

Clinical workshops

There will be four clinical workshops held in week 3 of the rotation, each of which is aligned to a key research theme in the Department of General Practice.

Pre-reading for each session is compulsory. Some sessions have additional resources that we highly recommend that you read, but it is not compulsory to do so prior to the workshop. You will find it a lot easier to work through the clinical cases and answer the multiple choice quiz in each session if you are familiar with the pre-reading and resources provided. In some components of the workshops you will work together in teams. It will be fairer to your colleagues if you are prepared for the session. To participate in the quizzes and source additional resources during the workshops you will be required to bring a laptop, tablet or smartphone with internet connectivity.

Some of the workshops require you to bring additional equipment. We recommend that you wear appropriate clothing to the sessions as you will be practicing physical examinations with your colleagues.

Primary care cancer tutorial

Intended learning outcomes

By the end of this session, students should be able to:

- identify current government funded cancer screening programs and understand how these apply to individual patients
- discuss current evidence based guidelines for prostate cancer screening with patients
- sensitively communicate a cancer diagnosis to a patient
- be aware of available referral pathways for patients with newly diagnosed cancer and consider how these may be impacted by rurality, socioeconomic status and gender
- develop safety netting strategies to ensure patients with serious symptoms or diagnoses receive appropriate follow up
- explore the psychosocial impact of a cancer diagnosis on the patient and their family and identify the role of the general practitioner in assisting to address any issues identified.

Pre-reading or other pre-workshop activity

RACGP Red Book, Chapter 9: Early detection of cancers. Available at

<http://www.racgp.org.au/your-practice/guidelines/redbook/9-early-detection-of-cancers/>

Principles of Clinical Practice Clinical Examinations Guide: The basic gastrointestinal examination

National Breast Cancer Centre and National Cancer Control Initiative: Clinical practice guidelines for the psychosocial care of adults with cancer. Available at <http://tinyurl.com/je7df9e>

Cancer Council Australia, Optimal care pathway for women with ovarian cancer, page 1-2 Available at:

<http://tinyurl.com/gtcpvmk>

Robbins Basic Pathology, 9th edition, Carcinoma of the prostate, p665-667. Available on MDConnect.

Other learning resources

NHMRC Guidelines: PSA testing in asymptomatic men: Information for health practitioners (2014) Available at

https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/men4d_psa_testing_asymptomatic_men_140304.pdf

Prostate Cancer Foundation of Australia and Cancer Council Australia (2016) PSA testing and early management of test-detected prostate cancer, Summary of clinical recommendations. Available at:

<http://tinyurl.com/gt5jt9g>

Bird. S (2011) How to complete a death certificate: A guide for GPs. AFP 40(6): 446-449 Available at

<http://www.racgp.org.au/download/documents/AFP/2011/June/201106bird.pdf>

Diabetes and cardiometabolic conditions tutorial

Intended learning outcomes

By the end of this session, students should be able to:

- identify and know how to access primary care-focussed, evidence based guidelines for assessment and management of type 2 diabetes and cardiovascular risk
- develop individualised management plans for people who have been diagnosed with type 2 diabetes or who are at risk of developing this condition
- be able to explain and demonstrate the use of injectable devices for diabetes management to a patient
- compare and contrast classes of glucose lowering agents and select appropriate agents for individual patients with type 2 diabetes
- competently carry out a diabetes complications screening examination

Pre-reading or other pre-workshop activity

RACGP and Diabetes Australia guidelines for the management of type 2 diabetes in general practice.

Available at: <http://www.racgp.org.au/your-practice/guidelines/diabetes/>

Chapter 3: Screening, risk assessment, case finding and diagnosis

Chapter 4: Preventing type 2 diabetes

Chapter 8: Managing glycaemia

Chapter 9: Managing cardiovascular risk

Australian absolute cardiovascular risk (ACVDR) calculator

www.cvdcheck.org.au and <https://www.heartfoundation.org.au/for-professionals/clinical-information/absolute-risk>

MD Year 2, Ambulatory care rotation: Diabetes tutorial and physical examination

Sharman et al (2016) How to measure home blood pressure: Recommendations for healthcare professional and patients 45(1):31-34. Available at:

<http://www.racgp.org.au/afp/2016/januaryfebruary/how-to-measure-home-blood-pressure-recommendations-for-healthcare-professionals-and-patients/>

Other learning resources

National Heart Foundation of Australia (2016) Guideline for the diagnosis and management of hypertension in adults – 2016. Melbourne: National Heart Foundation of Australia. Available at:

https://heartfoundation.org.au/images/uploads/publications/PRO-167_Hypertension-guideline-2016_WEB.pdf

Summary of guidelines available on page 1.

Equipment to bring to the tutorial

- Tendon hammer
- Monofilament

Mental health tutorial (incorporating back pain)

Intended learning outcomes

By the end of this session, students should be able to:

- perform a focused history and examination on a patient presenting with acute lower back pain, identifying red and yellow flags.
- understand the role of imaging for non-specific low back pain.
- understand and apply the diagnostic criteria for depression.
- perform a suicide risk assessment and be familiar with referral pathways for the suicidal patient.
- be familiar with the main treatment modalities for depression, namely lifestyle modification, psychotherapy and antidepressant medication.
- counsel a patient starting SSRI medication for depression.

Pre-reading or other pre-workshop activity

Samanta, J et al (2003) Primary care 10 minute consultation: Chronic low back pain. BMJ 326:535 available at <http://www.bmj.com/content/326/7388/535>

NPS MedicineWise Back Pain Choices Available at

<http://www.nps.org.au/conditions/nervous-system-problems/pain/for-individuals/pain-conditions/low-back-pain/back-pain-acute-low/back-pain-choices> (Select Assessment and treatment option)

NPS (2012) Depression: challenges in primary care <http://tinyurl.com/jp4sbw4>

Balaratnasingham, S. (2011) Mental health risk assessment: A guide for GPs. AFP 40(6):366-369. Available at <http://www.racgp.org.au/download/documents/AFP/2011/June/201106balaratnasingham.pdf>

Elliott, C. (2000) Perused by Happiness and Beaten Senseless: Prozac and the American Dream. Hastings Center Report 30(2):7-12. Available at <http://www.tc.umn.edu/~ellio023/documents/Pursued.pdf>

Young people and sexual health tutorial

Intended learning outcomes

By the end of this session, students should be able to:

- recognise a sick child using evidence based guidance to perform a clinical assessment and measurement of age-related vital signs.
- assess, diagnose and develop appropriate management plans for otitis media, constipation and eczema in children
- know when to offer opportunistic sexual health screening to patients and how to manage the consequences of positive sexual health tests, including treatment, notification and partner tracing.
- demonstrate a youth friendly approach to explore and address mental health issues and health risks in adolescents.
- provide appropriate contraceptive options to patients and have an understanding of the legal framework protecting minors in clinical practice.

Pre-reading or other pre-workshop activity

Sexual Health:

Melbourne sexual health centre (MSHC) health professional guidelines

<http://mshc.org.au/HealthProfessional/MSHCTreatmentGuidelines/tabid/116/Default.aspx>

- Screening and treatment guidelines for common sexually transmitted infections
- Contact tracing
- Notification of STI's
- Emergency contraception (under fact sheets)
- Sexual health for men who have sex with men (under fact sheets)

Cervical cancer screening guidelines: www.racgp.org.au/your-practice/guidelines/redbook/early-detection-of-cancers/cervical-cancer/

Children's health:

6 week baby check: - www.racgp.org.au/afp/2012/may/the-6-week-check/

Assessment of a sick child: www.racgp.org.au/download/documents/AFP/2010/May/201005corrales.pdf

Other learning resources

Sexual Health:

Information on Termination of pregnancy - www.fpv.org.au/for-you/abortion

Contraceptive options - www.racgp.org.au/afp/2012/october/contraception/

Age of consent laws: Available at <https://aifs.gov.au/cfca/publications/age-consent-laws>

Children's health:

Childhood immunisations - www2.health.vic.gov.au/public-health/immunisation/immunisation-schedule-vaccine-eligibility-criteria/immunisation-schedule-victoria

Management of common childhood conditions:

- Constipation - www.rch.org.au/clinicalguide/guideline_index/constipation_guideline/
- Otitis media - www.mja.com.au/journal/2009/191/9/primary-care-management-otitis-media-among-australian-children
- Eczema. www.rch.org.au/rchcpg/hospital_clinical_guideline_index/Eczema_management/

Adolescent health:

Adolescent Health GP Resource Kit. Available at:

<http://www.health.nsw.gov.au/kidsfamilies/youth/Pages/GP-resource-kit.aspx>

This is a useful resource in general practice. It is recommended that you read Section 2, chapters 1 to 6 and Section 3. There is also a useful chapter on mental health and substance use.

COPYRIGHT STATEMENT

All rights reserved: these materials are copyright. Apart from any use permitted under the Copyright Act, no part may be reproduced or copied in any form or by any means without prior permission of The University of Melbourne. For permission, contact the University Copyright Office <http://www.unimelb.edu.au/copyright/>

The University of Melbourne believes that all information, both written and oral, given in the course of or in connection with its activities of Problem Based and Case Supported Learning (whether by the University of Melbourne itself or its employees or agents) is accurate and reliable.

The University of Melbourne is bound by and committed to supporting the principles contained in the Information Privacy Act 2000 and the Health Records Act 2001 in its treatment of personal and health information. All information has been identified in relation to personal, health and sensitive information and all relevant consents have been obtained to protect the privacy of individuals.

The University of Melbourne reserves the right to make improvements and/or changes in the format and/or content of these materials.

Links to web sites have been provided which, at the time of publishing these materials, were correct. However the University of Melbourne takes no responsibility for the accuracy of those sites. Users consult other links at their own risk.