



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 the principles of assessment of stage of change and motivational interviewing to lifestyle factors in a general practice consultation
- explain the concepts and calculate energy balance for a patient
- prepare a plan to systematically address a lifestyle factor at either a practice or community level
- discuss critically factors that influence consultations regarding lifestyle change
- produce patient resources on lifestyle change to be used in the consultation.

Category 1 – SGL questions

Domain 1 – Communication skills and the patient-doctor relationship

ICPC codes: D03, A86

Pam Fernandes presents with heartburn. As part of your assessment you establish that she has some lifestyle factors that could be contributing to the problem. These include alcohol consumption at above recommended levels. The consultation tasks may include obtaining an accurate history of intake, feeding back the facts about the risks of current alcohol intake, assessing stage of readiness to change, and motivational interviewing.

* Suggested learning activities: role play of the consultation (perhaps a 'fishbowl' where one person remains playing the patient and the others share the role of the doctor). Discussion identifying the key challenges at each stage of the consultation.

Domain 2 – Applied professional knowledge and skills

ICPC codes: T83, T07, T08

Greg Jennings, 42 years of age, is currently overweight with a body mass index (BMI) of 29. He has heard about the concept of energy 'volume' and energy balance and wants help with understanding the concepts.

* Suggested learning activities: calculating the energy balance for Greg; explaining to Greg the concepts relevant to him, including specific examples.

Domain 3 – Population health and the context of general practice

ICPC codes: A98, Z04, Z10, Z29

Lifestyle change can be assisted at community, practice or individual level. Each level requires a different approach, but awareness is an essential initial step.

* Suggested learning activities: focusing at the community level – discuss and identify current issues in your local community that are impacting on lifestyle issues. Select one issue and brainstorm potential improvements or solutions or select one issue and plan how it could progress. Focusing at the practice level – select a risk factor (eg. smoking, alcohol consumption, physical inactivity) and design an audit to assess the current situation based on your medical records. There will probably be at least three groups identified (eg. for smoking status: smoking, not smoking, not recorded). Then discuss practical options in your practice to act on these findings.

Domain 4 – Professional and ethical role

ICPC code: A98; process code –45

Lifestyle change is complicated and at times health professionals can feel frustrated or ineffectual in assisting patients to change. At other times you may feel you have made a difference. Reflecting on 'good' and 'bad' experiences with assisting patients with lifestyle change can provide insight into future consultations and strategies for both the health professional and the patient.

* Suggested learning activity: discuss as a group these issues.

Domain 5 – Organisational and legal dimensions

ICPC code: A98; process code –45

Time is a constant tension in general practice. However, there is a wealth of resources, both paper and electronic, to assist with lifestyle change. Although locating them at a critical moment can be a challenge. Systems can be set up in practices to assist in providing resources in consultations in a time efficient manner. Colleagues may have different resources that you can utilise.

* Suggested learning activities: create a package of relevant handouts for patients. Create an online system to provide easy access to relevant resources.