



# Today's webinar will begin shortly



After six years of diabetes  
check-ups, you notice that  
*pigmentation on her cheek.*

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General practice – everything  
you've trained for **and more**



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14–15 May 2022, Hobart

The fourth RACGP Practice Owners National Conference is coming to Hobart and will feature an exciting two-day program full of education, professional development and networking opportunities.

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**2020**

**22**

# GPBT



# General Practice Business Toolkit

Helping you look after the business side of general practice

Establish, manage and enhance your practice using our new General Practice Business Toolkit.

Build a sustainable business with six easy-to-navigate modules and a brand new set of interactive tools.

- Use the billing calculator to learn how to achieve your financial goals.
- Design your ideal practice layout.
- Set your vision and values and focus on what's important to you as a practice owner.

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**We will begin in  
45 seconds**

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GP Education Program

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and other drug use



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Supporting effective and culturally  
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[www.racgp.org.au/cultural-safety](http://www.racgp.org.au/cultural-safety)

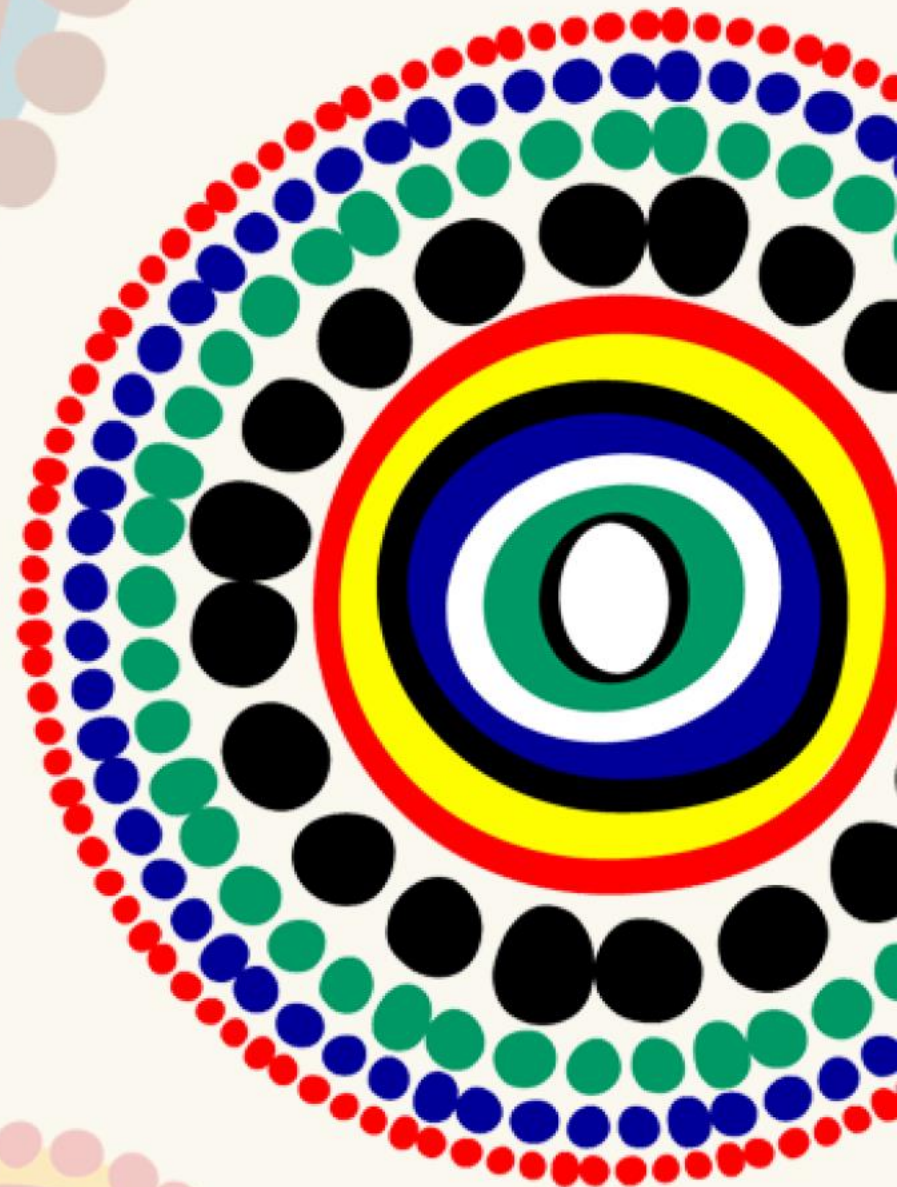


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**We will begin in  
15 seconds**



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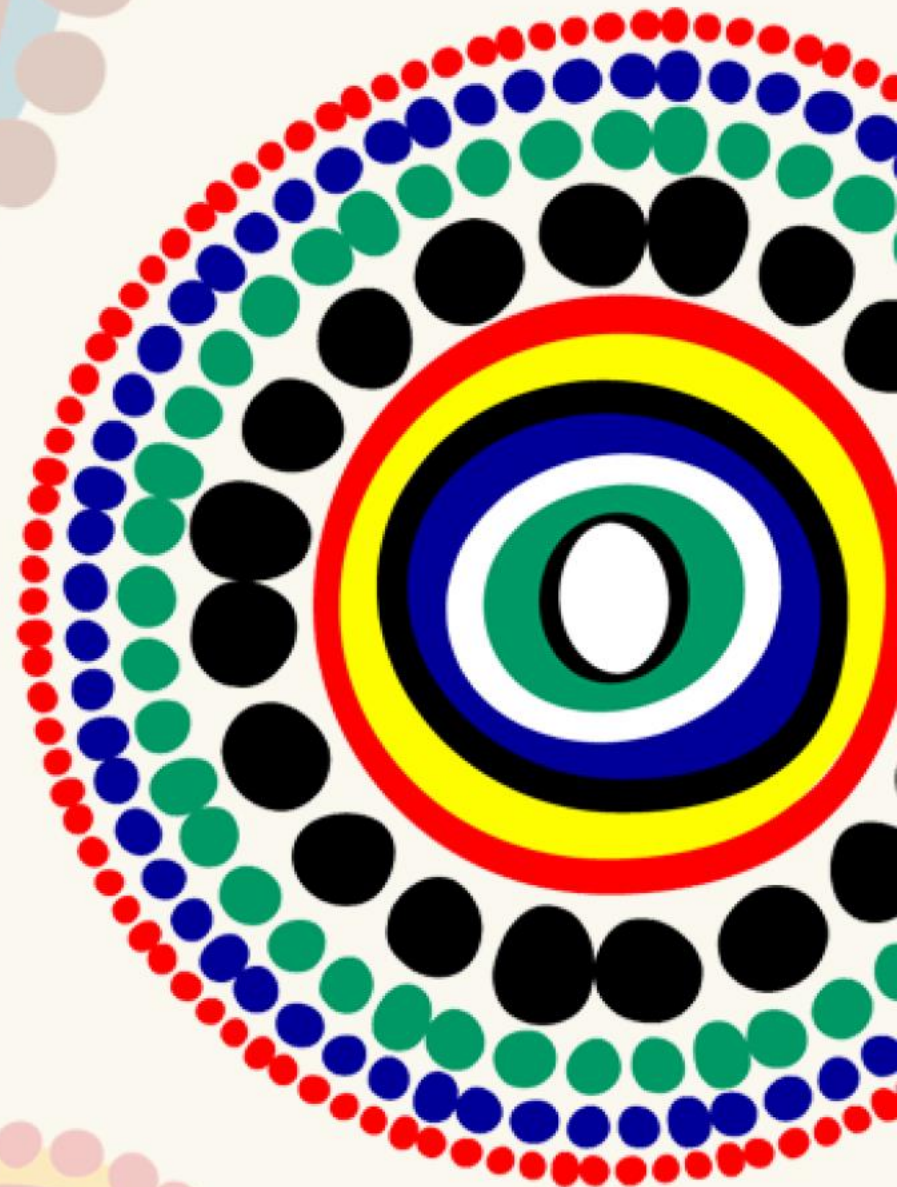


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# Welcome to today's webinar





**Webinar series:**  
**Mental bites**

Essential topics on  
psychological medicine for GPs

# *Preventing Adverse Childhood Experiences (ACEs)*

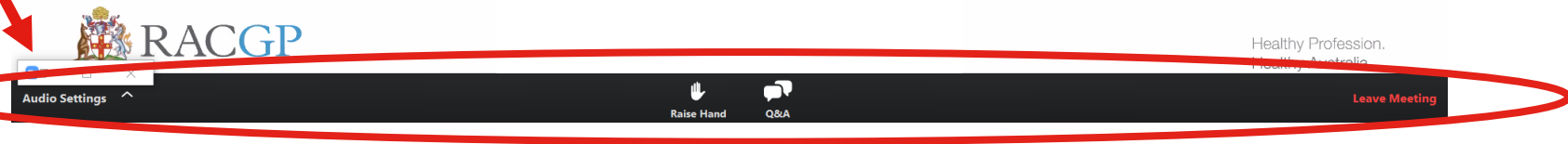
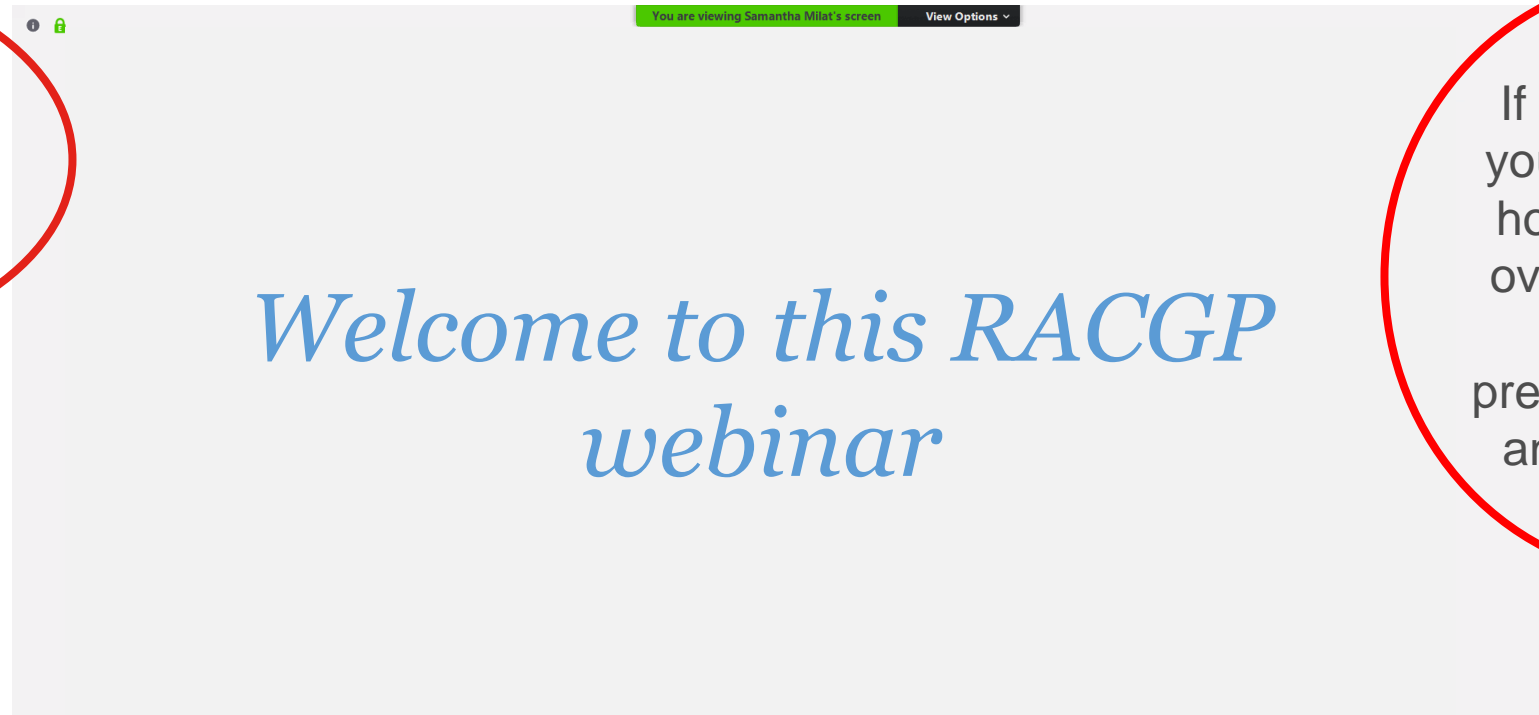
**Dr Michaela Boulderstone, GP**



# *Where is my control panel?*

Your control panel will appear as a bar at the bottom of the presentation screen

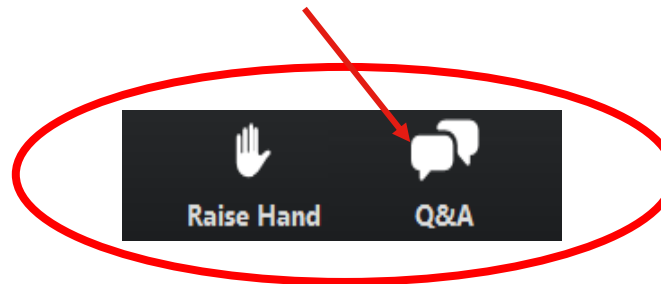
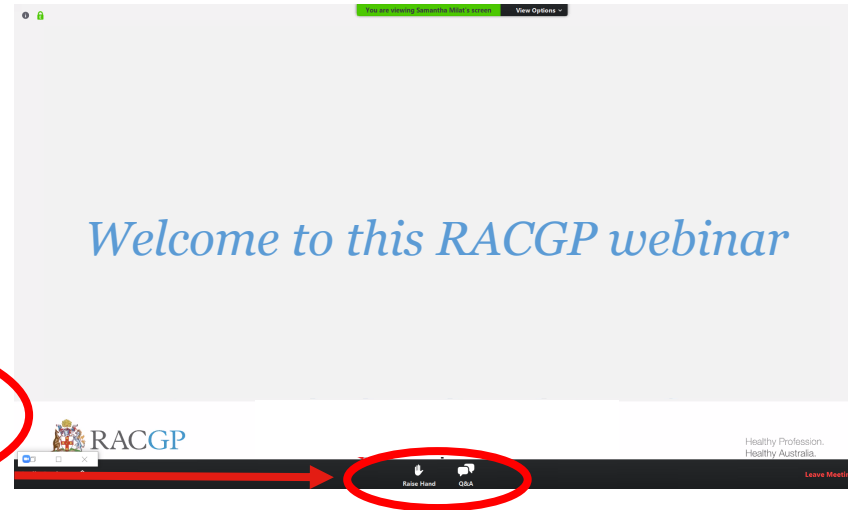
If you cannot see your control panel, hover your cursor over the bottom of the shared presentation screen and it will appear



# *Listen only mode*

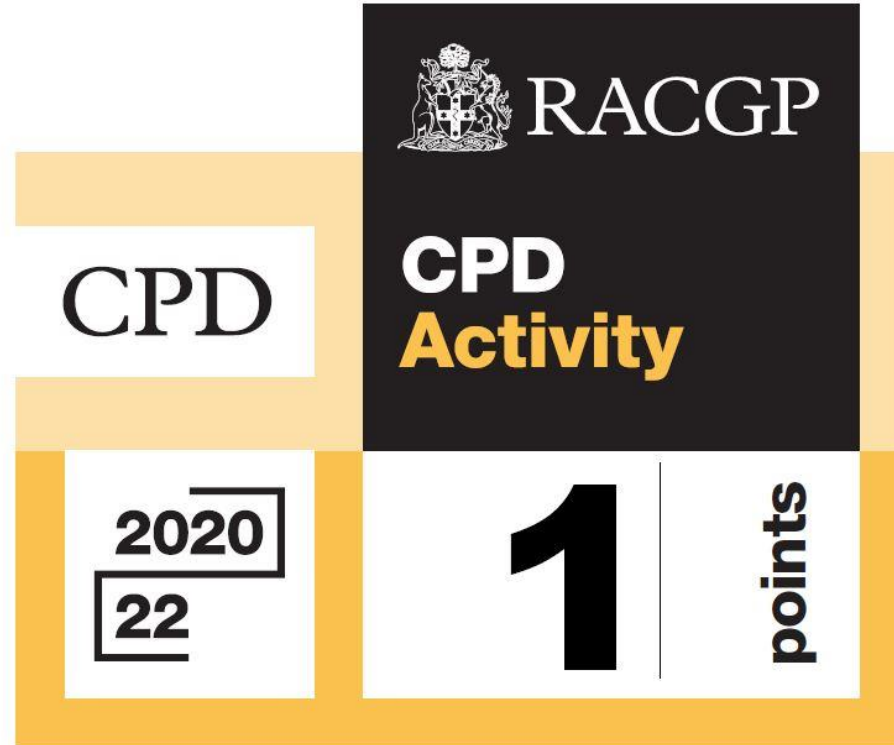
You have been placed on “mute” to optimise the learning experience for you and your peers

Use the question box function to talk to us.

A screenshot of a "Question and Answer" window. At the top, it says "Question and Answer" with a minus, maximize, and close button. Below this are two tabs: "All questions (1)" and "My questions (1)". The main area shows a message from "You" at "12:06 PM" saying "Hello". At the bottom, there is a text input field with the placeholder "Type your question here...". Below the input field is a checkbox labeled "Send anonymously". To the right of the checkbox are two buttons: "Cancel" and "Send".



# CPD



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# *GP host and facilitator*



Chair,  
RACGP Psychological Medicine  
Specific Interest group



# *Acknowledgment of country*

I would like to acknowledge the traditional owners of the lands from where each of us is joining this webinar today.

I wish to pay my respects to their Elders past, present and emerging.

# *Presenter*



Dr Michaela Baulderstone  
BMBS, DCH, FRACGP



# *Learning outcomes*

- To identify micro skills available to **engage** with children, adolescents and parents/carers around mental health:
  - Engagement
  - Safe therapeutic alliances & communication
- Apply techniques to form **safe and effective therapeutic communication** with children, adolescents and parents/carers.

# *Adverse Childhood Experiences (ACE's)*

- The Adverse Childhood Experiences (ACE) Study (Felitti et al, 1998)
  - Result of abuse, neglect, household adversities (parental substance use, family and domestic violence )
  - 52.1% at least one
  - 25% at least 2
  - $\geq$  four ACE's 4- to 12-fold increased health risks for alcoholism, drug abuse, depression, and suicide attempt
- 40% at least 1 ACE in one USA study (Barnes et al, 2019)
- Watch this space: The Australian Child Maltreatment Study (ACMS) (Mathews et al. 2021)

# Self Care

- Experience of ACE's personally or in a loved one.
- Compassion fatigue
- Vulnerability to vicarious trauma

**“ACEs are Adverse Childhood Experiences. Our ACE history counts experiences of abuse, neglect and household challenges that happened to us as children. But that number does not define us. It is simply an entry point to our own personal story. Where it leads is up to you.”**

<https://numberstory.org/>



# *Positive childhood experiences*

- **“Counter-ACEs”**
  - achievements, positive interpersonal relationships with others, and caretaker competencies (Crandall et al , 2019)
- **“Positive Childhood Experiences” (Bethell et al, 2019)**

“how often or how much as a child they:

  - (1) felt able to talk to their family about feelings;
  - (2) felt their family stood by them during difficult times;
  - (3) enjoyed participating in community traditions;
  - (4) felt a sense of belonging in high school (not including those who did not attend school or were home schooled);
  - (5) felt supported by friends;
  - (6) had at least 2 nonparent adults who took genuine interest in them; and
  - (7) felt safe and protected by an adult in their home

# *Positive Childhood experiences (PCEs)*

Positive childhood experiences show dose-response associations\* with:

**adult depression and/or poor mental health:**

- 72% lower if 6-7 PCEs vs 2 PCEs

**adult-reported social and emotional support:**

- 3.53 times more likely to report “always”  
if 6-7 PCEs vs 2 PCEs

**(Bethell et al, 2019)**

\* Wisconsin Behavioral Risk Factor Survey

# *GP's “Do” ACEs prevention & PCEs promotion*

## **GP's :**

- Support patients who are parents with mental illness, domestic violence experiences or drug and alcohol problems
- Encourage and support positive experiences at school and/or community events
- Are a non-parent adult who takes genuine interest in the child's (and parent's) well-being
- Provide unconditional positive regard for patients and their families



# *GP Toolbox*



Case:

“When 5yo Johnny hits his little brother, I use time out. I know when it happens, he is frustrated because his Lego didn’t work the way he wanted it to. Anyway, I have to carry him there screaming and I lock him in his bedroom to do time out otherwise he comes straight out”

# GP Toolbox



## **“Unsustainable” patterns of behaviour**

Consider a “Universal Precautions” approach to ACE’s

- Be mindful at least 40% of the parents you see will have had at least one ACE and be vulnerable to passing on learned unhelpful behaviour patterns
- In Johnny’s case, thoughts turn to possible similar childhood experiences of physicality, as a means to behaviour control, for this parent.
- Talk about “Unsustainable” (rather than “right or wrong”) parenting strategies – In Johnny’s case, this patterning is not going to work on a testosterone fuelled 14 year old!

# GP Toolbox

## The Feedback Hamburger:



“I can see you are working hard to do this\* time-out technique.

To my mind, this approach is not a sustainable option for you and Johnny

Would you like to explore some other ways that may work better for you and Johnny?”

### Notes:

- talk about the technique, not the parent
- Language matters: Using the word “this” opens door to “other” without saying “You are doing it wrong”)



# GP Toolbox

## Exploration:

**Be curious about the parent's ACE experience:**



If the parent **IS** your regular patient, exploring their ACE history may be appropriate at a later date.

If the parent is **NOT** your regular patient, respectful enquiry on environmental stressors for the family is a good start:

- Ages and Stages (ASQ) Environmental Screening Questionnaire

<https://agesandstages.com/about-asq/>

- ✓ Discrete parent-led information gathering about family stressors such as parental mental illness or drug and alcohol use.
- ✓ GP friendly – designed to take home and bring back next visit!

# Environmental screening

## Environmental Screening Questionnaire

RESEARCH EDITION



### C. Child and Family Health

1. Do you or does anyone in your home have major health problems? (Major means the problem is chronic and affects everyday life.)
2. Do you and your family members have health insurance or access to regular medical and dental care?
3. Does anyone in your home have alcohol or drug problems?
4. Does anyone in your home have problems with depression, anger, or anxiety?
5. Do you have a child with a learning or behavior problem?

If you checked CONCERN, what kind of help do you need?

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# Q&A

Please type any questions you have in the Q&A box



Healthy Profession.  
Healthy Australia.