/courses/aod/what-is-project-echo>

Victorian Opioid Management ECHO

Join the Victorian Opioid ECHO series and engage in case discussion on all matters regarding the treatment of patients with opioid use <https://echo.pabn.org.au/>

Online Modules available via *gplearning*:

- Addressing doctor's health in general practice (2 points)
- Alcohol in pregnancy (2 points)
- Anti-depressant prescribing in general practice (40 points)
- Benzodiazepine prescribing in general practice (2 points)
- Borderline personality disorder: diagnosis and management in general practice (2 points)
- Chronic pain: an integrative approach (2 points)
- Communication skills in general practice (40 points)
- Effective pain management in general practice (40 points)
- Family abuse and violence: become a trauma-informed practice, including self-care (2 points)
- Family abuse and violence: the role of general practice (2 points)
- Identification of suicide risk in general practice (40 points)
- Intimate partner violence (40 points)
- Managing grief and the GPs role (2 points)
- Managing insomnia in general practice (2 points)
- Supporting Behavioural Change for patients at higher risk of AOD use (from early 2022)
- Trauma informed care for patients at higher risk of AOD use (from early 2022)

Visit myCPD.racgp.org.au to view a range of AOD education available for members

To access *gplearning*:

- Log in to the [RACGP website](#)
- Click on My Account (top right hand corner)
- Click on gplearning link.

Insight

Practical tools and resources to support implementation of best-practice and aid discussions with patients and their families about substance use.

Join online workshops or complete online Modules. While Insight's courses are free for GPs practicing in Queensland, they're excellent resources for GPs across the country.

To access:

Workshops

<https://insight.qld.edu.au/training#events>

eLearning

<https://insight.qld.edu.au/training/elearning#events>

Meducate

Free online Modules and digital events for clinicians, doctors and health professionals. New content regularly developed in response to emerging needs of AOD professionals.

<https://www.meducate.com.au/>

Your local Primary Health Network / Local Health District website

Visit your local PHN's website to discover local AOD education on offer in your region.

Your state based Opioid Substitution Therapy training provider

Visit your state-based Opioid Substitution Therapy / MATOD (Medical Assisted Treatment of Opioid Dependence) training provider for more information on prescribing sublingual buprenorphine/naloxone, depot buprenorphine, or methadone. These training providers may run education to support safer opioid prescribing and other harm minimisation strategies in your practice.

Additional AOD Resources

Clinical Guidelines
<ul style="list-style-type: none">• Australian guidelines to reduce health risks from drinking alcohol – National Health and Medical Research Council, Australian Government• Guidelines for the treatment of alcohol problems – Australian Government Department of Health• Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings – Department of Health, Australian Government• National guidelines for medication-assisted treatment of opioid dependence – Department of Health, Australian Government• Prescribing drugs of dependence in general practice – RACGP• Smoking, nutrition, alcohol, physical activity (SNAP) - A population health guide to behavioural risk factors in general practice – RACGP
Medicare Benefits Schedule (MBS)
<ul style="list-style-type: none">• Optimising the MBS for drug and alcohol patients
Stigma, why people use substances
<ul style="list-style-type: none">• Alcohol, Tobacco and Other Drugs in Australia – Australian Institute of Health Welfare (AIHW) Fact Sheet• AOD Acronyms and Slang Dictionary – Dovetail• How stigmatising language affects people in Australia who use tobacco, alcohol and other drugs – RACGP• Language matters – NADA and NUAA• The power of words: A practical guide – Alcohol and Drug Foundation (ADF)
AOD History Taking and Motivational Interviewing
History taking
<ul style="list-style-type: none">• DSM 5 for Substance Use Disorder – RACGP• Talking to Patients About Sensitive Topics – National Institute for Drug Abuse• Talking to Patients About Sensitive Topics - PDF Version – National Institute for Drug Abuse• The 5As – RACGP
Motivational Interviewing
<ul style="list-style-type: none">• Enhancing Motivation for Change in Substance Use Disorder Treatment – Comprehensive guidelines on up to date MI techniques for SUD, Substance Abuse and Mental Health Services Administration (SAMHSA)• FLAGS (Feedback, Listen, Advice, Goals, Strategies) – Australian Government Department of Health• Focus: Agenda Map – SAMHSA• How to have effective conversations with patients about opioids and chronic non-cancer pain – NPS MedicineWise• Motivational interviewing techniques – Australian Family Physician• Motivational interviewing techniques: Facilitating behaviour change in the general practice setting – RACGP• Open, Affirming, Reflective, Summarising – SAMHSA• The Four Processes of MI - Engage, Focus, Evoke, Plan – SAMHSA• The Four Processes of MI - Engage, Focus, Evoke, Plan – Quick reference, Australian Government Department of Health

Higher risk groups

Higher risk groups and specific populations

Aboriginal and Torres Strait Islander People:

- [Aboriginal and Torres Strait Islander people fact sheet](#) – AIHW
- [Australian Indigenous HealthInfoNet Alcohol and other Drugs Knowledge Centre](#) – Australian Government Department of Health
- [Comorbidity Guidelines – Indigenous Australians](#) – Australian Government Department of Health
- [First Nations AOD Toolkit](#) – Insight
- [Strong Spirit Strong Mind](#) – Website for Aboriginal and Torres Strait Islander people – Government of Western Australia
- [Wellmob](#) – Health directory for Aboriginal and Torres Strait Islander people – Australian Government Department of Health
- [Working with the Stolen Generations: Providing effective GP services to Stolen Generation Survivors](#) – the Healing Foundation

People Experiencing Homelessness:

- [Comorbidity Guidelines – Homeless persons](#) – Australian Government Department of Health
- [People experiencing homelessness fact sheet](#) – AIHW

People in Contact with the Criminal Justice System:

- [Comorbidity Guidelines – Coerced clients](#) – Australian Government Department of Health
- [Custodial health in Australia - Tips for providing healthcare to people in prison](#) – RACGP
- [People in contact with the criminal justice system fact sheet](#) – AIHW
- [Prescribing for people in custody](#) – Australian Prescriber
- [Prisoner and ex-prisoner health - Improving access to primary care](#) – RACGP

People Identifying as Lesbian, Gay, Bisexual, Transgender, Queer or Intersex:

- [Comorbidity Guidelines – Gay, lesbian, bisexual, transgendered and intersex individuals](#) – Australian Government Department of Health
- [Harm reduction toolkit for AOD use](#) - Touchbase
- [People identifying as lesbian, gay, bisexual, transgender, intersex or queer fact sheet](#) – AIHW
- [Sexual Health](#) – Touchbase
- [The NSW Users and AIDS Association \(NUAA\)](#)

Rural and remote:

- [Alcohol and other drugs in regional and remote areas](#) – Alcohol and Drug Foundation
- [Alcohol use in rural Australia](#) – National Rural Health Alliance
- [Comorbidity Guidelines – Rural/remote communities](#) – Australian Government Department of Health

Young people:

- [Comorbidity Guidelines – Young people](#) – Australian Government Department of Health
- [Dovetail](#) – Queensland Government
- [Out of Home Care Toolbox](#)
- [Trauma-Informed Practice](#) – NSW health
- [Young Parents AOD Toolbox](#)
- [Youth AOD Toolbox](#)

Older people:

- [Alcohol and other drug use among older Australians](#) – Alcohol and Drug Foundation
- [Comorbidity Guidelines – Older people](#) – Australian Government Department of Health

Culturally and Linguistically Diverse Groups:

- [Comorbidity Guidelines – Culturally and linguistically diverse groups](#) – Australian Government Department of Health

Assessment Resources & AOD Screening Tools

Alcohol

- [AUDIT C](#) – Printable, Insight
- [Guidelines for the treatment of alcohol problems](#) – The University of Sydney
- [Severity of Alcohol Dependence Questionnaire \(SADQ-C\)](#) – Printable, SMART UK

Mental Health screening tools

- [DASS-21](#) – Depression and Anxiety, Black Dog
- [HEEADSS](#) – Engagement and Assessment, Royal Children's Hospital
- [K10 Questionnaire](#) – Depression, Black Dog
- [Youth Health Resource Kit – Section 3.2 Psychosocial Assessment](#) – Comprehensive Resource, NSW Health

Other drugs

- [ASSIST](#) – Printable, full version, WHO
- [ASSIST-Lite tool for assessing recent drug use \(stimulants\)](#) – “Box 2” pg 4, NPS

Urine Drug Screen

- [Urine Drug Testing](#) – RACGP

Brief Interventions

- [Brief interventions for alcohol and other drug use](#) – Australian Prescriber
- [Brief interventions toolkits](#) – AOD – Insight
- [Effectiveness of brief alcohol interventions in primary care populations](#) – Cochrane Article
- [Guidelines for the treatment of alcohol problems](#) – The University of Sydney
- [WHO Brief Interventions Readiness and Confidence Rulers](#) – WHO Brief Interventions Guide

Psychiatric Comorbidities, Specific Disorders, Suicide and Trauma

National Guidelines

[Comorbidity Guidelines](#) – Australian Government Department of Health

- [Anxiety](#)
- [Bipolar Disorder](#)
- [Depression](#)
- [Eating Disorders](#)
- [Obsessive Compulsive Disorder](#)
- [Personality Disorders](#)
- [Post-Traumatic Stress Disorder](#)
- [Psychosis](#)

Suicide

- [Risk Assessment - Suicide](#) – Australian Government Department of Health
- [Risk Assessment- Domestic and Family Violence](#) – Australian Government Department of Health
- [Suicide prevention: Targeting the patient at risk](#) – Australian Family Physician

Trauma

- [Comprehensive Trauma Guidelines](#) – Blue Knot foundation
- [Trauma Informed Care for AOD Practice](#) – Insight Toolkit

Techniques

- [Cognitive Behavioural Techniques](#) – Australian Government Department of Health

Harm Minimisation and Drug Information

- [A Guide to Safer Injecting](#) – Australian Injecting & Illicit Drug Users League
- [Alcohol and drugs](#) – Touchbase. Plain English resource for GPs and patients.
- [A - Z listing of drugs](#) – Your Room. Plain English resource for GPs and patients.
- [Substance Specific Brochures](#) – Harm Reduction Victoria
- The [Australian Drug Foundation](#) (ADF). Particularly:
 - [Drug Facts](#) – Factsheets on 53 licit and illicit substances
 - [Drug Wheel](#) – Helpful approach to drug effect and substance when assessing party drug use

Alcohol

- [Alcohol Harm Reduction Victoria](#)

Cannabis

- [Cannabis Harm Reduction Victoria](#)
- [Harm Reduction Strategies](#) -- Family Drug Support

Methamphetamine

- ['ICE' Harm Reduction Victoria](#)
- [Methamphetamine Treatment Guidelines – Harm reduction tips for clients](#) – Turning Point

Opioids

- [Heroin Harm Reduction Victoria](#)
- [Opioid Overdose Response Plan – naloxone nasal spray \(Nyxoid®\)](#) – Penington Institute
- [Opioid Overdose Response Plan – naloxone pre-filled syringe \(Prenoxyd®\)](#) – Penington Institute
- [Opioids Harm Reduction Victoria](#)
- [Talking to patients about naloxone](#) – Penington Institute

Party Drugs

- [Planning to Party](#) – Touchbase (LGBTQI Information & support service)
- [Safer Partying 1](#) – Harm Reduction Victoria
- [Safer Partying 2](#) – Harm Reduction Victoria

Boundaries and self-care

Boundary Setting

- [Clinical Tips: Transference and Countertransference](#) – headspace
- [Treatment Guidelines for Personality Disorders](#) – Comprehensive guideline on personality disorders and boundary setting. Project Air & NSW Health

Self-care

- [Burnout Questionnaire](#) – British Medical Association
- [Comorbidity Guidelines – Worker Self-care](#) – Australian Government Department of Health
- [Self-Care and Mental Health Resources for General Practitioners](#) – RACGP

Resources to share with patients

Brief Interventions

- [Brief interventions toolkits](#) – Insight

Cannabis

- [Cannabis information and Support](#) – *This is a defunded site so the 'shop' is not accessible, still many good resources, Prof Jan Copeland, prev NCPIC*
- [GP Fact Sheet with patient handouts](#) – Prof Jan Copeland, prev NCPIC

Chronic Pain

- [Brainman Videos](#) – Hunter Integrated Pain Service
- [Understanding Pain printable Resources](#) – Hunter Integrated Pain Service

Harm reduction

- [Australian Drug Foundation](#)
- [Harm reduction for families](#) -- Family Drug Support
- [Touchbase](#)
- [YourRoom](#)

Mental Health Disorders

- [Patient handouts for a range of mental health disorders](#) – CCI

Relaxation

- [Progressive muscle relaxation](#) – CCI

Sleep

- [Sleep Fact Sheet](#) – headspace
- [Sleep hygiene](#) – Centre for Clinical Interventions (CCI)

Safe Prescribing and contracts and practice policies

Patient Contracts and Practice Policy Templates

- [Benzodiazepine Withdrawal: recommended patient agreement](#) – SA Health & DASSA
- [Crisis Care Plan Template for Personality Disorder](#) – Project Air & NSW Health
- [Practice policy – Drugs of dependence therapy agreement](#) – RACGP
- [Practice policy – Requests for repeat scripts for drugs of dependence](#) – RACGP
- [Treatment Contract for the use of a Schedule 8 medicine](#) – WA Department of Health

Prescribing

- [Dealing with drug-seeking behaviour](#) – Australian Prescriber
- [Drugs of dependence: Responding to requests fact sheet](#) – RACGP

Withdrawal and Treatment by Substance

All substances

- [Withdrawal Management Resources](#) – Insight

Alcohol

- [Guidelines for the treatment of alcohol problems](#) – The University of Sydney
- [Home detox – supporting patients to overcome alcohol addiction](#) – Australian Prescriber
- [Long-term drug treatment of patients with alcohol dependence](#) – Australian Prescriber
- [Smoking, nutrition, alcohol, physical activity \(SNAP\) - A population health guide to behavioural risk factors in general practice](#) – RACGP

Benzodiazepines

- [Managing benzodiazepine dependence in primary care](#) – NPS
- [Prescribing drugs of dependence in general practice](#) – RACGP
- [The Benzodiazepine Toolkit](#) – Reconnexion

Cannabis

- [Cannabis withdrawal management](#) – Insight
- [GP Fact Sheet](#) – Prof Jan Copeland, prev NCPIC

Methamphetamines

- [Amphetamine withdrawal management](#) – Insight
- [Methamphetamine Treatment Guidelines – Methamphetamine withdrawal symptoms](#) – Turning Point

Opioids

- [Starting a conversation about opioid tapering with patients](#) – NPS
- [Prescribing drugs of dependence in general practice](#) – RACGP

Opioid Substitution therapy (Buprenorphine/Naloxone and Methadone)

- [Connect & Learn: Long Acting Injectable Buprenorphine in the treatment of Opioid Use Disorder](#) – Turning Point
- [Introduction to depot buprenorphine in the treatment of opioid dependent patients](#) – RACGP Webinar
- [National guidelines for medication-assisted treatment of opioid dependence](#) – Department of Health

State and territory MATOD websites:

- [Australian Capital Territory](#)
- [New South Wales](#)
- [Northern Territory](#)
- [Queensland](#)
- [South Australia](#)
- [Tasmania](#)
- [Victoria](#)
- [Western Australia](#)