

# Youth Friendly General Practice: Essential 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):

Conduct a HEEADSSS psychosocial assessment with one adolescent client (Make sure that patient information is de-identified).

*What domains of the HEEADSSS assessment did you explore with the patient??*




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*How did the patient respond to the questions you asked in these areas?*




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*What risk and protective factors and behaviours did you identify? How would you rate this young person's overall level of risk?*




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*What feedback did you give the young person?*




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*What was useful about conducting this assessment with the young person? Is there anything you would do differently?*




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**Reinforcing Activity Option 2:**

In light of the topics and skills covered in the Module, identify and implement at least one change in your practice systems and one change in your consultation approach (e.g. communication skills; seeing young person alone; explaining confidentiality) in order to make your practice more youth-friendly.

*What change(s) have you implemented in your practice systems?*



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



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*What change(s) have you made in your consultation approach with individual young people?*



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*What has been your experience of making this change and how did it affect the outcomes of your consultation with the young person?*



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