



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. You can also earn Category 2 points based on these questions at AFP practice challenge. Visit www.gplearning.com.au

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Learning objectives



After completion of this activity participants will be able to:

- recognise different strategies in aiding smoking cessation
- calculate a risk for a specific investigation or patient
- use information about chronic disease programs relevant locally in clinical practice
- identify professional and ethical issues raised in a clinical scenario
- specify the strengths and weaknesses and relevance to their clinical practice of an information source.

Category 1 – SGL questions

Domain 1

Communication skills and the patient-doctor relationship

ICPC codes: R95, A98–46

The article by Walters in this issue of *Australian Family Physician (AFP)* on COPD discusses the importance of smoking cessation.

• Suggested learning activities:

Discuss your approach to a 45 year old, pack a day smoker, with regards to smoking cessation. Role play in the group different approaches and different patient responses. Then discuss as a group what worked, what didn't work, and why.

The article by Walters suggests that every time a smoker with COPD sees a health care provider there should be a 3 minute period of counselling urging them to quit. Discuss as a group how you feel about this as both a health care professional or if you were the patient.

Domain 2

Applied professional knowledge and skills

ICPC codes: A26–41

Risk assessment is an integral part of clinical practice – something that we often are not aware that we are doing. At times we may stop and make a more formal risk assessment. In this issue of *AFP*, Simpson mentions the risk of some investigations.

- Suggested learning activity: each consider a patient who has had some radiological

investigations recently. Estimate (or guess!) their increased malignancy risk attributable to iatrogenic radiation. Look in their file to work out all the procedures with radiation they have had (remember to include things such as angiograms and fluoroscopy). Then calculate the total radiation dose and risk. You may find information at www.imagingpathways.health.wa.gov.au/includes/general/ir.html or www.xrayrisk.com/helpful. Then discuss as a group what you found. How did it compare to what you expected? Could you have underestimated? (Eg. What might a dentist, and other doctors and health professionals ordered? What might be in the older files?) How might you integrate this information into your decision making?

Domain 3

Population health and the context of general practice

ICPC code: R95

Community services and groups can be a useful part of chronic disease management. Pulmonary rehabilitation is noted to be helpful in COPD and also in interstitial lung diseases (see the article by Ward and McDonald in this issue of *AFP*).

• Suggested learning activities:

Locate the local options for pulmonary rehabilitation. How do patients access them? What is their format? Would they be suitable for patients who are working? What follow up do they provide? How do they interact with the patient's GP?

- The Stanford Chronic Disease Self Management

program is currently being evaluated for use in COPD. Find out what the elements of the program are. What conditions has it shown to be helpful in? How similar or dissimilar to your practice's population has it been trialled in? Is it available locally?

Domain 4

Professional and ethical role

ICPC codes: R95, R99

The range of issues professionally and ethically can be challenging in chronic respiratory disease.

• Suggested learning activities:

Discuss as a group what information you would want to provide (as the GP) to a patient who you have just diagnosed with sarcoidosis. Then see if you can find a patient information leaflet that meets those requirements.

A patient has mentioned that he is going to Auckland tomorrow to see family for the first time in a decade as he got a cheap fare on a low cost carrier. He has come in today to get prescriptions for his puffers as they ran out a while ago. You know he has moderate COPD, but has only attended intermittently and the lung function test request is still on his refrigerator despite prompting. Having just read the article by Seccombe and Peters in this month's *AFP* you are somewhat concerned. Discuss what the professional and ethical issues are. What would you do?

Domain 5

Organisational and legal dimensions

ICPC code: R99

You decide that you need to somehow organise your information retrieval. You decide to have a look at the website on drug induced lung diseases mentioned in the article on interstitial lung diseases at www.pneumotox.com/.

- Suggested learning activity: look at the website. What are the features that you find helpful? What are the things you think it could do better? Would you bookmark it? Why? Why not?