



ACRRM

ACRRM
Fellowship Education Program
Semester B (2023)

Resource list

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Module 1 - Mental Health

Information about Mental Health

The National Study of Mental Health and Wellbeing estimated 43.7 % of Australians had experienced a mental health disorder in their lifetime. In any given year, around 21.4 % of people aged between 16-85 years experience a mental health disorder which is equivalent to 4.2 million people (Australian Bureau of Statistics, [National Study of Mental Health and Wellbeing](#)).

General practitioners, psychiatrists, psychologists, occupational therapists and social workers all provide mental health services in Australia. According to the 2015-16 BEACH Study, 12.4% of GP encounters are mental health related ([Parliament of Australia, 2019](#)).

Anxiety has now overtaken depression as the most common group of disorders, with 16.8 % or 3.3 million people affected in any given year, with 7.5 % or 1.5 million people having an affective (or mood) disorder (Australian Bureau of Statistics, [National Study of Mental Health and Wellbeing](#)). This shift might be partly attributable to the COVID-19 pandemic, with exacerbations of preexisting mental health conditions or vulnerabilities, as well as increased effects of unemployment, financial stress, social distancing and other threats and losses.

Even though Medicare does give us the capacity to refer to psychologists, they may not always be accessible or affordable especially in rural and remote regions. As GPs we are the first point of call for many patients. We play a pivotal role in coordinating their care and ensuring our mental health clients have equitable access to care especially in rural and remote areas. It is important that we are aware of local mental health services as well as eMental Health programs and telehealth mental health services.

Mental health assessment

[Blackdog - My wellbeing plan for managing my mental illness](#)

[Blackdog- Relapse signature: Learning from experience](#)

[GP Mental Health Treatment Plans](#)

[Lifeline Toolkit - Carers of people with mental illness](#)

[Mental Health Carers Australia](#)

[Mental state examination - The Royal Children's Hospital Melbourne](#)

[NSW Health - Mental health for emergency departments: A reference guide](#) (A great summary of mental health assessment and management in emergency departments)

[Practice Guide: Communication between medical and mental health professionals](#)

[RANZCP - Guidelines and resources for practice](#)

[SANE Australia - What support is available for carers?](#)

Aboriginal and Torres Strait Islander resources

[Beyond Blue: Aboriginal and Torres Strait Islander people](#)

[Beyond Blue: Finding our way back: A resource for Aboriginal and Torres Strait Islander Peoples after a suicide attempt](#)

[Headspace: Yarn Safe](#)

[Kimberley Aboriginal Health: Deliberate self harm and suicidal behaviour](#)

[Mental health first aid for Aboriginal and Torres Strait Islander as well as CALD patients](#)

Psychiatric Interviews

[Psychiatric Interviews for Teaching: Anxiety](#)

[Psychiatric Interviews for Teaching: Depression](#)

[Psychiatric Interviews for Teaching: Psychosis](#)

Mood disorders: Depression and bipolar

[Beyond Blue](#)

[Black Dog Institute Psychological Toolkit](#)

Therapeutic Guidelines Psychotropic Handbook

Anxiety

ACRRM Clinical Guidelines - App

[Beyondblue \(support line\) Telephone 1300224636](#)

[Black Dog Institute](#)

[Clinical Research Unit for Anxiety and Depression \(CRUFAD\)](#), St Vincent's Hospital, Sydney has link to '[This Way Up](#)', interactive internet programs for anxiety

[Head to Health](#)

[Headspace](#)

[Reconnexion](#) - Treatment, support and information about benzodiazepine dependency and withdrawal, anxiety, insomnia and depression

OCD

[Beyond Blue - OCD](#)

Johnson, C. & Blair-West, S. (2013). [Obsessive-compulsive disorder: The role of the GP](#). *Australian Family Physician*, 42(9), 606-609.

RANZCP Your Health in Mind - [OCD](#)

SANE Australia – [OCD factsheet and OCD guide](#)

Eating disorders

[Butterfly Foundation](#)

[National Eating Disorders Collaboration](#)

- [Eating disorders : A professional resource for general practitioners](#)
- [Professional development > Health professionals / PHN](#)

[Sane Australia – Eating disorders](#)

Yeo, M. & Hughes, E. (2011). [Eating disorders: Early identification in general practice](#). *Australian Family Physician*, 40(3), 108-111.

Psychosis

Griswold, K., Del Regno, P. & Berger, R. (2015). [Recognition and differential diagnosis of psychosis in primary care](#). *American Family Physician*, 91(12), 856-63.

Lambert, T. (2011). Managing the metabolic adverse effects of antipsychotic drugs in patients with psychosis. *Australian Prescriber*, 34, 97-9.

Life in the fast lane - [Behavioural emergencies](#)

NSW CAAH GP Resource Kit - [Conducting a psychosocial assessment :The HEADSSS assessment](#)

ORYGEN - [The early diagnosis and management of psychosis: A booklet for general practitioners](#)

RANZCP Algorithm - [Pharmacological treatment for first episode non-affective psychosis](#)

Module 2 - Renal health

Information about Renal health

With 1 in 3 Australians at risk of kidney disease, General practitioners play a crucial role in the early detection and management of renal disease. In many instances, if renal disease is detected early and managed appropriately, then the otherwise inevitable deterioration in kidney function can be reduced and may even be reversible ([Kidney Health Australia, 2023](#)).

Acute Post-Streptococcal Glomerulonephritis (APSGN) is an inflammatory disease of the kidney that predominantly affects children and is over-represented in Aboriginal and Torres Strait Islander populations. Indigenous Australians living in the Northern Territory have the highest incidence of APSGN in the world.

[Chronic Kidney Disease Management in General Practice](#) is a national evidence-based guideline published by Kidney Health Australia which equips health professionals with the knowledge and resources to confidently diagnose and manage patients who have chronic kidney disease.

Acute kidney injury

ACRRM Clinical Guidelines - App

Don't Forget the Bubbles - [An approach to incidental proteinuria in the ED](#) and [Nephrotic syndrome](#)

Kidney Health Australia - [Chronic kidney disease management in primary care](#)

Oxford Handbook of Clinical Medicine, 2010, 8th edition, Chapter 7: Renal Medicine, pp 298-300

Perth Children's Hospital - [Haemolytic uraemic syndrome](#)

RANZCR - [Iodinated Contrast Media Guideline V2.3, 2018](#)

Acute PSGN

Kimberley Aboriginal Medical Services Council (2014) - [Skin infections](#)

WA Country Health Service - [APSGN Kimberley Public Health Guidelines, July 2018](#)

Chronic kidney disease

Australian Immunisation Handbook - [Pneumococcal vaccination for adults \$\geq 18\$ years old with medical conditions that increase their risk of invasive pneumococcal disease](#)

Chan, S., Au, K., Francis, R., Mudge, D., Johnson, D. & Pillans, P. (2017). [Phosphate binders in patients with chronic kidney disease](#) *Australian Prescriber*, 40, 9-14.

Faull, R. & Lee, L. (2007). [Prescribing in renal disease](#). *Australian Prescriber*, 30, 17-20.

[Kidney Health Australia](#)

Kidney Health Australia - [Chronic kidney disease \(CKD\) management in primary care \(4th edition, 2020\)](#)

Kidney Health Australia - CKD-Go! app

Kidney Health Australia - [Statistics](#)

Kidney Health Australia - [Fact sheets](#)

Kidney Health Australia - Kidney Helpline free-call 1800 454 363

[KHA-CARI early CKD guidelines](#)

NPS Medicinewise - [Pharmacological therapies in Australia for type 2 diabetes](#)

[RACGP - The Red Book](#)

Roberts, D.M. & Singer, R.F. (2010). [Management of renal bone disease](#). *Australian Prescriber*, 33, 34-7

Roger, S. (2009). [Managing the anaemia of chronic kidney disease](#). *Australian Prescriber*, 32, 129-31.

ThinkGP - [Accredited online education on detecting and managing CKD in primary care](#)

Module 3 - Cardiovascular and respiratory

Information about Cardiovascular and respiratory

Cardiovascular and respiratory health encompasses an enormous number of medical conditions and a large portion of the [ACRRM adult internal medicine curriculum](#).

According to the [AIHW report on cardiovascular disease](#), in 2022, CVD accounted for almost 12% of the total burden of disease (14% males, 10% females), ranking third behind cancer and musculoskeletal conditions.

In addition, the [ABS 2017–18 NHS](#) provides estimates of the self-reported prevalence of chronic respiratory conditions. Chronic respiratory conditions affect almost one-third (31%) of Australians. Of the estimated 7.4 million Australians with these conditions, 4.7 million (19% of the total population) had allergic rhinitis ('hay fever'), 2.7 million (11%) had asthma and 2.0 million (8.4%) had chronic sinusitis.

Chest pain

Emergency Care Institute NSW (2018) - [Pulmonary embolism \(PE\) - Evaluation in the pregnant patient](#)

[PERC rule for pulmonary embolism](#)

Stevens, H., Tran, H. & Gibbs, H. (2019). [Venous thromboembolism: current management](#). *Australian Prescriber*, 42, 123-6.

Tran et al. (2019). [Guideline summary - New guidelines from the Thrombosis and Haemostasis Society of Australia and New Zealand for the diagnosis and management of venous thromboembolism](#) *MJA Online*

[Well's criteria for pulmonary embolism](#)

Chronic cough

BMJ

<https://bestpractice.bmj.com.acs.hcn.com.au/topics/en-gb/69/differentials#diffUncommon>

<https://bestpractice.bmj.com.acs.hcn.com.au/topics/en-gb/1007/history-exam#keyFactors>

BMJ Best Practice Guidelines [Assessment of Chronic Cough Assessment of chronic cough-1.pdf](#)

BMJ Best Practice Guidelines [Bronchiectasis.pdf](#)

Therapeutic Guidelines

https://tgldcdp.tg.org.au.acs.hcn.com.au/viewTopic?topicfile=bronchiectasis&guidelineName=Respiratory#toc_d1e162

Australian Family Physician

Maguire, G. (2012). [Bronchiectasis - A guide for primary care](#). *Australian Family Physician*, 41(11), 842-850.

Thoracic Society of Australia and New Zealand

[Bronchiectasis toolbox](#)

[Clinical practice guideline](#)

[Pulmonary rehabilitation clinical practice guidelines \(In conjunction with Lung Foundation of Australia\)](#)

Medical Journal of Australia

[Management of bronchiectasis in adults](#)

Lung Foundation of Australia

[Bronchiectasis action plan](#)

[Lung Foundation of Australia - Bronchiectasis](#)

[Stepwise management of stable bronchiectasis](#)

Shortness of breath

Life In the Fast Lane – [Pericarditis](#)

[OSCEstop.com - Differential diagnosis of acute shortness of breath](#)

Rahman, A. & Saraswat, A. (2017). [Pericarditis](#). *Australian Family Physician*, 46(11), 810-814.

Stuart, P. & Bament, J. (2017). [ABCs of Emergency Medicine](#) (8th ed.) Hindmarsh, South Australia: LearnEm Partnership.

Therapeutic Guidelines - https://tgldcdp.tg.org.au.acs.hcn.com.au/viewTopic?topicfile=pericarditis&guidelineName=Cardiovascular&topicNavigation=navigateTopic#toc_d1e101

Heart failure

Heart Foundation - [Heart failure](#)

Hopper, I. & Easton, K. (2017). [Chronic heart failure](#). *Australian Prescriber*, 40, 128-36

National Heart Foundation of Australia and Cardiac Society of Australia and New Zealand - [Guidelines for the prevention, detection and management of heart failure in Australia 2018 \(full text journal article\)](#)

National Heart Foundation of Australia and Cardiac Society of Australia and New Zealand - [Guidelines for the prevention, detection and management of heart failure in Australia 2018](#)

Module 4 - Gastroenterology

Information about Gastroenterology

Gastroenterology is an important aspect of adult internal medicine that is focused on diseases affecting the gastrointestinal tract - from the mouth through to the anus.

Five gastroenterology topics:

1. Liver failure

- Including revision on screening and management of Hepatitis B and C and
- review of cirrhosis and hepatocellular carcinoma

2. Pancreatitis

- Both acute and chronic

3. Constipation and its complications

- Primary and secondary causes

4. Diarrhoea

- Acute and chronic

5. Gastro-oesophageal reflux disease (GORD) and **Helicobacter Pylori** infection

Liver failure

Doyle, J., Raggatt, M., Slavin, M. & McLachlan, S. et al. (2019). Hepatitis B management during immunosuppression for haematological and solid organ malignancies: an Australian consensus statement. *Medical Journal of Australia*, 210(10).

[Goal of treatment of chronic hepatitis C - HCV Guidelines](#)

[Hep B Help](#)

[Hepatitis Australia - Steep declines in hep C among people who inject drugs show Australia's treatment for all approach is working](#)

[Hepatitis Australia](#)

[Home - HCV Guidelines \(hepguidelines.org.au\)](#) *Australian Family Physician*, 41(4),212-214

van Driel, M., Lim, D. & Clark, P. (2017). [Hepatitis C in Australia - A role for general practitioners?](#) *Medical Journal of Australia*, 207(2)

Patient resources

[B Positive Hepatitis \(gesa.org.au\)](#)

<https://www.hepatitisaustralia.com/clinical-guidelines>

[Menzies School Of Health Research - Hep B story \(English | Yolngu matha\)](#)

Acute pancreatitis

[BMJ Best Practice - Acute pancreatitis](#)

[MD+Calc - BISAP score for pancreatitis mortality](#)

Nesvaderani, M., Eslick, G. & Cox, M. (2015). [Acute pancreatitis: update on management.](#) *MJA*, 202(8).

Suvarna, R., Pallipady, A., Bhandary, N. & Hanumanthappa. (2011). [The Clinical Prognostic Indicators of Acute Pancreatitis by APACHE II Scoring](#), *Journal of Clinical and Diagnostic Research*. 5(3): 459-463

[UpToDate - Clinical manifestations and diagnosis of acute pancreatitis](#)

[UpToDate - Etiology of acute pancreatitis](#)

[UpToDate - Predicting the Severity of acute pancreatitis](#)

[UpToDate - Management of acute pancreatitis](#)

Chronic pancreatitis

[BMJ Best Practice - Chronic pancreatitis](#)

[NICE - Pancreatic cancer overview](#)

Nikfarjam, M., Wilson, J. & Smith, C. (2017). Diagnosis and management of pancreatic exocrine insufficiency. *MJA*, 207(4)

[UpToDate - Clinical manifestations and diagnosis of chronic pancreatitis in adults](#)

[UpToDate - Etiology and pathogenesis of chronic pancreatitis in adults](#)

[UpToDate - Treatment of chronic pancreatitis](#)

[UpToDate - Overview of the complications of chronic pancreatitis](#)

Constipation

[Continence Foundation of Australia - Bristol stool chart](#)

eTG Complete, Therapeutic Guidelines Limited 2021, Intra-abdominal infections > diverticulitis www.tg.org.au

[Gastroenterological Society of Australia \(GESA\) - Patient information](#)

John Murtagh's General Practice, 7th edition, McGraw-Hill

Selby, W. & Corte, C. (2010). [Managing constipation in adults](#). *Australian Prescriber*, 33(4), 116 - 119.

You, H., Sweeny, A., Cooper, M.L., Von Papen, M. & Innes, J. (2019). [The management of diverticulitis: a review of the guidelines](#). *Medical Journal of Australia*, 211(9)

Diarrhoea

[ASCIA – Cow's milk allergy](#)

Barrett, J. & Gibson, P. (2012). [Fructose and lactose testing](#). *Australian Family Physician*, 41(5), 293-296.

[Gastroenterological Society of Australia \(GESA\)](#)

[Gut Foundation - Diarrhoea in children](#)

[Hydrogen-methane breath test \(SNP\)](#)

Murtagh's General Practice 7th edition

<https://www.msdmanuals.com/professional>

[Patient.info - Toddler's diarrhoea](#)

[RCH - Chronic non-bloody diarrhoea work up](#)

[RCH patient handout – Cow's milk allergy](#)

[Royal Children's Hospital Melbourne \(RCH\)](#)

Therapeutic Guidelines (eTG)

GORD and helicobacter pylori infection

[NPS gastroesophageal reflux disease management module](#)

[NPS MedicineWise - PPI therapy for managing GORD and reflux action plan](#)

Yaxley, J. & Chakravarty, B. (2014). [Helicobacter pylori eradication – an update on the latest therapies](#). *Australian Family Physician*, 43(5), 301-305



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Module 5 - Haematology, oncology and palliative care

Information about Haematology, oncology and palliative care

Sections cover anaemia, haematological malignancies, the adverse effects of cancer treatments and some aspects of palliative care.

Anaemia

[AusDoc \(Sept 2020\) - What needs to be considered in women with heavy menstrual bleeding](#)

[Blood Safe eLearning Australia](#)– Iron deficiency anaemia: ‘essentials’ and ‘heavy menstrual bleeding’ modules

Cullis, J. (2011). [Diagnosis and management of anaemia of chronic disease: current status](#). *British Journal of Haematology*, 154(3).

eTG – Psychotropic – Alcohol and other drug problems

[GESA - Iron deficiency clinical update 2022 APPROVED \(gesa.org.au\)](#)

How To Treat, AusDoc (2020) - Haemoglobinopathies.

[IDA app](#)

[IV iron preparations for treatment of iron deficiency anaemia \(IDA\) in Australia](#)

[IV iron prescribing checklist \(example from SA Health\)](#)

[Jean Hailes webinar - Heavy menstrual bleeding: diagnosis & management](#)

LITFL (2016) – [Haemolytic anaemia](#)

Medicine Today. (2006) - [Investigating normocytic normochromic anaemia in adults](#).

Murtagh, J., Rosenblatt, J., Murtagh, C. & Coleman, J. (2018). *John Murtagh's General Practice, 7th Edition*. Australia: McGraw-Hill.

[RACGP - Genomics in general practice](#)

RCPA Manual - [Haemolysis](#)

[RANZCR I Cancer Australia – Abnormal vaginal bleeding : diagnostic guide](#)

Simpson, Ross & Malmanche. (2017). [Iron deficiency: how to detect it, how to correct it](#). *Medicine Today*, 18(10), 40-50.

Therapeutic Guidelines - Iron deficiency

Zhang & Tattersall. (2019). [Iron deficiency anaemia in adults: an update](#). *Medicine Today*, 20(10), 27-34.

For further information about anaemia in children see:

[KAHPF protocols – Anaemia in children](#)

[RCH Clinical Practice Guidelines - Anaemia](#)

Patient resources:

[GESA - Information about iron deficiency](#)

[Consumer resources and information from SA Health, including factsheets available in 18 different languages](#)

Adverse effects of cancer treatments

[Bowel Cancer Australia](#)

[Brown et al, 2001 - The development of the Chemotherapy Symptom Assessment Scale C-SAS: a scale for the routine clinical assessment of the symptom experiences of patients](#)

[Cancer Council Australia](#)

[Cancer Council of Victoria - Prostate cancer: Managing side effects](#)

[Cancer Institute NSW - Immediate management of neutropenic fever](#)

[Cancer Institute NSW - Information to assist GPs in managing common radiation therapy side effects](#)

[Cancer Institute NSW - Management of radiation induced proctitis](#)

[Emergency Care Institute NSW - PR bleeding](#)

[Finlay, Sexton & McDonald, 2018 - Care of patients with stomas in general practice](#)

Faull, Carter & Daniels, 2012 - Handbook of Palliative Care. Blackwell Publishing

[Prostate Cancer: Managing side effects](#)

[Prostate Foundation of Australia - How prostate cancer and treatments can affect your sexual function](#)

[Tam et al, 2019 - Use of empiric antimicrobial therapy in neutropenic fever](#)

Haematological malignancies

Cancer Australia - Clinical practice guidelines for leukaemia

[Cancer Australia – Cancer learning professional development](#)

[Cancer Council – Optimal cancer care pathways](#)

DermNet NZ - [Graft versus host disease](#)

[eviQ - Evidence-based cancer treatment protocols for use in the Australian context](#)

[EviQ health professional fact sheets](#)

[EviQ clinical resources - Side effect and toxicity management](#)

[EviQ - Anticancer drug treatments > Leukaemias](#)

Haemopoietic stem cell transplantation. AusDoc specialist update – haematology. April 2014

[How To Treat – the adult acute leukaemias. AusDoc October 2018](#)

Hull et al. (2015). Oral chronic graft-versus-host disease in Australia: clinical features and challenges in management
Internal Medicine Journal, 45

Leukaemia and Lymphoma Society - [Graft-versus-host disease](#)

[Leukaemia Foundation](#)

[Lymphoma Australia - CLL](#)

[Stem cell transplant | Cancer Australia](#)

Haematological malignancies - Patient resources

[Anthony Nolan - An essential guide to graft versus host disease \(GvHD\)](#)

[Canadian Cancer Society - Acute myelogenous leukaemia](#)

[Cancer Council NSW - Acute myeloid leukaemia](#)

[Cancer.net \(ASCO – American Society of Clinical Oncology\) - Acute myeloid leukaemia](#)

[EviQ - Patients and carers](#)

Leukaemia and Lymphoma Society - [Graft-versus-host disease](#)

[Leukaemia Foundation - Acute myeloid leukaemia](#)

[Leukaemia Foundation - Allogeneic stem cell transplants: A guide for patients and families](#)

[The Patient Story](#)

Palliative care

[Caresearch – Palliative care knowledge network](#)

[eTG – Palliative care](#)

[palliAGED – Evidence based resources and tools for GPs](#)

[Palliative Care Australia](#)

Palliative Care - A Doctor's Bag

Palliative Care - Choose Your Own Journey

[Program of experience in the palliative approach \(PEPA\)](#)

[Qld Health - Palliative care resources](#)

[RACGP Silver Book - Palliative and end-of-life care](#)

Palliative care - Patient information

[Leukaemia Foundation - Palliative care](#)

Voluntary Assisted Dying

All Australian states have enacted voluntary assisted dying laws.

The following sites will provide you with an overview of you states legislation and also will direct you to further training:

Queensland:

[Voluntary assisted dying | Queensland Health](#)

Victoria:

[Health practitioner information - Victoria](#)

[Voluntary Assisted Dying \(health.vic.gov.au\)](#)

New South Wales:

[Voluntary assisted dying \(nsw.gov.au\)](#)

[I am a health practitioner or provider - Voluntary assisted dying \(nsw.gov.au\)](#)

South Australia:

[Voluntary Assisted Dying in South Australia | SA Health](#)

[Health services information for voluntary assisted dying | SA Health](#)

Western Australia:

[Voluntary Assisted Dying \(health.wa.gov.au\)](#)

[Voluntary Assisted Dying resources for health professionals](#)

[VAD - Health practitioner access to the WA Voluntary Assisted Dying approved training](#)

Tasmania:

[Voluntary Assisted Dying | Tasmanian Department of Health](#)

[Resources for health professionals about Voluntary Assisted Dying | Tasmanian Department of Health](#)

ACT:

Legislation has yet to pass in the ACT. Further information to follow.

Northern Territory:

Legislation has yet to pass in the NT. Further information to follow.

[Voluntary assisted dying | Department of the Chief Minister and Cabinet](#)

Palliative Care Australia has the following information available:

[Voluntary Assisted Dying in Australia – Guiding Principles for those providing care to people living with a life-limiting illness - Palliative Care Australia](#)

They have also published a Guiding Principles paper available here:

[VAD Guiding Principles](#)[Download VAD Guiding Principles](#)

The following information from QUT may also be of interest:

[QUT - Voluntary Assisted Dying](#)