



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.racgp.org.au/practicechallenge.

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Learning objectives

After completion of this activity participants will be able to:

- apply an understanding of a common combined oral contraceptive pill (COCP) issue to a patient to allow the patient to use the COCP effectively
- identify suitable contraceptive options in a range of clinical scenarios
- devise a method for your practice to be 'diversity friendly' or to identify patients who should be offered screening for chlamydia
- find useful patient information handouts on a range of sexual health issues
- construct a model to record information in your patient records that is feasible, clinically useful and sensitive to patients' needs.

Category 1 – SGL questions

Domain 1 – Communication skills and the patient-doctor relationship

ICPC code: W11

The article by Allen in this issue of *Australian Family Physician* mentions the '7 day rule' and also that some COCPs have had a change in their packaging.

- Suggested learning activities:

In pairs explain the '7 day rule' to a patient. You may want to use the teach back method, where the doctor explains the rule, then asks the patient to teach back to the doctor the rule, with the doctor correcting any mistakes.

Consider the new packaging of some COCPs. Then in pairs, explain to a patient how to start taking the pill, including when they covered for contraception.

Domain 2 – Applied professional knowledge and skills

ICPC code: W11

The article by Allen also reminds us of the range of potential contraception alternatives. One part of the role of the general practitioner is to assess which of these may be appropriate alternatives for the individual patient sitting in your consulting room.

- Suggested learning activity: each come up with a patient scenario. One example might be a 46 year old mother of two, with no medical problems, in a new relationship, who takes St John's wort and does not smoke. Then as a group, discuss what the range of feasible contraceptive options are for each scenario. If you are not sure, where can you find more information?

Domain 3 – Population health and the context of general practice

ICPC codes: X92, Y74, Z10

The population health aspects of general practice rely on many things to be effective. These include identifying certain groups who may benefit from a preventive health intervention and then inviting those individuals to have that intervention.

- Suggested learning activities:

The editorial by the Bourke and Schmidt in this issue of *AFP* mentions the rise in chlamydia rates. Who should be tested? How should they be tested? What happens in your practice currently? How could it be improved? Is that practical?

Articles in this issue of *AFP* by Bissessor and Chen, and McNair both illustrate the need for understanding and knowledge of the sexual behaviour of the patient in order to provide appropriate screening and care. This can in part be facilitated by the practice being 'diversity friendly'. Audit your practice for an element of diversity (eg. sexual, cultural). What is the practice doing well? What could be improved? Devise a plan to make improvements happen in your practice.

Domain 4 – Professional and ethical role

ICPC codes: W11, Y70, X92

Handouts and patient information websites can be a useful adjunct to a consultation.

- Suggested learning activity: locate useful sources of written patient information on a range of contraception options, bacterial vaginosis and sexual health issues. Share them with the group.

Domain 5 – Organisational and legal dimensions

ICPC code: Z10

This issue of *AFP* includes articles that raise the practical issues of how to record, access and act on potentially sensitive patient information. One example would be the article by Bissessor and Chen, suggesting that sexually active men who have sex with men should be offered serological screening for syphilis, up to every 3 months if they have 10 or more sexual partners. The article by McNair also discusses sensitive sexual history taking.

- Suggested learning activity: discuss how you, and your practice, record sexual orientation and how you can use your records to assess who should be offered screening tests. Can you think of any other options? Then discuss what you would consider to be an ideal model. If you were a patient, what would you think of the proposed model?