

RACGP

Draft Red Book 10th edition

Guidelines for preventive activities in general practice

December 2023

Advocacy to improve access and equity

Introduction

The Royal Australian College of General Practitioners (RACGP) invited the Royal Australian and New Zealand College of Psychiatrists (RANZCP) to take part in a survey to provide feedback on the draft guidelines for preventive activities in general practice (Red Book) 10th edition to be released in April 2024. Its target audience is GPs and other health professionals.

The RANZCP has provided feedback on the following chapter sections:

- Alcohol
- Anxiety
- Bullying and child abuse
- Dementia
- Developmental delay and autism
- Eating Disorders
- Elder Abuse
- Gambling
- Smoking and nicotine vaping
- Suicide

The RANZCP feedback to this survey was written in liaison with the RANZCP expert committees including the Faculty of Addiction Psychiatry Committee, Faculty of Child and Adolescent Committee, Faculty of Old Age Committee and Section of Perinatal and Infant Psychiatry Committee.

The RANZCP response to be provided via the RACGP's online portal.

Survey

1. What is your name?

Dr Elizabeth Moore

2. What is the name of your organisation?

Royal Australian and New Zealand College of Psychiatrists (RANZCP)

3. Name of the chapter/s you are providing feedback on.

- Alcohol
- Anxiety
- Bullying and child abuse
- Dementia
- Developmental delay and autism
- Eating Disorders
- Elder Abuse
- Gambling
- Smoking and nicotine vaping
- Suicide

4. Is the layout clearly presented and key recommendations easily identifiable? (optional)

The RANZCP agrees that the layouts and key recommendations for each chapter are clearly presented and identifiable. Information provided is communicated at an appropriate level with informative detail, content is succinct and informative.

5. Does the background information sufficiently describe the scope? Please provide comment if we have omitted relevant or important information for our target audience. (optional)

Generally, background information is appropriate. The RANZCP recommends the following feedback to the chapters below:

- **Alcohol**
 - The RANZCP recommends that the list of medical conditions exacerbated by alcohol should include 'most mental health conditions, especially depression, anxiety and insomnia.'
 - The RANZCP suggests a change of wording in the section, 'Brief Interventions', given alcohol and antidepressants interactions are likely more concerned with a loss of antidepressant efficacy and less concerned with dangerous interactions.
- **Anxiety**
 - The distinction between anxiety due to acute stressors and anxiety disorder in the 'prevalence and context of the condition section' could be more clearly stated. This would clarify that anxiety in response to acute stressors is typical and healthy.
- **Bullying and child abuse**
 - The RANZCP suggests that children with problematic sexual behaviours are added to the individual risk factor section, in line with the RANZCP [Position Statement 51: Child Sexual Abuse](#).

- The inclusion to the above risk factors also needs to be made for children in care or at risk of entering care in line with the RANZCP [Position Statement 59: The mental health needs of children in care or at risk of entering care](#).
- **Dementia**
 - The RANZCP suggests the Cognitive Decline Partnership Centre's [Diagnosis, treatment and care for people with dementia consumer companion guide](#) be added to the list of resources. The guide provides information relevant for both clinicians and people with or caring for people with dementia. be added to the list of resources. The guide provides information relevant for both clinicians and people with or caring for people with dementia.
 - The RANZCP suggests the inclusion of people with intellectual disability and people with alcohol substance abuse disorder to the risk factors section.
- **Developmental delay and autism**
 - The RANZCP suggests that the RACGP include in the table of recommendations specific mention of children with intellectual disability and behaviour. With the indication that they are at risk of increased medical complexity, diagnostic overshadowing and specific patterns of comorbidity.
 - The RANZCP recommends annual screening for people with intellectual disability due to undetected and undermanaged health conditions. People with intellectual disability and autism are at increased risk of anxiety disorders and obsessive-compulsive disorder. Children and young autistic people are at risk of eating disorders, including avoidant restrictive food intake disorder.
 - The resources section could be supported by including both RANZCP [Position Statement 110: Autism: Addressing the mental health needs of Autistic people](#) and [Position Statement 109: Intellectual disabilities \(ID\): Addressing the mental health needs of people with ID](#)
- **Eating Disorders**
 - The RANZCP advises including specific reference or highlighting of the high-risk factors that children and young autistic people have for developing eating disorders.
- **Elder Abuse**
 - The RANZCP proposes highlighting the systemic issue of power imbalances and ageism abuse as a risk factor for elder abuse.
- **Gambling**
 - The RANZCP highlights the following screening tools, where a clinically validated tool is absent:
 - The [Problem Gambling Severity Index](#) is a screening tool used to measure the severity of gambling related harm.
 - The [Lower-Risk Gambling Guidelines](#) have been created as a self-assessment tool to help individuals who are of a legal gambling age who also want to make more informed choices about their gambling.
- **Smoking and nicotine vaping**
 - The RANZCP recommends specifying “combination nicotine replacement therapy” due its increased efficacy.
 - The RANZCP encourages the RANZCP [Clinician's Guidance: Mental Health Clinician Guidance for Managing People's Smoking Cessation](#) be added to the resources section in support of the RACGPs guidelines.

- **Suicide**

- The RANZCP advises that substance use disorder is included in the list of diagnoses strongly associate with suicide within the prevalence and context of the condition section.
- The RANZCP advises that 'alcohol and drug abuse' is replaced with 'alcohol and other drug use' in the case finding table.
- The RANZCP suggests the at-risk list in the case finding recommendation table includes autistic people.

6. Are the evidence-based recommendations clearly presented? (optional)

Evidence based recommendations throughout the chapters are clearly set out. The table format allows clinicians to quickly interpret recommendations, relevant references and regularity of recommendations to inform their practice. One of the aims of the Red Book is '*refresher to check the latest recommendations*', the RANZCP agrees that the chapters appropriately meet that aim.

7. Are the recommendations in this chapter consistent with the most recent literature and guidelines? (optional)

The evidence across the chapters is generally in line with most recent literature and guidelines. There are inclusions and recommendations to be highlighted, specifically the inclusion of National clinical practice guidelines, RANZCP position statements, and other resources pertinent to specific chapters.

8. Are there additional evidence-based recommendations on prevention and screening at a population level that should be included for our target audience? If yes, please provide supporting references. (optional)

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9. Please provide any further comments. (optional)

The RANZCP welcomes the opportunity to be consulted on the Red Book, given its importance in primary care in Australia. The RANZCP consulted relevant committees to seek feedback regarding content and recommendations of the Red Book chapters. Recommendations and changes for each chapter have been highlighted and consist of expert opinion and suggested literature for further reading.

The RANZCP supports the inclusion of relevant population specific context such as the Aboriginal and Torres Strait Islander peoples' considerations.

If you have any questions about the content of this submission and the recommendations made by the RANZCP, please contact Nicola Wright, Executive Manager, Policy, Practice and Research Department via nicola.wright@ranzcp.org or on (03) 9236 9103.