

# Youth Friendly General Practice: Essential Skills in Youth Health Care

## Predisposing activity

**Participant name:**

**QI&CPD number:**

Dear Training Participant

Welcome to the *Youth Friendly General Practice: Essential Skills in Youth Health Care*. Please complete this predisposing activity, which aims to introduce you to some of the key topics covered in the course, and return it to the course coordinator. You can email, fax or post the completed activity.

[INSERT CONTACT DETAILS FOR RETURN OF PREDISPOSING ACTIVITY]

You must complete and send this activity before you attend the training session.

You can choose ONE of the following two options:

### Option 1: Conducting a psychosocial assessment

Read the following extract from the *Adolescent Health GP Resource Kit 2nd edition*:

Section two - chapter two, Conducting a Psychosocial Assessment, pp. 39-45.

[http://www.caah.chw.edu.au/resources/gpkit/04\\_Section\\_2\\_chap\\_2\\_psychosocial\\_assesment.pdf](http://www.caah.chw.edu.au/resources/gpkit/04_Section_2_chap_2_psychosocial_assesment.pdf)

#### Answer the following questions:

*Think of an interaction that you have had with an adolescent patient within your practice. How did you assess the psychosocial health and risk status of this patient?*




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*How could you make psychosocial screening, using the HEEDSSS framework, a routine part of your practice with young patients?*




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**Option 2: Key adolescent health problems**

Read the following extract from the *Adolescent Health GP Resource Kit 2nd edition*.

Section one - Key Adolescent Health Problems and Socio Cultural Factors Affecting Young People's Health pp. 12-16.  
[http://www.caah.chw.edu.au/resources/gpkit/02\\_Section\\_1.pdf](http://www.caah.chw.edu.au/resources/gpkit/02_Section_1.pdf)

**Answer the following questions:**

*How do these figures compare with the health problems of young people seen in your practice?*



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*Think about an adolescent patient you have seen who had a mental health problem. What changes could be made in your practice to make it easier for that young person to access your practice? Do you think that there are any specific issues for young people of culturally and linguistically diverse (CALD) background accessing your practice?*



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