

<b>GP Name</b>	Dr Joseph Practitioner	<b>Mentor Name</b>	Dr Anne Experienced
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### AOD SKILL / COMPETENCY 1

To develop a clinical and resource framework to better assist family members of people who use drugs.

Learning Activity	Time spent on activity	When/Where activity completed	Evidence of completion? Y/N
Reviewed information from existing websites and summarise key points.	2.0 hrs	2 October 2020 (online)	N
Developed a patient information resource for family members that I can use during consultations.	1.0 hrs	3 October 2020	Y - attached
<b>Subtotal</b>	<b>3.0</b>	<b>Hours</b>	
<b>Reflection on how these activities supported your skills development. What did you take-away, how will you change your practice? What will you share with others?</b>			
This was really helpful. I now have a resource in one spot that I can easily draw upon when seeing these family members. I've since been asked to speak on this topic at the local school parent night as a guest speaker – I am a bit nervous, but my mentor says to 'go for it' so I'll give it a try.			

### AOD SKILL/ COMPETENCY 2

Gain further competency in motivational interviewing counselling.

Learning Activity	Time spent on activity	When/Where activity completed	Evidence of completion? Y/N
Read articles / website about motivational interviewing (MI) which focus on GPs.	2.0 hrs	24 October 2020	N
Completed online MI Module – <a href="https://learning.bmj.com/learning/module-intro/motivational-interviewing.html?moduleId=10051582">https://learning.bmj.com/learning/module-intro/motivational-interviewing.html?moduleId=10051582</a>	1.0 hrs	27 October 2020 (online)	Y – Screenshot of certificate of completion.
Reinforced what I've learned by sharing some "MI basics" with a medical student who is doing their clinical placement in our practice.	1.0 hrs	12 November 2020	Y – Student feedback attached.
Follow-up MI role-play session with the medical student	1.0 hrs	17 November 2020	Y – attached
Met with mentor to 'role play' some complex cases for practice	2.0 hrs	12 November via zoom	N
<b>Subtotal</b>	<b>7.0</b>	<b>Hours</b>	
<b>Reflection on how these activities supported your skills development. What did you take-away, how will you change your practice? What will you share with others?</b>			
The module and articles reinforced what I already knew. Having to explain MI to a medical student required me to really reflect on what I do that works well, on how I've improved over the years, and what I still stumble on. I requested a role-play with my mentor for a few patient cases that are more complex which was useful practice. The student loved the MI tutorial so much we arranged an extra hour of follow-up practice.			

**AOD SKILL / COMPETENCY 3**

To gain competency with working with young people who use AOD, especially those using multiple substances (polydrug use).

Learning Activity	Time spent on activity	When/Where activity completed	Evidence of completion? Y/N
Clinical placement – ½ day session at local treatment provider	3.0 hrs	2 February 2021	Y – attached
Mentor discussion on my experience on clinical placement	1.0 hours	4 February 2021 via zoom	N
Completed RACP Module on Young People and Addiction	6.0 hrs	10 February 2021	Y – attached
Met with mentor to discuss strategy on applying techniques from RACP module & clinical placement in a GP setting.	2.0 hrs	27 February 2021	N
<b>Subtotal</b>	<b>12.0</b>	<b>Hours</b>	
<b>Reflection on how these activities supported your skills development. What did you take-away, how will you change your practice? What will you share with others?</b>			
In hindsight I should have completed the module before the placement. Regardless, the placement was eye-opening. I attended their lunch meeting on homelessness (even though it wasn't that relevant to me) it was good to expand my network of AOD clinicians. The module was good as a reinforcement activity, but overall I found talking everything through with my mentor was the most helpful. I got some really practice advice to work with.			

**AOD SKILL / COMPETENCY 4**

Not applicable

Learning Activity	Time spent on activity	When/Where activity completed	Evidence of completion? Y/N
<b>Subtotal</b>		<b>Hours</b>	
<b>Reflection on how these activities supported your skills development. What did you take-away, how will you change your practice? What will you share with others?</b>			

<b>ACTIVITY LOGBOOK TOTAL</b>	<b>22</b>	<b>Hours</b>
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