



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:

- identify issues in communicating difficult concepts from the patient's perspective
- analyse a suggestion from an article in the context of their practice or beliefs
- describe an element of information management in practice
- devise a system to identify information on safety and interactions of complementary medicines
- find patient information on irritable bowel syndrome.

Category 1 – SGL questions

Domain 1 – Communication skills and the patient-doctor relationship

ICPC codes: D94, D99, A26

Some topics are inherently more difficult to communicate about. In medicine, these can include concepts of risk or when there are pre-existing beliefs that may not be medically correct. An example from the theme articles in this month's *Australian Family Physician* include the differences between food allergy and intolerance, and what testing may tell you (see the article by Bolin). Another example is the article on inflammatory bowel disorder by Morrison et al, which reminds us that there is a 2–3 times increased malignancy risk associated with being treated with immunomodulators.

- Suggested learning activity: role play in pairs a consultation dealing with one of these issues. Then as a larger group discuss what worked in communicating the information and what was unhelpful. Discuss how the 'patients' felt in the consultation. What did they want? What did they find confusing?

Domain 2 – Applied professional knowledge and skills

ICPC codes: D93, D94, D99

Sometimes reading an article can provoke thought or reaction. Perhaps you disagree with a statement or you approach an issue in a different way. It may be that something you read in this issue of *AFP* provoked such a reaction.

- Suggested learning activities:

Debate the approach to diagnosis of irritable bowel syndrome (IBS) outlined in the article by Bolin. Are your triggers for testing the same? What, if any, place does coeliac disease screening having in patients suspected of having IBS?

The article on IBD has a table with some overlooked issues in IBD patient care. Discuss as a group. Do you think these issues are overlooked? Are they the role of the GP? Whose role are they?

Domain 3 – Population health and the context of general practice

ICPC code: T82

General practice involves information management, for example in identification, sharing with patients, and the use of information in practice. The information management function is used regularly, but is not always obvious.

- Suggested learning activities:

The article by Brown et al about laparoscopic adjustable gastric banding makes the point that the general practitioner should be involved and that there may be changes required to medications that they are well placed to manage. This raises the issue of how patients in your practice who have had the procedure can be identified. Discuss how to identify such patients in your practice. Are there any systems for reviewing any medications for blood pressure, diabetes or cholesterol that may change over time? Are there any elements of the process that could be improved? If so, how?

Reading and understanding food labels is an integral element of being able to avoid food triggers for IBS or other food intolerances. Each person find a food or drink item in your surroundings. Read the label and discuss what each item contains. Does it surprise you? What would you never have thought it might contain? Discuss how a community could be helped to understand food labels?

Domain 4 – Professional and ethical role

ICPC codes: A99–50

Many patients take complementary medicines or supplements. Some of these have the potential to interact with medications that we prescribe. The article by Pirotta discusses integrative approaches to IBS and their side effects and potential interactions, for example, peppermint oil.

- Suggested learning activity: take a complementary medicine or supplement that you know a patient takes and locate information about its side effects and interactions. Then share as a group what you have found, and more importantly, how and where you found the information.

Domain 5 – Organisational and legal dimensions

ICPC code: D93

Irritable bowel syndrome is a clinical entity where written information can be particularly valuable for a patient.

- Suggested learning activity: each person locate patient information on diet and IBS. Then as a group, compare these resources.