

Youth Friendly General Practice: Advanced Skills in Youth Health Care

Reinforcing activity

Participant name:

QI&CPD number:

To successfully complete the ALM, participants must undertake an activity to reflect on and reinforce the application of learning back into their practice. Participants can choose ONE of the two following reinforcing activities. To receive CPD points, written answers must be returned to the course coordinator within **four weeks** of completion of the learning module.

[INSERT COORDINATOR CONTACT INFORMATION FOR RETURN OF REINFORCING ACTIVITY]

Reinforcing activity Option 1 (choose only one option):

Use Motivational Interviewing techniques in a consultation with a young person you are already seeing or with a new patient. (Make sure that patient information is de-identified).

What change(s) have you implemented in your practice systems (e.g. administration or environment) or your consultation approach with individual young people?



What has been your experience of making this change and what have the effects of the change been?



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Reinforcing Activity Option 2:

Following the 'Youth Friendly Practice Review' (conducted either as your predisposing activity and/or in Unit 3 of this ALM), identify and implement at least 1 change in one of the practice areas identified in the review or 1 change in your own consultation approach with young people in order to make your practice more youth friendly and culturally sensitive.

What Motivational Interviewing techniques did you use? (e.g. identifying their goals for change; assessing importance and confidence for changing the chosen behaviour; conducting a decision balance analysis; etc.)



What was useful about using the Motivational Interviewing approach with the young person? Is there anything you would do differently?



Please return this form to your training coordinator within four weeks of completion of the learning module to gain CPD points.