

Developing your Personalised Learning Plan (PLP)

Developing your 20-hour AOD Personalised Learning Plan is part of the application process for Advanced Skills Training Intake 3 and is **due 21 March 2022 at 11.59pm AEST**.

- The Advanced Skills Intake 3 Learning Management System (Survey Monkey Apply – SMA) will take you through the process of building your PLP, step by step.
- The PLP outlines your learning priorities and indicates to the RACGP the activity you intend to undertake.
- Things will change over time. It's ok if you undertake something different during your program completion phase. Developing your PLP is a process of self-reflection and idea exploration.

Ask your mentor for advice before you apply to the program

To apply to Advanced Skills Training you need to appoint a mentor.

Networking and professional supervision has shown to improve learning, job satisfaction and avoid burnout. Providing opportunities for personal and professional support, patient case discussion, and problem-solving strategies.

In your initial contact with your mentor, you must:

- share with them your potential learning needs/priorities; and
- ask for recommended reading materials, other resources or education options.

Your mentor may also be able to assist with arranging a placement in your local AOD service if this is what interests you.

What will my PLP look like?

The core requirements of your PLP are as follows:

- Your plan must have at least 2 learning priorities (you'll choose these from a drop-down menu)
- For each learning priority you'll develop a performance indicator (you'll build your indicator using a drop-down menu and writing your own options)
- Your PLP must outline a mix of professional development activity
- Your PLP must include 3-4 hours of discussion with your mentor
- Your PLP must outline a minimum of 20 hours of activity.

Advanced Skills Training finishes on 13 June 2022 11:59pm AEST, so only include activities that are feasible for you to complete by this timeline.

Building your PLP in your Application in 3 steps

Step 1

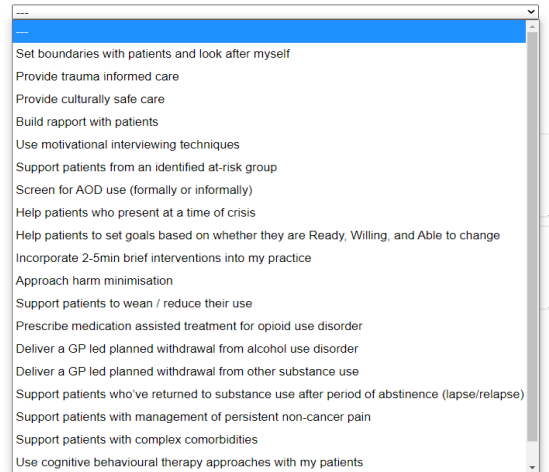
Select your Learning Priorities

Use the drop-down menu to select your learning priorities based on the challenges you face in your area.

This may include the higher-risk groups you treat, local treatment service access and waiting lists, challenges local GPs face in delivering high quality AOD treatment and the care your patients have experienced in the past.

LEARNING PRIORITY 1

I would like to improve how I



- Set boundaries with patients and look after myself
- Provide trauma informed care
- Provide culturally safe care
- Build rapport with patients
- Use motivational interviewing techniques
- Support patients from an identified at-risk group
- Screen for AOD use (formally or informally)
- Help patients who present at a time of crisis
- Help patients to set goals based on whether they are Ready, Willing, and Able to change
- Incorporate 2-5min brief interventions into my practice
- Approach harm minimisation
- Support patients to wean / reduce their use
- Prescribe medication assisted treatment for opioid use disorder
- Deliver a GP led planned withdrawal from alcohol use disorder
- Deliver a GP led planned withdrawal from other substance use
- Support patients who've returned to substance use after period of abstinence (lapse/relapse)
- Support patients with management of persistent non-cancer pain
- Support patients with complex comorbidities
- Use cognitive behavioural therapy approaches with my patients

Step 2

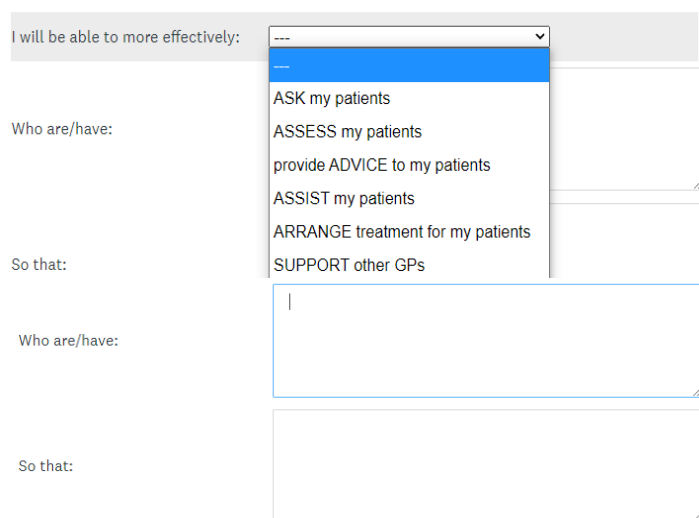
Develop a Performance indicator for each Learning Priority

Develop your Performance Indicator by:

- Selecting **WHAT** you want to do more effectively from the Drop-down menu (based on the 5As approach)
- **DEFINING** your patient population in the text box provided, e.g., the patient's readiness for change, particular substances they use, common patient comorbidities or identified patient cohort.
- **DEFINING** the desired outcome for your identified patient group in the text box provided

Performance Indicator

Please build a performance indicator from the options below.



I will be able to more effectively: ---

Who are/have:

So that:

Who are/have:

So that:

Your final Performance Indicator might look like this:

- *ASK my patients who are young people to build rapport and take a more complete social history*
- *ASSIST my patients who have opioid use disorder to wean/reduce their opioid dosage*
- *Provide ADVICE to my patients who are using methamphetamines recreationally to minimise harm*
- *ARRANGE clinically and culturally safe treatment for my patients who are Aboriginal or Torres Strait Islanders*
- *SUPPORT other GPs who are in my practice to deliver whole-person care to patients experiencing chronic pain.*

Step 3

Develop a list of learning activities

Develop a list of activities that you can undertake to meet your identified learning priorities. You'll be asked to assign hours to the tasks you intend to complete, then provide details of what these might be. Here's a list of possible activities:

- Hours of online modules / courses
- Hours to view webinars
- Hours of reviewing clinical guidelines
- Hours of Professional reading
- Hours of case reflection and review (including mentor discussions)
- Hours of clinical placement / on site learning
- Other activity

Your plan must:

- Outline a mix of professional development activity
- Include 3-4 hours of discussion with your mentor
- Outline a minimum of 20 hours of activity that covers all your identified learning priorities.

You're not restricted to only including RACGP education in your plan. Your PHN / Local Health District / Local AOD service provider may have developed education specifically for your region.

Select the activities you'll undertake to achieve this learning priority:

- Online modules/courses
- Webinars
- Professional reading (includes Clinical guidelines)
- Case reflection and review (preparing and discussing with mentor)
- Clinical placement/ on site learning
- Other activity

Online modules/courses

Hours

List module/courses here:

Case reflection and review (preparing and discussing with mentor)

Hours

Other activity

Describe activity:

Repeat steps 2 and 3 for learning priority 2

If you need to add a third or fourth learning priority select "yes" when prompted.



When yes is selected, a drop-down menu will appear, and you'll repeat actions steps 2 and 3 for your additional learning priorities.

You'll only be able to complete your application when your PLP contains more than 20 hours of activity.

The RACGP has developed a list of **potential education resources** you can include in your PLP, download a copy [here](#).