How to use this guide

The topic lists are broken into groups of diagnoses which are categorised according to symptoms and themes. My reason for presenting in this way is to help with the organisation of your knowledge. In addition, you need to identify the distinguishing features of the illness scripts that allow you to decipher between the differentials for presentations within these categories (note that some diagnoses may belong to multiple categories). To learn the distinguishing features, compare the illness scripts for the diagnoses within the categories. I have placed the diagnoses that I consider to be most important in bold. For each of the diagnoses you will need to know:

- Illness scripts (risk factors, symptoms and signs)
- Differential diagnoses
- Investigations
- Management

Below the topic lists you will find resources arranged by type: Guidelines, Therapeutic guidelines, How to treat, AJGP, AFP, Check, Others. I have also placed the most useful resources that cover, in my opinion, important topics in bold. There are too many resources to expect that you will read them all. You will need to prioritise based on 1) useful resources for important topics (in bold) 2) areas of your personal knowledge deficiency and 3) personal learning style preferences. Hope this helps!

Mental health topics	4) Drug abuse
1) Anxiety	**Amphetamine abuse**
Adjustment disorders	Benzodiazepine dependence
Agoraphobia	**Marijuana abuse**
Generalised anxiety disorder	**Opioid dependence**
Obsessive Compulsive Disorder	**Alcohol abuse disorder**
Panic disorder	
Post-traumatic stress disorder	**5) Eating disorders**
Social anxiety disorder	**Anorexia nervosa**
Specific phobia	**Bulimia nervosa**
2) Depressed mood	**6) Psychosis**
Bereavement/Grief	**Schizophrenia**
Bipolar Affective Disorder	**Bipolar affective disorder**
Body dysmorphic disorder	**Major depression**
Cyclothymia	**Drug abuse**
Dysthymia	**Korsakoff psychosis**
Gender dysphoria	
Major Depression	**7) Miscellaneous**
Perinatal depression	**Attention deficit hyperactivity disorder**
Premenstrual dysphoric disorder	Autism
	Autism spectrum disorders
3) Cognitive impairment in the elderly	Gambling disorder
Alzheimer's disease	Hoarding disorder
Delirium	**Insomnia**
Dementia, vascular	Parasomnias
Lewy body dementia	Personality disorders

	Smoking **Suicidal ideation and risk assessment** Mental State Examination

Guidelines

Clinical practice guidelines and principles of care for people with dementia in Australia 2016
https://cdpc.sydney.edu.au/wp-content/uploads/2019/06/CDPC-Dementia-Guidelines_WEB.pdf
Supporting smoking cessation: a guide for health professionals
http://www.racgp.org.au/your-practice/guidelines/smoking-cessation/
SNAP guideline
http://www.racgp.org.au/your-practice/guidelines/snap/

Therapeutic guidelines etg	**Alcohol: problem use**
Pharmacological treatment of depression	**Other psychoactive drugs: problem use**
Subtypes of depression	**The 5As framework for stopping smoking**
Assessing patients with depression	**ADHD**
Perinatal depression	**Diagnosis and features of dementia**
Recurrent depression	**Bulimia nervosa**
Psychological treatment of depression	Overview and management of gambling problems
Principles of treatment in depression	
Grief	**Anxiety disorders in children and adolescents**
Bipolar depression	etherapy for psychiatric illness
Major depression in children and adolescents	**Management of delirium**
Psychotropic drug use during pregnancy	**Treatment for cognitive impairment in dementia**
Overview of bipolar disorder	
Generalised anxiety disorder	**Overview of anxiety disorders**
Post traumatic mental health disorders	**OCD**
Stimulants: problem use	**Overview of eating disorders**
Principles of schizophrenia treatment	**Overview of alcohol and drug problems**
Panic disorder	**Opioids problem use**
Insomnia	**Cannabis problem use**
Anorexia nervosa	Varenicline for stopping smoking
Overview of schizophrenia	Bupropion for stopping smoking

Healthpathways (contact your local PHN for website link and password)
ADHD in children and youth
Antipsychotic medications
Anxiety in adults
Chronic opioid use and deprescribing
Cognitive Impairment and Dementia
Depression in adults
Involuntary assessment
Medications for Moderate or Severe Anxiety in Adults
Post-traumatic Stress Disorder
Psychosis
Screening and prevention of dementia
Suicide risk in adults

Australian Journal of General practice
Chronic pain: Overlap and specificity in multimorbidity management
https://www1.racgp.org.au/ajgp/2019/october/chronic-pain

The six Rs of managing high-risk opioid prescribing
https://www1.racgp.org.au/ajgp/2020/march/high-risk-opioid-prescribing

Insomnia theory and assessment
https://www1.racgp.org.au/ajgp/2019/april/insomnia-theory-and-assessment

Insomnia management
https://www1.racgp.org.au/ajgp/2019/april/insomnia-management

Current approaches to the pharmacological treatment of Alzheimer's disease
https://www1.racgp.org.au/AJGP/2018/September/Current-approaches-to-the-pharmacological-treatmen

e-Therapy in Primary Care Mental Health
https://www1.racgp.org.au/AJGP/2018/April/eTherapy

AFP (RACGP)

Depression in children
https://www.racgp.org.au/afp/2017/december/depression-in-children/

Early detection of eating disorders in General Practice
https://www.racgp.org.au/afp/2017/november/early-detection-of-eating-disorders/

Clinical practice guidelines and principles of care for people with dementia in Australia
https://www.racgp.org.au/afp/2016/december/clinical-practice-guidelines-and-principles-of-care-for-people-with-dementia-in-australia/

Cannabis use and its associated disorders: clinical care
https://www.racgp.org.au/afp/2016/december/cannabis-use-and-its-associated-disorders-clinical-care/

The inherited chronic pain patient
https://www.racgp.org.au/afp/2016/december/the-inherited-chronic-pain-patient/

Prescription drug abuse a timely update
https://www.racgp.org.au/afp/2016/december/prescription-drug-abuse-a-timely-update/

Gender dysphoria
http://www.racgp.org.au/afp/2015/november/gender-dysphoria/

Chronic schizophrenia and the role of the General Practitioner
http://www.racgp.org.au/afp/2015/november/chronic-schizophrenia-and-the-role-of-the-general-practitioner/

PTSD an update for GPs
http://www.racgp.org.au/afp/2014/november/ptsd-%E2%80%93-an-update-for-general-practitioners/

Alcohol: Prevention, policy and primary care responses
http://www.racgp.org.au/afp/2014/june/alcohol/

Risk assessment and initial management of suicidal adolescents
http://www.racgp.org.au/afp/2014/june/suicidal-adolescents/

Tobacco smoking: Options for helping smokers quit
http://www.racgp.org.au/afp/2014/june/helping-smokers-quit/

Perinatal mental health: Identifying problems and managing medications
http://www.racgp.org.au/afp/2014/april/perinatal-mental-health/

Bipolar disorder
https://www.racgp.org.au/afp/2013/september/bipolar-disorder/

Obsessive compulsive disorder: The role of the GP
http://www.racgp.org.au/afp/2013/september/ocd/

Motivational interviewing techniques: facilitating behaviour change in general practice setting
http://www.racgp.org.au/afp/2012/september/motivational-interviewing-techniques/

Acceptance and commitment therapy: pathways for GPs
http://www.racgp.org.au/afp/2012/september/acceptance-and-commitment-therapy/

Problem gambling
http://www.racgp.org.au/afp/2012/september/problem-gambling/
Cognitive behaviour therapy: incorporating into General Practice
http://www.racgp.org.au/afp/2012/september/cognitive-behaviour-therapy/
Problem drinking
https://www.racgp.org.au/download/documents/AFP/2011/August/201108demirkol_managment.pdf
Anxiety disorders: Assessment and management in General Practice
http://www.racgp.org.au/afp/2011/june/anxiety-disorders/
Managing borderline personality disorder and substance abuse
http://www.racgp.org.au/afp/2011/june/managing-borderline-personality-disorder-and-substance-use/
Mental health risk assessment
http://www.racgp.org.au/afp/2011/june/mental-health-risk-assessment/

Check programs (RACGP)
Check (RACGP) via gplearning
http://gplearning.racgp.org.au/User/Account/Login?ReturnUrl=%2fuser
Unit 571, May 2020 Mental Health
Unit 570, April 2020 Sleep

How to treat website (since 2015) http://www.australiandoctor.com.au/home (click on the how to treat icon and follow the steps – need to register to use)
Suicide risk 30th October 2020
Premenstrual dysphoric disorder 4th September 2020
Depression 21st August 2020
Autism 31st July 2020
ADHD in Young People 26th June 2020
Sleep disorders 15th November 2019
Perinatal anxiety and depression 27th September 2019
Post-traumatic stress disorder 3rd May 2019

For curriculum topics not covered by the above articles - suggest using **BMJ's Best Practice** or **Murtagh's General Practice**
All management topics - suggest using **therapeutic guidelines**