



3HRS

Start course

## Supporting children's resilience in general practice online course

By enhancing transferable skills and identifying entry points for conversations, you can engage meaningfully with parents about their children's mental health and overall wellbeing.

### About this course

This course focuses on the role of primary health care practitioners, including nurses and general practitioners (GPs), in supporting child and family resilience throughout their everyday work. The course recognises that children's resilience – their ability to recover from adversity or a traumatic experience – thrives in the presence of supportive relationships with their caregivers.

### Why was this course developed?

This course was developed using Australian research including the '2018 General Practice: Health of a Nation Report.' Evidence from this report and other data sources shows that parents regularly access GPs to discuss concerns about their children. Similarly, the mental health difficulties of adults and children is more commonly being discussed during GP consults.

### How was this course developed?

The course was co-designed in collaboration with GPs, practice nurses and parents to ensure content is relevant and realistic to the practitioner experience, with assistance from additional mental health professionals.

### Who is this course for?

This course has been specifically designed for primary health care practitioners, with a particular focus on GPs and practice nurses. The content of this course recognises the important role GPs and primary health care nurses play in preventative care and supporting families early in the life of a difficulty, while also recognising the complexity of general practice work.

The course recognises that primary health care providers have a set of transferable skills that can be applied to this work. It aims to enhance practitioners' confidence in recognising opportunities to intervene sensitively in situations where a child's wellbeing might be affected by a parent's physical or mental health condition. This course promotes collaboration between GPs and practice nurses, encouraging them to assist one another in having conversations with parents about their children's wellbeing.

### Accreditation

This activity has been approved for the following hours and types:

Educational Activities: 1.5 hours  
Reviewing Performance Hours: 1.5 hours  
Activity type: CPD Approved Activity

