



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:

- identify variables in communicating uncertainty
- describe management options for hyperhidrosis
- distinguish between 'normal' and 'abnormal' for a range of conditions
- discuss critically issues in work related compensation decisions or systems
- suggest answers to some practical questions asked by patients.

Category 1 – SGL questions

Domain 1 – Communication skills and the patient-doctor relationship

ICPC code: L17

Plantar fasciitis is a common presenting condition in general practice, and is discussed in the article by Baquie et al in this issue of *Australian Family Physician*. Plantar fasciitis has a range of management options, and at times, the diagnosis may not be as clear as you would like.

* Suggested learning activity: role play in pairs a discussion you might have when you have assessed a patient with foot pain, who works as a waiter, and that you think probably has plantar fasciitis. Then role play the part of the consultation dealing with a discussion on diagnosis and management. As a larger group, discuss how you described the diagnosis and what management options you mentioned. What were the similarities? What were the differences? What worked? What did not work? Did all the patients receive the same message? Is that important?

Domain 2 – Applied professional knowledge and skills

ICPC codes: S29, S92, S99

The article by Scarff on plantopalmar hyperhidrosis discusses that it is primarily a clinical diagnosis, but if there are atypical features, further investigation may be required.

* Suggested learning activities:

If there are atypical features, discuss what would be an appropriate plan of management.

If the patient also had axillary hyperhidrosis, discuss what your management options would be. Would any be more appropriate? Would any be less appropriate?

Domain 3 – Population health and the context of general practice

ICPC codes: N29, L17, L16

The concept of 'normal' is raised in this month's theme articles. For example, Baquie et al consider foot pain in the context of normal

development of the foot, and Sirisena and Williams mention the physiological tremor.

* Suggested learning activity: discuss in what areas you find it hard to work out what is 'normal' from 'abnormal'. Are there common features to these areas? Discuss how you each work through these judgments and decisions.

Domain 4 – Professional and ethical role

ICPC code: L11

One of the roles of a doctor is make decisions about whether they believe a medical condition is work related. These judgments may be assisted by articles such as that by Conolly and McKessar on carpal tunnel syndrome. Other professional judgments doctors are often required to make relate to issues such as sickness certificates and government forms.

* Suggested learning activities:

Consider another condition where you may need to make a judgment about causation for work compensation purposes. You may have a particular condition that you struggle with, or you may like to select a condition such as soft tissue injury, back pain or neck pain. Discuss as a group how you would decide if an injury is work related. What factors do you consider? Can you find any guidance about what to consider? If not, have a look for guidelines.

Discuss the worker's compensation system in your state. What are your experiences with it? When has it worked well for the patient and/or the provider? When has it been less than optimal? Discuss with the group strategies and resources that you have found helpful.

Domain 5 – Organisational and legal dimensions

ICPC code: A99

A GP is often expected to 'just know'... from parking availability at the specialist's rooms to what can be claimed on private health extras or via tax, to the place that stocks that particular aid... these are some questions that have come up in my clinical practice recently. Some of the questions are reasonable, some are optimistic, and some you have found out the answer and now know!

* Suggested learning activity: discuss as a group some of the things 'you know' that are useful. It might be: where you can access a cam walker for a patient, what aids and appliances can help a patient with tremor and where to find them, or where a home ionophoresis kit can be located and how much it costs. Ask the question you wish you knew the answer to, and perhaps someone else knows the answer!