



AFP in Practice questions are designed to get you started in a small group learning (SGL) activity in your practice or with colleagues. Requirements to earn 40 Category 1 CPD points for a SGL activity are: minimum of four and a maximum of 10 people, minimum of 8 hours of discussion in a year, and at least two GPs. Groups may include anyone else who has an interest (ie. practice nurses, community health workers, allied health professionals). A kit with all the instructions and forms you need is available at www.racgp.org.au/afpinpractice.

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Learning objectives



After completion of this activity participants will be able to:

- identify elements of successful communication
- apply information from an echocardiogram to a clinical presentation and describe the management of distressing symptoms of end stage heart failure
- describe local access for an investigation and multidisciplinary care related to end stage heart failure
- analyse why research in one area may not have translated into real world benefits
- develop a practice based systems approach to manage a patient with acute pulmonary oedema.

- Suggested learning activities:

Find out about the local options for echocardiograms, including an idea of cost, waiting times and accessibility

Investigate the local heart failure clinic options and cardiac rehabilitation options, and what stage of heart failure patients they accept

Investigate the availability of local palliative care services and when to refer to patients for end stage heart failure.

Domain 4

Professional and ethical role

ICPC code: A99

The article by Stewart raises the point that the benefits in research orientated trials in the area of chronic heart failure have not been shown to be translated into the 'real world'.

- Suggested learning activity: discuss among the group whether you believe multidisciplinary care is better than usual care. Why might the benefits have not been shown to translate to patients in your clinic? Can you change anything in your clinic to improve outcomes for patients and their care?

Domain 5

Organisational and legal dimensions

ICPC code: K77

The article 'Acute pulmonary oedema: management in general practice' by Baird makes the point about the importance of preparation for emergencies and planning.

- Suggested learning activity: review how prepared your practice is for a patient with acute heart failure. Think about the last time you had a patient with acute heart failure. Was there anything that could be improved? Consider how long the patient may be in the practice. Are you able to access what you would need? Is there anything you want to change in the practice?

Category 1 – SGL questions

Domain 1

Communication skills and the patient-doctor relationship

ICPC code: K77

Communication with more than the patient can be important in general practice. The article 'End stage heart failure patients: palliative care in general practice' by Davidson et al in this issue of *Australian Family Physician* discusses involving the patient and their family; while the article 'Heart failure management: a team based approach' by Stewart may prompt consideration of communication issues within the team.

- Suggested learning activities:

Role play a consultation where you discuss with a patient (and their family) that they have end stage heart failure. At the end, the patient and family can discuss how it felt from their perspective and the group can discuss ways to approach the issue

As a group discuss how you communicate with other members of healthcare teams. What works? What has not worked? What changes could you make?

Domain 2

Applied professional knowledge and skills

ICPC code: K77

As raised in the article 'Echocardiography in heart failure' by Prior and Coller; and in the article 'Chronic heart failure: improving life with modern therapies' by Sindone and Naoum, an echocardiogram is an important test in the diagnosis of heart failure and can be helpful when a change in clinical picture is noted. It may be part of the information used for decision making about when a palliative approach is most appropriate.

- Suggested learning activities:

Obtain an echocardiogram report from a patient. Go through the report and discuss the elements and what it means for the treating clinician

Decide on the most common symptoms that patients with end stage heart failure find distressing. Then as a group discuss how you manage them, and if uncertain, search for the answer.

Domain 3

Population health and the context of general practice

ICPC codes: A99–43, A99–66, A99–67

Access to investigations and multidisciplinary teams to assist in care can differ between localities.