

GP Name	Dr Yan Practitioner	Mentor Name	Dr Chris Experienced
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AOD SKILL / COMPETENCY 1

Better understand how common AOD and mental health comorbidities occur in my practice, especially with veteran patients

Learning Activity	Time spent on activity	When/Where activity completed	Evidence of completion? Y/N
Conduct a software audit	1.0 hrs	15 November 2020	N
Viewed webinar – https://youtube/Jt7SMGF6a0	1.0 hrs	20 November 2020	N
Subtotal	2.0	Hours	

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?*

I was surprised at how simple a software audit was to do. I found out that alcohol use in my veteran population was often in the “high risk” category, and almost university for those with a formal anxiety diagnosis.

AOD SKILL/ COMPETENCY 2

Gain competency in conducting community-based alcohol withdrawal.

Learning Activity	Time spent on activity	When/Where activity completed	Evidence of completion? Y/N
View webinar on home-based alcohol detox and produce a one-page summary/ flowchart	1.5 hrs	30 November 2020 (earlier than planned)	Y – attached
Clinical placement with local AOD service’s home-based withdrawal nurse.	5.0 hrs	3 February 2021	Y – letter from service attached
Mentor discussion discussing options to embed at-home detox support in my practice, including telehealth options.	2.0 hrs	27 February 2021	N
Subtotal	8.5	Hours	

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?*

The placement was brilliant – quite an eye-opener around the settings in which patients decide to do an at-home detox. A thorough social assessment is really important – I will prioritise this in future. The webinar was easy to watch and the one-pager I’ve produced has already been helpful during consults. My mentor helped me to reflect and explore what is possible and what is unreasonable to attempt in general practice. Patient selection is fairly important.

AOD SKILL / COMPETENCY 3			
Gain competency in conducting community-based benzodiazepine withdrawal.			
Learning Activity	Time spent on activity	When/Where activity completed	Evidence of completion? Y/N
Read clinical practice guidelines for benzo withdrawal and produce a clinical flowchart.	45mins	2 January 2021	N
Produce a clinical flowchart on benzo withdrawal	45mins	2 January 2021	Y – attached
Subtotal	1.5	Hours	
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?			
I found after reading the toolkit that benzos aren't actually that complex. The resources gave me some practical tips and I'm more confident to wean and manage at-home withdrawal. I didn't end up using the Insight QLD resource as it seemed to cover the same content.			

AOD SKILL / COMPETENCY 4			
Gain competency in tailoring AOD treatment to dual diagnosis patients, especially veterans			
Learning Activity	Time spent on activity	When/Where activity completed	Evidence of completion? Y/N
Complete online dual diagnosis training https://www.aasw.asn.au/events/event/online-dual-diagnosis-training-alcohol-other-drugs-concurrent-mental-health-issues-12-hours	12.0 hrs	09 March 2021	Y – attached
Mentor meeting – reflect on first half of the online course	1 hr	7 February 2021	N
Mentor meeting – burn-out prevention and boundaries setting	1.5 hrs	7 March 2021	N
Subtotal	14.5	Hours	
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?			
Wow. This was a lot of work. I'm glad I delayed starting this until February when I was in the right frame of mind. Although concepts weren't new, it was a good opportunity to step back and look at patients holistically. I ended up using my mentor a lot to unpack the role of GPs as part of a wider team of professionals supporting the patient. This discussion was so useful that I requested a meeting to specifically look at how I can support a few patients who I find are hard work. These patients like coming to me to talk about their problems rather than engage with their other treatment services but I don't have the time to help them properly.			

ACTIVITY LOGBOOK TOTAL	26.5	Hours
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